

# THIS IS YOUR DO-OVER

THE 7 SECRETS TO  
Losing Weight, Living Longer,  
and Getting a Second Chance  
at the Life You Want

*Foreword by* MEHMET C. OZ, M.D.

**MICHAEL F. ROIZEN, M.D.**

with TED SPIKER

The #1 *New York Times* bestselling co-author of  
*YOU: Staying Young* and co-founder of RealAge

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To those who have taught so much with their Do-Overs; to my family, who have allowed me the time to learn; and to those who want a Do-Over so they can serve more

# Foreword

We all know that many things can heal your wounds: medication, surgery, time. Modern medicine now has the power to fix so many health problems with what seems like a flip of the switch. This dose, that procedure, this shot, that bionic body part—you got it, we can cure it. While everyone certainly knows that we can't cure everything, it's absolutely true that we live in a time of unprecedented medical breakthroughs that have the power to improve and extend lives.

We've gotten pretty good at the fixing.

But you know what? That's no way to live. Get a problem, fix a problem. Have a wound, stitch it up. Feel an ache, pop a pill. In fact, there's something dramatically wrong with the problem-solution approach to the way that we, as individuals, treat our health. By relying on the medical advances and experts to band-aid our problems, we've relinquished our power—our power to live strong, healthy, energetic, and satisfying lives.

While I've spent most of my career in fix-it mode (“heal with steel” is what we surgeons like to say), I've made a fairly dramatic change in where I put my medical energies these days. Much of that is thanks to Michael Roizen. I have flipped my own switch, spending my time talking to people about shifting the medical equation—going from a problem-solution paradigm to a prevent-the-problem way of thinking. Why? Because that's where the real power is: creating a healthy body to prevent health issues from developing in the first place, and having the strength and resiliency to fight back when they do come up.

That's what Mike has spent so much of his career doing: studying data, working with patients, redefining what it means to be young and healthy. I, of course, knew Mike from his days of working on RealAge, the phenomenon that taught America that we were only as old as our bodies acted, not as old as the calendar said. But after we were introduced by a mutual friend, Craig Wynett, who had a vision for our partnership, Mike and I decided to collaborate on the *YOU: The Owner's Manual* series of books—a series that taught folks about anatomy and biology, as well as what steps they could take to improve theirs. Through our relationship, I have learned that there is nobody—*nobody*—more passionate about helping others get well and get healthy than Dr. Michael Roizen. He walks the walk (quite literally ten thousand steps a day) and talks the talk as the Chief Wellness Officer of the Cleveland Clinic and “the Enforcer” on *The Dr. Oz Show*.

And that's one of the many reasons why I'm so excited about this book, *This Is Your Do-Over*. Mike has taken his main message—changing your life through changing your behaviors—to assure you that no matter what mistakes you've made in the past, you can get your body back. And I don't mean that in the bikini-by-tomorrow kind of way. I mean it in the biological live-a-long-life kind of way (though the exterior benefits will come, too, if you follow his steps).

By explaining the biology about how you have the power to control the way your genes work, Mike takes you through scientifically proven tactics to help erase your health mistakes (and maybe counteract some of your genetics) to get the body and life that you want. The best part of *This Is Your Do-Over* is that the plan Mike outlines is manageable: every action can be worked into your life, no matter your personality, your genes, your preferences, your lifestyle, anything. These seven Do-Over deeds, as he calls them, essentially work as the pillar strategies that will get you where you want to go. I've seen it work on the show for people who just needed a little help, and watched Mike help those who were in great need of a second chance.

In this book, you'll find insights from the medical data, as well as anecdotal evidence from Mike's patients and his own life. Together they will serve as your ammunition to fight any of your health challenges.

Above all, I hope what you take from this book is that it's not too late. It's not too late to find solutions. It's not too late to make changes. It's not too late to live the way you want to. It's not too late to find the passion and purpose in your life—and allow them to be the drivers of good health choices.

It's not too late.

Best of all? Your body already knows that.

All you have to do is help it find its way.

**Mehmet C. Oz, M.D.**

New York-Presbyterian/Columbia University

Medical Center heart surgeon and Emmy

Award-winning host of *The Dr. Oz Show*

## INTRODUCTION

# Change of Direction

In just about every aspect of our lives, we accept—no, we embrace—the notion of second chances. Our children learn from the mistakes they make. Our bosses don't fire employees for every screw-up (unless perhaps it involves NSFW photos on the official company Twitter account). Movie directors say "Take two." Golfers get mulligans. Artists throw away canvases that don't have the right shades of blue. Politicians, celebrities, and athletes bounce back from embarrassing public faux pas. Husbands, wives, partners, and friends work their way out of the doghouse. Shoe-eating puppies can do the same. For the most part, we accept that life is imperfectly beautiful—and that part of the way we grow, develop, and learn is through trials and errors, and more trials and more errors. We accept that life works like that in all areas except one: our health.

When we make mistakes in *this* domain, we beat ourselves up. When we're not living the way we want, we crawl into a hole and set up camp for the long haul. We don't forgive ourselves. And when we find ourselves living a life that we don't want to live, we medicate ourselves with sugary treats the size of the Roman Colosseum.

And then for good measure we scarf down another colossal indulgence, in despair over the first.

• • •

We have to stop treating our health mistakes as an all-or-nothing, once-and-for-all sentence. We have to think of our health the same way that we think about most other aspects of life.

We have to stop thinking that we must live forever with the choices we once made or with the genetics we think that we're stuck with. We have to stop this mentality that once we've slid down the slippery slope of cheese fondue, there's no ladder to get us back up.

You have to embrace the fact that you *do* get a second chance. We—you—can reverse health problems associated with inactivity, overeating, addictions, depression, much of your genetics, and most anything else. You can live life with high energy and happiness no matter the nature of your health concern. No matter how long you've

had it. No matter what kind of shape you're in. No matter what you've tried in the past.

You can have a Do-Over. You deserve a Do-Over.

This—right now—is your Do-Over.

The payoff: by learning to incorporate seven simple principles into your life, you can erase virtually all of the damage that your body may have sustained. And by doing that, you live not only longer but also better—with a stronger body, a sharper mind, a more fulfilling sex life, and so much energy that Congress might even consider you a fueling strategy for a seven-state area.

As the Chief Wellness Officer of the Cleveland Clinic and someone who has dedicated his career to helping people make 180-degree turns with their health, I know that many of you feel desperate for that total transformation. Just look at today's health statistics; many people are in deep, deep trouble. More than two-thirds of American adults are overweight or obese. Nearly one-third of Americans will have diabetes by the year 2050 if current trends continue. About 600,000 die of heart disease every year, consisting of nearly a quarter of all deaths. There are a predicted 1.7 million new cases of cancer that will be reported in 2015. And the scariest part is perhaps this: even if you're not one of those statistics, you could well be on your way. We're a society that eats too much, moves too little, stresses all the time, and doesn't get enough sleep. And like a cyclist pedaling against traffic, we're headed in the wrong direction.

I choose not to get depressed by those numbers. I choose to go right to you—to metaphorically high-five you, fist pump you, hug you—and tell you that it's not too late.

No matter what kind of lifestyle you have led, no matter what bad habits you may have, no matter if you're a smoker or a sugar snorter, you have the ability to get on track, start over, and reboot your body so that you can live a healthy life. You can change the way your genes function through your lifestyle choices. You do not have to be destined to certain health outcomes because your parents were on the same path or because you think you've already done irreversible damage. So forgive yourself. Move on; you can have a Do-Over. The science shows that you can change your body from the inside out.

In my job (not just at the Cleveland Clinic but also as “the Enforcer” on *The Dr. Oz Show*, author of the *RealAge* series, and coauthor of the *YOU: The Owner's Manual* series), I have seen it time and time again. People can and do turn around their health, and that turns around their enjoyment of life.

In this book, I'm going to teach you how to do your Do-Over. It's your second chance—your decision to change your health destiny, so that you live your life with energy and happiness, and not as one of the statistics I mentioned a few moments ago.

My career has been about helping others find wellness in their lives. In this book, I boil down all that I have learned about the most important areas of wellness and teach you the seven simple secrets to a better life. These are the tools to help you start over, whether you have one bad habit to change or need an entire life overhaul. I will address nutrition, exercise, sex, stress, sleep, the brain, and all of the other areas that contribute to total-body wellness. Using the most cutting-edge data, anecdotes about

people I've worked with, and the advice that has worked for the thousands that I have personally coached, I will give you the formula for a simple yet effective Do-Over to reclaim your health—and your life.

• • •

When I was nine years old, I was the sickest I could ever remember: horrible sore throat, feverish, sick to my stomach. I felt like my body had been buried in the back of a garbage truck and obliterated into a crumble of mush. Soon after I came down with the symptoms, the family doctor gave me a shot (which I now presume was penicillin) to treat a severe case of strep throat. Within hours, I felt better. I felt good. I felt like myself. I know that I was only nine, and I know that kids change their minds a zillion and a half times about what they want to do with their lives, but I can tell you very clearly that this was the moment I knew I wanted to be a doctor. My nine-year-old self said, "If I could help people feel better and make sick people healthy *and* get paid for it, wow, that's what I want to do!" And I've never strayed from that goal: to help people get healthy. That's what I love doing (which, by the way, is also one of the secrets to your Do-Over: finding and cultivating your own passion in life).

I started my medical career in anesthesia and critical care, and by looking at data about how we could improve our patients' health outcomes, I learned a valuable lesson: we could dramatically reduce the rates of mortality and other adverse effects of surgery if we could care for younger people. That is, if we could somehow rejuvenate our older patients' bodies, their outcomes would be more favorable. The evidence is indisputable: the younger a person's body, the better it can handle the stressors presented to it. Well, that would seem on the surface to be nonsensical data, useful perhaps for aliens or folks with time machines—there was obviously no way in the world to turn a sixty-five-year-old into a fifty-five-year-old.

Or was there?

Indeed there was. My mission was figuring out not how to make people live longer, but how to make them live younger—so that anyone could have the body (biologically speaking) of someone five, ten, fifteen years younger than his or her calendar age. That was the basis for my work in RealAge and virtually every other wellness project I've worked on—not about extending your life in the classic way of thinking about it (Let's live to ninety-five!) but about extending the quality of your life (Let's live until ninety-five, while feeling like we're a fraction of whatever age we actually are!). Through this goal, I learned where the data are, and I learned what makes our bodies break down, and what heals them. Essentially, I wanted to invent a biological time machine that could take your body back to a place that real life could never bring you. I wanted to make you younger.

And that's what the Do-Over is about: helping you lose weight, stop smoking, have wonderful relationships, and jump into life rather than hide from it.

So how will we get there? I've broken this book into seven essential Do-Over deeds that will help you get your body back. Within each of those deeds, you'll find the seven most essential things you need to know about that particular area. (There is

something magnificent about the number seven, right?) Within each chapter, I'll take you through a mixture of information, strategies, inspirational stories, and hard data to give you all the essentials for taking control of your body and your health. I'll also mix in a little behind-the-scenes information about my own life so that you can better understand how these strategies can work into yours.

The literary bookends of those seven chapters come in the form of two sections that will serve as the foundation and action for the rest of the book. For starters, I'm going to take you through a mini medical school: a quick look at some of the biological processes that you should have a handle on before we begin. Don't worry, you don't have to memorize the difference between the ilium (the pelvic bone) and the ileum (the final segment of the small intestines), and there will be no test to take at the end. I wrote this section so that you really get a visceral understanding of how the body works, because when you do that, you can better understand how those things will change your body for better or worse. I don't like to throw around words like *inflammation* and *epigenetics* and *carbohydrates* without giving you a primer on what they are and how they work. This basic knowledge will fully prep you to make the most of your Do-Over.

In the final section of the book, I'm going to give you my ultimate Do-Over preparation plan. It's easy to implement and will get you headed in the right direction within just seven days. (I sense a theme!) We'll use those seven days to fully prepare you to embrace the actions you need to take to get your Do-Over going.

Finally, I want you to remember this fact: of the research we have, it appears that very few people practice five of the healthiest behaviors for achieving and sustaining wellness. These are: (1) walk thirty minutes a day, (2) eat healthy, (3) don't smoke, (4) have a waist less than half your height, and (5) drink alcohol only in moderation. Case in point: only 3 percent of US nurses—the heart of our health force—engage in all five behaviors. Yet if you practice them regularly, you will lower your risk of having a major adverse health event—heart attack, stroke, cancer—by 80 to 90 percent compared with those who don't.

Those statistics tell me one thing: we have a long way to go, yet we have much to gain if we can get there.

I hope that this is what my book helps you do, and that my seven secrets to achieving your Do-Over are all the direction you need. I'll mix information with inspiration, science with stories, and motivation with a must-do action plan that will help you turn your life in the direction that you want.

And while you may be reading this alone, thinking about all of your challenges alone, and assuming that you have to go at it alone, know this: when it comes to your Do-Over, *alone* is a dirtier word than even Louie CK could come up with.

In fact, my very first Do-Over deed is all about teaching you to change your mindset—including thinking that you have a solo journey ahead. I'll be there with you for part of it, but your second mission will be making sure to bring someone along the way. Your first mission?

Enroll yourself for a few minutes in my mini medical school, where I'll teach you about how your body works, so that you can learn how to make it work even better.

The payoff—a smaller size, longer life, sharper mind, and better sex—is waiting for you.

So let's go!

DO-OVER DIPLOMA

# Mini Medical School

Your Biological Cheat Sheet



When students are in medical school, they assume quite a few roles. They're part language scholar, learning a vocabulary that only they can speak and understand. They're part walking encyclopedia, as they learn about every body part, medication, and disease. They're part detective, as they learn how to piece together symptoms and figure out what might be wrong—from the common problem to the rare one. And, of course, they are part healer and part teacher, as they learn not only to fix problems but also to prevent them. At a cost of seven years (including the barest of residencies) and upwards of \$250,000 to become a doctor (after college), it's a big investment.

For you—someone who needs to know a bit about your body to maximize your chances of a successful Do-Over—it'll cost much less. Now by no means am I implying that after reading the next few pages, you'll be equipped to scrub up and perform a lung transplant or a self-colonoscopy. But in this chapter—your mini medical school—I want you to learn the basics of how your body works, especially when it comes to the key areas involved in your Do-Over. Why? Because I firmly believe that for you to truly “get” that these choices are great for you, you have to understand why they matter at a visceral level—yes, the blood and guts of it. If you can “get” how a certain action works to give your body that Do-Over, you're more likely to do the things that help and avoid the things that hurt. And once your body starts to rev better, you're more likely to keep these new habits, especially if you know how and why they make a difference.

The following curriculum is short and fast, but it's also very important. We'll cover the big-picture issues, conditions, and concepts that lay the biological foundation for your Do-Over.

So take a spin through, learn the basics, and get ready to enjoy your Do-Over. And remember, in this course, there's no test, no reason to cheat—because the only person you'd be pulling a fast one on is yourself.

# Genetics 101

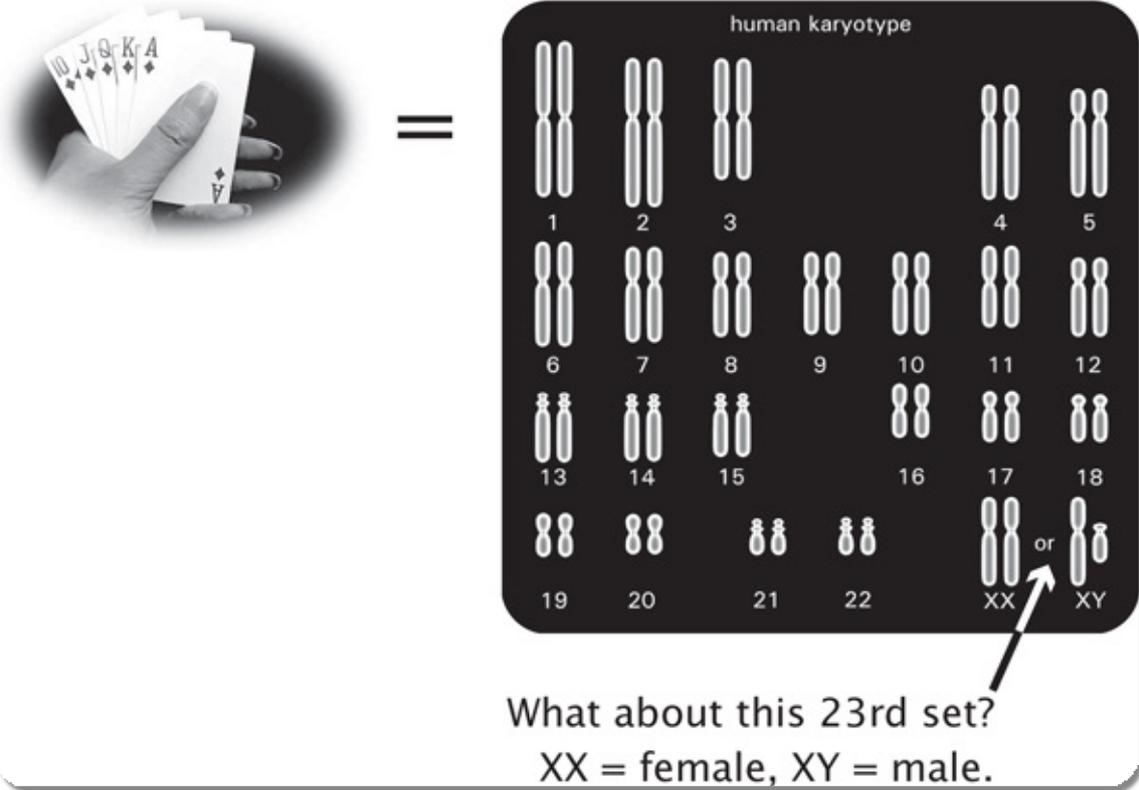


You may already know your genes have a lot to do with aspects of your personality, what you look like, and why you may be more prone to store excess lasagna on your thighs or your arms. There's no doubt that genes are the key ingredient in the concoction that your mother and father created; they make you, well, *you*. But it would be a mistake to blame your health on your genes. Genes lay the foundation for who you are, but they don't *dictate* who you are. The data show that only one-quarter of your health comes from your genetics, while three-quarters comes from your lifestyle. That's essentially what this whole book is about: giving yourself license to have your Do-Over, no matter what genetic hand you've been dealt.

Because physicians put so much emphasis on factors such as family history, most people assume that means there's nothing they can do about the fate of their health. Normally, when we think about genetic traits, we think about qualities that can't be changed or are essentially predetermined, such as height or eye color. But when you take certain actions—smoking, eating well or eating poorly, exercising, managing stress or not—you actually manipulate your genes to manifest themselves in certain ways, thus controlling and influencing the biological processes in which they're involved. Yes, you have the ability to manipulate your genes. Doing that means you can turn them “off or on” in the way they function. That's the foundation for a field called epigenetics—that is, your ability to influence how your genes express themselves.

Your genes act as protein factories or controllers for those factories. Turning on a gene means that you make more of the protein than that gene normally makes. (All genes really do is help make proteins or monitor or modify the actions of other genes.) Turning off that gene means that protein and its effects are diminished or absent from your body. And yes, your choices do just that: turn your genes on or off. In addition, you greatly influence the function of the proteins they make through your actions. For example, a protein called hemoglobin, found in red blood cells, travels the circulatory system, transporting oxygen to your body's tissues. Well, having too much simple sugar (found in white carbs, baked goods, etc.) in your diet brings about high blood sugar levels, and that, in turn, causes sugar to attach to your hemoglobin proteins, preventing them from releasing oxygen normally. *That* produces such outcomes as nerve pain. So poor food choices lead to a change in how your body operates, which can lead to ill health or the feeling of numbness or even big-time pain.

## The Hand You've Been Dealt



All of your genetic information is found in 23 pairs of chromosomes, which are made of DNA. Almost every cell of your body has this *exact same* set of DNA.

## What Genetics Determine



Genetics Determine factors such as eye color, height, facial features, and predisposition to certain diseases. (They may also be one small ingredient of many that influence personality.)

## What Genetics Don't Determine:

Your Health Destiny!



## Change the Function of Your Genes



Epigenetic studies reveal that you can turn your genes off or on.