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Autism, Genes, Fingerprints And Caffeine - Surprising Things You Should Know About Your Health: An Interview With Dr. Michael Roizen



Autism, Genes, Fingerprints And Caffeine - Surprising Things You Should Know About Your Health

An Interview with Dr. Michael Roizen



Synopsis

If you thought caffeine was bad for you, think again. According to Dr. Roizen, best-selling author and co-creator of RealAge.com, you should drink at least six cups of coffee a day to reduce brain aging. In fact, he says there are 151 things you can do to change your rate of aging, and in this audio, you'll hear many of them. Dr. Roizen also talks frankly about a number of health issues concerning people today including the rise in autism rates and its possible link to both the environment and genetics. You'll Also Hear: How to stay younger than your years " Dr. Roizen is in his 60s but his "real age" is 44. Exactly what scientists know about autism -- Is it really linked to childhood vaccines " and just how safe are shots anyway? Ways we can influence the genes we have " and "return on" a gene that will prevent colon, prostate, and breast cancer just by eating 4 servings of broccoli a week. How a mother-to-be's lifestyle can affect her baby's behavior after he's born " and ways to stay healthy during pregnancy. All about the power that food has over our health " and simple ways to live better and healthier. Exactly how fingerprints are formed and what makes each one unique. As a physician of internal medicine and co-author of the "You" series of health books, Dr. Roizen knows his stuff when it comes to many different health issues, and he shares a lot of that information in this quick audio.

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