



## Marilu Henner's Total Health Makeover

By Marilu Henner, Laura Morton

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### When Was The Last Time You Felt Really Healthy?

Now's the time to create the healthy, balanced life you want -- and become the truly vibrant, happy person you were meant to be. Combining good humor with solid science, Marilu Henner provides essential information on every aspect of health and fitness, including:

1. Detoxing your body
2. Preventing or alleviating health conditions from obesity to cancer
3. The secrets of stress reduction
4. Real food and the organic way to fuel your body

Free yourself forever from diets and disease-causing toxins, boost your energy, lower and maintain your weight -- and change your life.

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### Editorial Review

#### Amazon.com Review

Marilu Henner, known as Elaine on TV's *Taxi* and star of the musical *Chicago*, was once very overweight, with sallow skin and a weak immune system. She waffled between starving herself and gorging herself. Since cutting dairy products and caffeine out of her diet, adopting a food-combining plan, and following a program that's code-named "BEST"--for balance, energy, stamina, and toxin-free--she's shaved nearly 100 points off her cholesterol count and 50 pounds off her frame, and she looks younger at 45 than she did at 19. If you don't count her pregnancies, her weight hasn't changed by more than 5 pounds over the past 11 years.

Henner's 10-step health program outlined here is strict, but she offers tips for getting your feet wet. Start by cutting out caffeine one day a week, she advises, instead of going cold turkey, and make just one meal each day dairy-free, so the change doesn't come as a shock to your system. Her "anti-milk manifesto," which reveals exactly how milk is produced and how it negatively affects the human body, is quite a stunner. Her plan offers sound advice for becoming more mindful of how you treat your body, how and what you eat and why, and how you react to stress, along with how to make improvements in all these areas. Henner's especially trustworthy because she's been through the wringer: "After nineteen years of experimenting, a thousand mistakes, over 400 books (read, not written), at least 200 bad diets over my lifetime, five doctors, two physical therapists, three nutritionists, two personal trainers, one therapist, and a partridge in a pear tree, I have found what I believe are the best answers this planet has to offer about living a healthy, happy, and balanced life." And she holds nothing back as she passes on her hard-earned knowledge about nutrition, digestion, exercise, preventive medicine, detoxification, and stress reduction.

#### Review

"Marilu is my mentor. Her philosophies about health changed my life as well as my figure." -- Fran Drescher "Nobody does health better." -- John Travolta "Marilu--you have done the world a tremendous service." -- Rosie O'Donnell "If changing your body and looking great are qualifiers, then Marilu is definitely qualified to write this book." -- Tony Danza "Marilu is the healthiest person I know ... she makes me sick!" -- Carol Burnett "The best-organized and best-written book of its kind, " -- Peter Bogdanovich "Marilu, your program is fantastic. Five weeks ago my cholesterol was way too high, but since starting the program my cholesterol level has dropped 70 points. My doctor called to say my numbers look great now, and now my husband and mother-in-law are on the plan too. Thanks for your great ideas." -- Beth Silverman, Augora Hills, CA "My family has a history of autoimmune diseases--lupus, arthritis, as well as heart disease. I too was headed in the same direction with my doctors prescribing some heavy-duty drugs with scary side effects. The Total Health Makeover has given me control over my own body and that feels great. (I never thought I'd be eating things like kale and soybeans and actually enjoying them!) Your program has also helped me with my breast pain (I have fibrocystic breasts and had extreme burning and pain with my periods), but the very first month on your program the pain vanished and hasn't returned. It is such a noticeable improvement." -- Ali Bouvier, Clark, NJ "My mother and I would like to thank you for opening our eyes to healthy eating. My mom has lost 35 lbs. in two months and feels great. I'm a quadriplegic and losing weight is difficult, but by eating right I've lost 25 lbs. and am feeling healthy again. Thank you for changing my life." -- William Balles, Carpinteria, CA "I am 27 years old and 5 months pregnant with my second child. I bought your first book about a month ago and am well on my way to making the 10 steps a part of my life. I am especially interested in becoming dairy-free. My sister was very sick with chronic diarrhea for two years, undergoing numerous medical tests with no results. Then she went dairy-free and within three days the diarrhea stopped. She soon became pregnant and as a dairy-free mom she gave birth to a 9 lb. 6 oz. baby boy. I can't wait to

be a dairy-free mom too."-- Andrea Bouvier-Thieneman, Louisville, KY"For years I have suffered from sinus problems, primarily con-gestion and headaches. After reading The Total Health Makeover, I decided to give up dairy products completely. In the last eight months, I've had two sinus headaches and virtually no conges-tion, I've never felt so good!"-- Lori Hazenstab, Wilmington, DE"Your plan changed our lives. After following your plan my wife lost 25 lbs., became a full-time mom, volunteers at our sons' schools, teaches craft classes, and has a social life. On top of all of this Laura got pregnant last September. We had wanted to conceive a child two years ago, but Laura had physical chal-lenges that made it difficult. I truly believe that her losing the weight and changing her lifestyle contributed to our finally conceiving our third child."-- Leonard Hanna, Vancouver, WA "After picking up your book at the library, I have given up caffeine and dairy and can't believe how good my skin looks. I've been paying the top dermatologist in our state and he wasn't even able to get resultslike this. I noticed an improvement in only two weeks time."-- Sue Amos, Dedham, MA"Thanks to food combining I can finally finish a meal without getting nauseous, and since giving up dairy I no longer have to pay all that money for lactose enzymes (since I'm lactose intol-erant). All in all, I feel great."-- Susan Hiland, Nashville, TN"I have been overweight all my life and at 290 lbs. I was deter-mined to make a lifestyle change. I started reading your books and knew this was the way for me--it just made sense chemi-cally, emotionally, and physically. The first step I tried was giv-ing up dairy. Wow! I lost 15 lbs. without even blinking and just feel so much better. I was also successful in taking my one-year - old son off dairy, and since he has been dairy-free we haven't had any wheezing problems like we had in the past. Thank you for sharing your treasured information in a way that people can relate to."-- Janet Townley, Brookfield, CT"Since starting your program I have taken off 27 lbs. in three months, my daughter is eating healthier, and my boyfriend is finding relief from migraine headaches. What a difference your book has made."-- Susan Martin, Alexandria, VA

#### About the Author

Marilu Henner is well known for her roles in *Taxi* and *Evening Shade* and her participation in *The Celebrity Apprentice*. She is the author of two other *New York Times* bestselling books, *Marilu Henner's Total Health Makeover* and *Healthy Life Kitchen*. She lives in Los Angeles.

Laura Morton is the coauthor of more than forty books, including twenty *New York Times* bestsellers, and has worked with Joan Lunden, Al Roker, Melissa Etheridge, Susan Lucci, John Maxwell, Danica Patrick, Sandra Lee, Marilu Henner, Justin Bieber, and Duane "Dog" Chapman, among many others. She lives in New York.

#### Users Review

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**Richard Strohm:**

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The actual book that recommended to you personally is Marilu Henner's Total Health Makeover this guide consist a lot of the information from the condition of this world now. That book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. The particular writer made some research when he makes this book. That is why this book appropriate all of you.

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