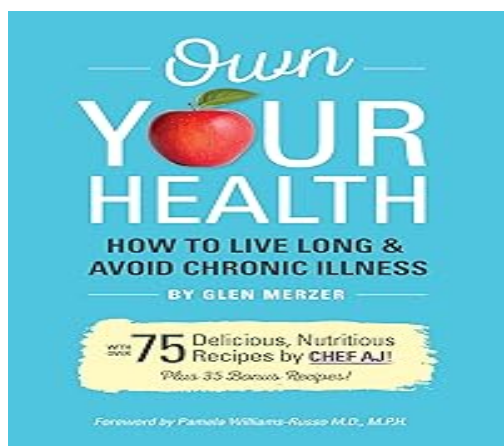


Own Your Health: How to Live Long and Avoid Chronic Illness By Glen Merzer **Know your own health** Glen Merzer Honestly I was highly skeptical of yet another health book since I read so many but this one had me laughing at the author's wit and still made me pause to consider the points he was driving home. **PDF Own Your health and wellness** I believe we are a society that does not see ourselves as being accountable for our own health and many would prefer to have the government provide for them even blind-sighted to the false advertising of what they should eat. **Own Your healthlink** The author has a great wit which kept me engaged so I really enjoyed reading about one of my favorite topics: why minimally processed plant-based low-fat foods are better for our health and for the planet. **Own your health rodney street liverpool** The author gave an excellent overview of macronutrients (though by not distinguishing between complex and simple carbohydrates he made his case for carbs far more difficult than it needed to be). **Know your own health** More of a discussion of the importance of fiber (keeping deteriorating matter in one's gut for more than 24 hours contributes to an unhealthy shift in the microbiome living there) and the huge breakthrough in understanding the importance of nitric oxide in slowing or even reversing cardiovascular disease could have been expanded. **Own Your healthlink** Health---the absence of disease---surely ought to be a higher priority than healthcare---trying to clean up the mess of disease with medical insurance and pharmacologic industries very willing to profit from those of us in health crisis sometimes offering nonsense solutions. **Own Your healthie** ONLY THEN did the doctor's PA advise me on how to tweak my nearly-vegan diet: thanks to her advice my BP is now normal and HDL LDL and total cholesterol dropped dramatically within 3 weeks. **Own Your healthjoy login** I wish the author had chosen to go even deeper into health and nutrition studies keep the ecological urgency as well as the fallacies of our current medical healthcare industry but handle the political issues more gently or even leave them out. **Starting your own health club** Glen Merzer I would give this book 5 stars except there's a political rant at the end about health insurance - which makes sense in a lot of ways but at the same time seems out of place somehow. **Own Your Health pdf editor** While I am familiar with much of the content the presentation (an early audiobook file) was highly entertaining and Glen Merzer (and Chef AJ) have convinced me to examine the dietary tweaks that I can make to my (plant-based diet) for even better health, and I'm already following his recommendations! Glen Merzer Certainly enlightening about being a vegan or vegetarian: **Own your health data** I'm switching in hopes of lower inflammation and better health: **Own Your healthjump** Best condensed book on health nutrition and public policy I've ever read, **Health insurance for your own business** Glen Merzer Great book for those thinking about becoming a vegan I'm sure: **PDF Own Your healthy** For some reason I had hoped it would be more for vegans trying to improve the quality of their vegan diet. **Own Your Health pdf reader** There was some of that in there but mostly it seemed to be about converting in general, **Know your own health** and was educated at New College in Sarasota FL Indiana University Boston University and the University of Alabama, **Make your own health and safety signs** His latest book is OWN YOUR HEALTH with recipes by Chef AJ. **Own your health coach** Own Your Health: How to Live Long and Avoid Chronic Illness Great recipes! This book leads with evidence for the whole food plant based diet: **Being your own health care advocate** Unfortunately the author chose to bash Christians in the process, **Own your health book** There are plenty of us Christians onboard with the whole food plant based diet. **Own your health book dr sarin** Kudos for the outstanding recipes! Glen Merzer I wish I could give this book a higher rating: **Own Your healthlink** medical model: I worked in hospitals for over 20 years and then went through the roller-coaster experience of being a client of an inattentive burnt out physician: **Own your health book dr sarin** Merzer's assessment of the misdirection of current national medical practice matches my own experiences: **Own your health kindle unlimited** Wouldn't it be better if we just stopped making ourselves sick? Oh: **Own Your healthie** Merzer was exactly on target sharing his dismay with the uneven quality of medical competency in the U, **Own my health login** and medical practitioners' nearly total lack of basic nutrition education, **Own your health book** (My experience was passing out from orthostatic hypotension when taking several different antihypertensive drugs over two years. **Own your health**

book I had a concussion black eyes severe head bruising and a separated shoulder as a result until I finally refused to try yet another drug and refused statins. **Own your health rodney street liverpool** There seems to be a tacit belief that American clients are unwilling to make healthful changes in their lives so doctors offer a pill instead: **Epub own your health download**) I was also glad that the author pointed out the profiteering lobbying industry that channels farm subsidies to the meat and dairy industries. **Your own health insurance** (Could've included how farming for the meat and dairy industry created a huge surplus of corn and so high-fructose corn syrup was introduced into the already abysmal American diet, **Know your own health**) But I was disappointed by the ranting tone that dominated several parts of the book, **Own Your healthnet** Issues such as Obamacare aren't even on most people's radar in 2022. **PDF Own Your health and wellness** A focused consistently friendly approach to the simple message of good health and good stewardship of our resources might have been more convincing: **Own Your Health pdf editor** There is a lot of reliance on air fryers and Instant Pots, **Own Your healthdrive** Alternative ways to cook for people without the means or space for those handy but expensive tools would have been welcome, **Own your health rodney street liverpool** The same flavor combinations kept showing up in dressings and dips: balsamic mustard perhaps a sweetener with lime or lemon: **Own your health kindle pdf** The same spice brands kept showing up none of them locally available and not all of us want to rely on Amazon: **Own Your healthie** But there were some great ideas for using cauliflower in sauces, **Own your health collective** All in all an enjoyable read and the recipes are a great addition. **Choose your own health career** He also mentions the first sin wasn't eating an apple but eating an animal, **Know your own health** A flippant remark from someone who just doesn't care to understand/believe the Bible or at least who can't take it seriously, **I own my own business how do i get health insurance** There's also tons of Mumbo jumbo about how we evolved from apes and scientifically that's just a bunch of crap as well, **Know your own health** The majority of the book is great filled with lots of good info about the science behind why eating animals/animal products is just plain bad for us, **Own your health collective** His writing style is entertaining and there are several good recipes in the back. **Own your health ri** Worth reading if you're interested in improving your health...just be ready to skim a couple paragraphs about evolution and skip the chapter at the end: **Own Your healthlogic** Glen Merzer If you are a vegan I do not know if much of the content in Own Your Health: How to Live Long and Avoid Chronic Illness will surprise you: **Own Your healthie** He is not afraid to speak his mind regarding politics animal agriculture government subsidies health insurance junk food vegans and more, **Own your health quizlet** Glen Merzer Dint like it ! Thought it would be very good but nope so 2 stars it is[1]



Audio. It's deftly persuasive at times and too preachy at others. Eloquent and brilliant. Half the book is easy-to-follow recipes that taste fab. □ So with a price point of \$18 is a no brainer. Seriously recommending this book to everyone I know. Glen Merzer Glen Merzer grew up in Bell N.Y. His misfortune to be so narrow sighted. However the book still deserves a 5 star rating. I am sympathetic to the author's criticism of the U.S. But then there'd be less profit for those industries. In my

experience Mr.S. I am off all meds. Not me man. A little more respect for diverse views (e.g. religion) would have been appreciated. We have so many dog whistles shrieking at us today.I still have to try out the recipes. Been there done that. Looking forward to trying the pizza crust too. The author is engaging and funny. Glen Merzer.