
Dr. Oz and Discovery Health programs

Posted by KPW1956 - 2007/11/02 12:34

I recently was able to get expanded cable a couple months ago.. and have been enjoying Discovery Health. They had advertised some shows that finally aired last night. They were 3 back to back to back Dr. Oz and Dr. Roizen programs dealing with health/weight issues. Each program had 2 or 3 different people they focused the show on and made 90 day programs to improve their health. I found them to be very inspirational..

I've been working on my eating issues for a few months and am losing at a fairly slow rate of 5 lbs. a month. I've known I need to rev up the exercise end of my health quest.. One of the principles they were getting their subjects to commit to was walking 30 minutes a day. It was amazing to watch the transformations even over a relatively short 90 day commitment.

I highly recommend this show.. (I might post a short blip in the tv section.. but thought it fit here better.)

If you have Discovery Health, they are slated to run it again on Sunday evening. There were 3 shows shown back to back.. I think they are being rerun on Sunday night.

I think a regular show will be airing on Monday evenings called 'Staying Young'. It may be based on his new book but I think the concept is still to help walk through some basic things someone can do to drastically improve their health/life.

I sure learned some things last night.. I look forward to seeing this on a regular basis..

Here is a link at the Discovery Health site. I know Mazzy was interested in Dr. Oz... and had mentioned him many times. I'm quickly becoming a fan!

<http://health.discovery.com/fansites/dr-oz/dr-oz.html>

I think I'll go take a walk now! :laugh:

Post edited by: KPW1956, at: 2007/11/02 12:35

Re:Dr. Oz and Discovery Health programs

Posted by mazzy - 2007/11/03 17:50

Hi KPW... I enjoy listening to Dr. Oz... I usually try to catch him when he's on Oprah.

I have a discovery channel, but it's not the health channel... lucky you.

Re:Dr. Oz and Discovery Health programs

Posted by KPW1956 - 2007/11/03 19:22

According to the link I posted he's supposed to be on Oprah on Monday! (the 5th) I plan to start trying to catch him when he's on there.. I'm always a johnny come lately...

Re:Dr. Oz and Discovery Health programs

Posted by tudin_girl - 2007/11/04 01:59

He was on Oprah this past Thursday(Nov 1) and the second part will air Monday (Nov 5).

I'm really of fan of Dr. Oz too...he explains things so that you really get why and what your body does and what it needs.

Has anyone read his books? I'm thinking of checking them out.

Re:Dr. Oz and Discovery Health programs

Posted by KPW1956 - 2007/11/04 09:11

I did buy the You on a Diet sometime in the last year. I haven't read it page by page though.. I look at the different topics. But now after seeing those shows, I think I'll go back.

It looks like his new book about Getting Younger.. is behind the new series on Discovery health. It is sort of like the show 10 years younger but works on the inside instead of the outside! All practical tips and no wacky stuff. I caught part of a show last night called 30 days.. and it seemed to be a show where they will use questionable methods to regain the fountain of youth. The subject last night was around 34.. a bit overweight.. He went to a certified anti aging physcian.. (I didn't know there was such a thing..) anyway, I think he was going to be on injectable steroids...

Once that premise was suggested I tuned out. Seemed like it was promoting steroid abuse.. He did have to sit in with a regular G.P. (doctor) who told him all the cons. I don't know if he went through it or not.. Maybe it was going to bring him full circle and doing it the right way... I'll have to look up the show on the net.. Just seemed like it was going down the wrong path to me..

Re:Dr. Oz and Discovery Health programs

Posted by Debby - 2007/11/05 14:08

Thanks for the heads up. I think I get the channel as I do have expanded cable and I have seen the ads for the upcoming show where Dr. Oz goes from older to younger. He seems to be doing so much on tv now. How does he have the time to continue practicing medicine?

Re:Dr. Oz and Discovery Health programs

Posted by KPW1956 - 2007/11/05 15:55

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I just wanted to clarify about this post.. I didn't write it very well...

I started off talking about Dr. Oz's book or show..and then started talking about a totally unrelated show albeit a similar theme about aging on the station FX.. I just quickly looked up the show.. and it appears that it is from a series of documentary styled shows.. (by the guy who did the documentary called "Supersize Me".. about eating nothing but fast food for a certain amount of time. I guess this particular show was about the process of someone going through questionable methods of anti aging methods. Maybe it would have been worth watching had I known that. I sure hope the message was a positive one in the end for the subject going through it. And of course that message would be to NOT resort to steroids or quack methods.. I did see the Supersize Me documentary and it in essence was not flattering of the fast food industry and the effects of a steady diet of high fat, high sodium junk. They did do physical testing on him regarding cholesterol and blood pressure..and of course weight. So hopefully the same producer was aiming to bring about a positive message on the show I only caught a glimpse of.

Here is a wikipedia about the show.. Maybe some of the topics would be of interest to others. I don't think it's my cup of tea.

http://en.wikipedia.org/wiki/30_Days

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