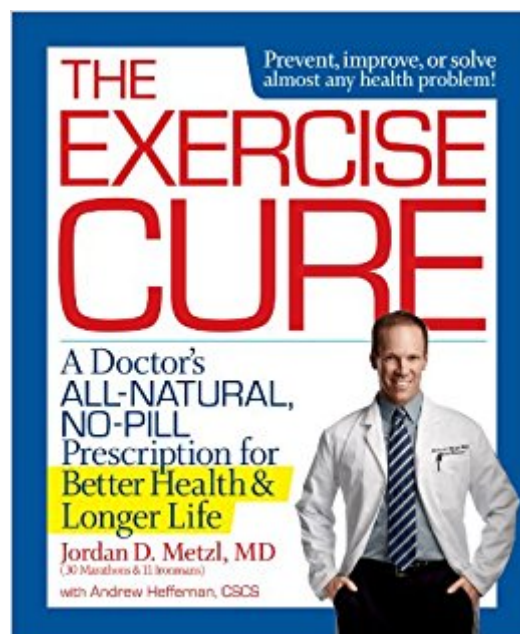




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# The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription For Better Health And Longer Life



## Synopsis

Everyone wants to lose weight, feel better, and live longer. But what if that was just the beginning? What if readers could use specific workouts to prevent, improve, or cure what ails them? As Dr. Jordan Metzl says, "Exercise is medicine." Now he puts that philosophy along with cutting-edge research and a motivational bedside manner into a groundbreaking book delivering a head-to-toe list of maladies that affect quality of life for millions. He then offers the specific exercise prescriptions that will help fix them from type 2 diabetes to depression, from arthritic joints to PMS, from addiction to sleep apnea. The Exercise Cure received an amazing amount of publicity in hardcover for its simple approach to weight loss and better health for everyone. The book offers an exhaustive (and exhausting) collection of fun, fat-torcing, life-changing workouts that can be tailored to any fitness level. "Doctors have long focused on the treatment of disease. Now we have a manual that highlights a means of prevention. As Dr. Metzl touts, exercise is one of the world's most effective medicines." Sanjay Gupta, MD, chief medical correspondent, CNN

## Book Information

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## Customer Reviews

"Doctors have long focused on the treatment of disease. Now we have a manual that highlights a means of prevention. As Dr Metzl touts, EXERCISE is one of the world's most effective medicines." • Sanjay Gupta, MD, Chief Medical Correspondent, CNN "It's that "magic pill" we've all been waiting for, the most basic key to health and longevity--EXERCISE!

As Dr. Metzl explains, exercise is medicine that really works and will change your life.

—Natalie Morales, NBC Today Show

“Finally a tell-all book about the most powerful drug known to mankind--Exercise! Dr Metzl expertly describes all you need to know about why and how you should exercise to improve your health. This is a must read for everyone who wants to live a long and active life.

—Robert Sallis, MD, Past President; American College of Sports Medicine

“This book provides compelling evidence for the important role of exercise in preventing and treating a number of medical conditions, including vascular disease, diabetes, psychiatric diseases, and even cancer. Dr. Metzl shows the reader, without a doubt, that exercise IS medicine.

—Scott Rodeo, MD, head team physician, US Olympic Team

“For years, physicians have been instructing patients on what NOT to do in order to stay healthy. Dr. Metzl has a more compelling instruction: What TO do! His program for each of us, no matter at what level we begin, will not only cure or make illness easier but surely offer further options for disease prevention.

—Richard P. Cohen, MD, clinical professor of medicine, Weill Cornell Medical College

“For years, physicians have been instructing patients on what NOT to do in order to stay healthy. Dr. Metzl has a more compelling instruction: What TO do! His program for each of us, no matter at what level we begin, will not only cure or make illness easier but surely offer further options for disease prevention.

—Richard P. Cohen, MD, clinical professor of medicine, Weill Cornell Medical College

“A thought-provoking book.

—Savannah Guthrie, TODAY Show --This text refers to an out of print or unavailable edition of this title.

Jordan Metzl, MD, is the author of *The Athlete's Book of Home Remedies* and a nationally known. Sports medicine physician at New York City's hospital for Special Surgery. He lives in New York City.

I am usually skeptical of how-to-do-it books. They usually overpromise and under-deliver. But I heard an interview of this author on Minnesota Public Radio and he reported that large studies have shown that the sharpest indicator of a premature death is not smoking, not high blood pressure, not obesity, not high alcohol consumption. Rather it is being physical unfit. That hooked me. I bought the book, and then the book really pulled me in. What I liked about the book: 1. It explains why physical fitness is so tightly correlated with overall health and longevity. 2. Even better, he convinced me of his thesis that it takes only moderate exercise to have a big positive impact. On page 2 he explains that study showing that a brisk 30-minute walk, five days a week will extend one's life on

average 4.2 years. That got my attention.<sup>3</sup> The author is a physician who has run umpteen marathons, and he goes into detail explaining the physiology of why exercise, especially moderate strength training, produces a myriad of health benefits. It can reduce my triglycerides and increase my HDL levels.<sup>4</sup> The book provides a 10-second test to enable anyone between age 51 and 80 to learn if they rank in the upper 25% of fitness for their age group. (I barely qualified.)<sup>5</sup> The book explains 3 or 4 exercises that are targeted for various purposes. For instance for back pain pp. 114 - 117 the author gives clear exercises to deal with the root causes.<sup>6</sup> There are surprising findings in this book such as why situps and crunches are bad for you, and what exercise to use as a replacement. It is called a "plank."<sup>7</sup> After explaining dozens of different exercises for different purposes, the book presents a routine to get started. This is the best part. The first month is so easy, it is almost irresistible. That hooked me, and I finished month one.<sup>8</sup> Starting in month two you tailor your routine to your own needs and interests. I am starting that. The exercise level is so moderate that I don't dread "doing my exercises."<sup>9</sup> On page 207 the book presents a simple five-minute test to assess your fitness level. It is the kind of thing you can check each month to assess your progress. This book is not for everyone. I am 76 with a family history of heart disease, and I am interested in quality of life and increased longevity, and these exercises seem like an excellent investment. But they are very moderate in intensity and so will not appeal to younger people and really athletic people or marathon runners or people like that. I bought two extra copies and am giving one to my primary care physician and one to a physical therapist and prescribed certain exercises for my lower back pain. It is a welcoming, accessible book filled with illustrations and examples and specific facts from case studies. This is a little difficult to explain, but when I think of an exercise book that promotes general health, I sort of glaze over. It sounds very unappealing. It sounds like it will offer generalities which we all know and it will then suggest a program that is far too intense. But this book is the opposite, and that is why it is so useful. The specific benefits of an exercise are described with clarity and appeal, and the exertion level of the exercises is so moderate that it is easy to keep to the program. I am trying to think of what I didn't like about the book. Perhaps the illustrations of the exercises could have a little more detail. Exactly how should the body look at each stage of that particular exercise. If you are 51 to 80, buy the book for yourself. If you are the child of an aging parent, buy it for them. If you have a physician that you appreciate and want to do something for, buy the book for the doctor.

As a physician specializing in renal disease but interested in primary prevention I could not agree more with the general thrust of this book. Would also add that other health benefits of physical

activity may be important & influence some to engage in it. There are data now that physical activity may slow the decline in kidney function as we age and in those who already have impaired renal function. It may also decrease the risk of kidney stones. While no magic panacea this could have important public health benefits! Besides, it makes you feel better!

I own all of Dr Metzl's books and this one is a great book as well. Being an avid exerciser myself, I don't need convincing that exercise is essential for healthy living. However, I enjoyed reading about all the ways exercise benefits us. I'm also secretly hoping other people in my family who don't exercise much pick the book up and become inspired. :)

Simple, effective program progression. Ex categorized by disease/issues as well as by levels. Bronze 1st month = basically get off the couch -> progressing to-> Gold month 3 having serious cardio & resistive tracks. All workouts include foam rolling ex. Good info throughout on how ex affects the body- gross changes down to cellular level. His classic one liner: "Even if you do something as simple as adding pushups, planks and lunges to your daily activity, you'll see a huge difference..." Amen to that.

An excellent series of illustrated exercise directions. I got it for the exercises for my hip. I also had to order a foam roller in order to do those exercises. I won't use a large portion of the book devoted to other parts of the body or conditions, but I like it for what I needed.

This book is very well written and easy to read. Illustrations are helpful for understanding the exercises. Compared to some other books I have purchased, Kindle edition is well formatted. The author convincingly presented physical exercises as cure to many health issues, being motivational even to someone who doesn't have much to complain yet. This book looks like all that the beginner needs. On the other hand, also a clear roadmap to advanced levels is provided. The only serious problem for me was lack of references to studies; this seems to be a too big sacrifice for the sake of simplicity

Not a quick fix , but the truth. The book can be characterized by its: clarity, motivation, logical support to recommendations , and advice from a professional and a person who knows and cares. I purchased my 1st copy several months ago, and it helped me change my habits. I am doing more exercise, lost 29 lbs. (without diet). I purchased additional 17 copies of the book, and gave them to

my friends including my personal MD. Thank you Dr. Metzl.

I only gave the book four stars because I have not finished reading it yet. So far it is clear and easy to understand. This book is part of my attempt to use alternative measures (exercise, acupuncture, massage, etc.) instead of medication. This book explains what kind of exercise is best for an individual's particular health needs. This book gives me hope that, even though I am a "senior citizen," I can lower my cholesterol naturally, and prevent or delay the onset of Type II diabetes that my father had.

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