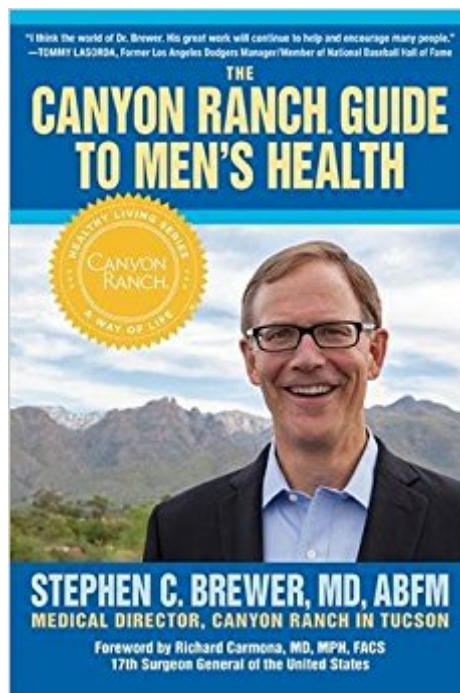




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# The Canyon Ranch Guide To Men's Health: A Doctor's Prescription For Male Wellness



## Synopsis

Do you or someone you love have a Y chromosome? If so, this book is for you. The average life expectancy for men is five years shorter than for women. Why? Because men neglect their health. Dr. Stephen C. Brewer's *The Canyon Ranch Guide to Men's Fitness: A Doctor's Prescription for Male Wellness* aims to remedy that. This do-it-yourself guide is divided into four sections designed to target each specific phase on your journey to well-being.

## Book Information

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## Customer Reviews

Brewer, medical director at Canyon Ranch Health Resort in Tucson, Ariz., and a specialist in preventative and integrative medicine, encourages men to take a good look at the state of their health and become accountable for it. The book is divided into four parts, with part one, "Where You Are Now, and Where Can You Be?", highlighting the importance of an annual "maintenance check," i.e., physical exam. Part two, "Your Health at Different Times of Life," analyzes physiological status and makes recommendations for five separate age groups, from age 18 to 80-plus. Part three, "Your Health by Function," addresses individual systems of the male body, covering such topics as sexual function, cardiac disease (the leading cause of death in men), dementia, prostate cancer, and exercise injuries. Part four, "Your Health by Strategy," explains the vital need for quality sleep and outlines an "almost vegetarian" diet with vitamin and mineral supplements. This section also introduces epigenetics and looks at how sustained healthy habits can "turn genes on or off in a positive way." This accessible handbook is equal parts factual and friendly, and it will help men

conquer their health fears and make wise choices for healthy, long lives. (Publishers Weekly)

Stephen Brewer, MD, is a board certified family physician who obtained his BS from The Ohio State University, graduated from medical school at the Medical College of Ohio, completed his family medicine residency at Riverside Methodist Hospital in Columbus, Ohio and performed a fellowship in integrative medicine from the University of Arizona under the direction of Dr. Andrew Weil. He is certified in medical acupuncture and guided imagery. For the first 25 years of his medical career, Dr. Brewer was in private practice as a family physician. For the past 10 years he has been the Medical Director of Canyon Ranch Health Resorts in Tucson, Arizona. He consults with patients presenting medical concerns including men's health issues, complex diagnoses, executive health and preventive care. He provides lectures to guests and to specialized audiences on men's health, brain health, heart disease, preventive medicine, weight loss, peak performance and genetics. In addition he serves as Canyon Ranch's liaison with Mayo Clinic and the University of Arizona. Dr. Brewer is an internationally featured speaker. He has been interviewed on both radio and television, including The Dr. Oz Show, the Today Show and CNN. He coauthored *The Everest Principle: How to Achieve the Summit of Your Life* (Hay House, 2010). His web credits include Maria Shriver's Women's Conference, "The Everest Principle or How to Reach Your Peak Performance"; Oprah.com "Peak Performance"; and Active.com "Acupuncture for Athletes" and "Peak Performance and Sleep." He has been published in the Ohio Academy of Family Practice News medical journal. Richard Henry Carmona is an American physician, nurse, police officer, public health administrator, and politician. He was a vice admiral in the U.S. Public Health Service Commissioned Corps and served as the seventeenth Surgeon General of the United States.

I have just finished reading Dr Brewer's book on men's health. I found it very easy to read and comprehend. I enjoyed the way he personalized the various chapters. This book has given me the impetus to take control of my own health, and begin a new healthy lifestyle for a longer and happier life.

I downloaded the Kindle version so I could read it in short intervals on the go, that worked well for me. There aren't many books available that focuses on us guys, this one helps fill that gap. It was very useful and gave practical tips while also describing why a healthy diet, exercise, sleep, and

seeing a doctor regularly, is so important!

Steve hits the nail on the head - take charge of our own health, don't whine later or expect the government or our doctors to clean up our health mess. I recommend this book for anyone who cares or dares to get more out of life and to live healthy longer.

Covers everything for your physical, sexual, emotional and mental growth for men through the stages of your life! Highly recommend!

I have met Dr. Brewer and been to Canyon Ranch. This is the single best Men's Health book I have ever seen, covering all aspects with current and emerging information. For the over 50 man, if you buy this book, read it, and implement it, you will add years and years of quality life years. Do it for yourself. It is worth every penny, and will be your best investment ever ... in yourself.

ing. To the point.

Suggestions for the second edition:+ omit reference to the ancient theory behind acupuncture, which does not meet modern standards for clarity or testability. To the extent to which acupuncture actually works (if it does), the reason must be considered unknown at this time+ p. 145: 'below 39 degrees' should be 'above 39 degrees'+ omit description of the author's personal weight loss experiment: omitting breakfast for two weeks, and losing 5 pounds. If the author's average breakfast is 700 calories, and 14 omitted breakfasts = 9800 calories. At 3600 calories per pound, that's 2.7 pounds, well within the range of daily weight variation. Most weight-loss experts claim that the 'heathy' average rate of weight loss should not exceed 1.5 pounds per week.+ don't be embarrassed for advocating a near-vegan diet. Instead, go deeper into the data rather than just referencing books on the subject. See, for example, the studies referenced in the book Proteinaholic by Garth Davis.Summary: the book was a fun read. The author obviously enjoys his current good health - and so will you!

Stephen C. Brewer MD book on men's health in an outstanding, engaging read for men of all ages. No matter what age you are (or act) there is a section in this book that will apply to you. Consider this book a roadmap for your health. Its straightforward, actionable content is a refreshing change from a majority of books in the health and wellness space. Reading this book should give you the

confidence to take charge of your health and know what questions you should be getting answered by your healthcare provider. This book will make for a wonderful and thoughtful birthday, Christmas or Father's Day gift.

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