



# The Secrets of People Who Never Get Sick

*Gene Stone*

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## The Secrets of People Who Never Get Sick Details

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Author : Gene Stone

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## Natlukens says

According to this book, I am probably not going to live as long as I potentially could. Not that I am *that* unhealthy, mostly because I am very prone to stress and anxiety and I am pretty "neurotic" (to use the term from the book). I am referring to a chapter in the book that says that people who tend to worry a lot and experience stress easily, often have shorter lives and develop illnesses more frequently than those who do not.

This book was more about how to live long a long life and be healthy at an old age than it was about avoiding sickness. The two sort of go hand in hand, at least for the people being written about. This was pretty well written, seemed to be well researched and very interesting for the most part. The last few chapters were a little dry to me, but I could have just been anxious to finish. Putting the chapter on stretching and the one about Yoga so close together may have been part of that too.

The book is largely anecdotal. There are lots of factoids and little stories within chapters. Mostly the author covers ideas that people have that they believe makes them healthier, they believe keeps them from becoming seriously ill. It is not just about avoiding the common cold, but most diseases, even cancer. Some of them are a little out there, like dunking your head in water and peroxide daily, or taking freezing showers. I had heard of most of the thugs in the book but the information expanded my knowledge on the topics. I think you'd have to be really interested in this sort of thing to make it all the way through the book like I did.

The thing that struck me most was the chapter on having a positive attitude. That seemed to be a thread that wove through each person's story. I confess I am guilty of being pretty negative at times. I feel like if I try to find the bright side of everything and fool myself into believing the worst **won't** happen, then when it does eventually happen I will only be all the more disappointed. I don't like being caught off guard by bad things happening. I feel that if I know the worse possible will happen then I can prepare myself for the blow. The book says that part of the reason why the things these people do works is because they have **faith** in what they are doing. They believe it will work, so it does. It's sort of like the placebo effect.

Some of the things mentioned in the book are practices I already have acquired personally. I started taking probiotics a couple of years ago. I don't take them as regularly as I could because the tablets are pretty expensive. I was surprised that there was a whole chapter on Brewer's yeast, which I eat almost daily though it is labeled as nutritional yeast. Now I know the actual difference between the two, although they are functionally the same thing, just grown differently. I definitely could be eating more garlic. There is a whole chapter here on a woman who chews it raw. Don't think I could stomach that though.

The thing that I only knew a little about and that interested me the most was the chapter on pH balance. It says that human beings stay healthier if their system is kept more alkaline rather than acidic. Having an acidic system is harmful in myriad ways. Being more alkaline is better because, according to the chapter; "Viruses, cancer, and most diseases don't survive in an alkalinized environment." How to become more alkaline? Eat more alkalizing foods such as carrots, almonds, and garlic to name a few. Another article I just read on the subject says to eat foods high in potassium. There are lots of acidic foods that are also healthy for you. The main thing is the typical western culture diet (lots of meat, soft drinks, coffee, dairy products, and alcohol among other things) causes people to develop acidity. Too much protein in particular leads to acidity.

I once had bottled water than was alkalized (I bought it on accident because it was inexpensive and came in a pretty bottle) I knew people must drink it for health purposes, but I had no idea why specifically. It was gross. I would not drink it again on purpose.

I have the highest respect for people who follow a vegetarian or vegan diet. There is a chapter on this book about being vegan (the author is one). I am too fond of good cheese to ever cut it out entirely. I consciously don't eat very much meat, and never really have. I think being vegan is probably the safest bet as far as avoiding health problems, living the longest, and environmentally it is the best choice.

There is also a chapter about having friends. It says that people with strong social networks who have strong family ties or friendships and community involvement are more likely to avoid illness and live longer. This is another problem for me because I don't have a lot of friends that I see that regularly or am very close with. The thought behind it makes a ton of sense. I wish I was better at making friends, developing lasting friendships, and keeping in touch with people. Apparently there are health reasons besides just having people to talk to or do things with.

There is a chapter about napping. Naps are awesome. You now have permission to nap freely. It's for your health!

My only complaint with the book was that each chapter would present an idea and then also say why the idea may be wrong. It would provide research results in favor of the idea and then results that were inconclusive or negative towards the idea. I get why that would be the case but it seemed like there was always something conflicting. It did make it interesting to know both sides I guess. It was a little more informative that way. I wouldn't call these things "Secrets", I feel like the title is sort of a gimmick because mainly it is about health routines that people have and the people happen to not get sick but they have also lived pretty long lives all of them and developed health regimens in order to live so long. Pinpointing one habit that they have developed over a long life does not really explain the full reasoning behind their longevity.

I wish there had been a list at the end of the book of all the other books mentioned. Reading this has just given me more ideas of subjects I would like to learn more about.

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## Deb says

\*Healthy secrets\*

Why do some people get sick at the drop of a hat, while others never have legitimate cause to use their sick day stash at work? Pondering this curiosity, Gene Stone sets out to uncover the secrets of the perpetually healthy.

Many of these secrets focus on achieving health by pumping up the immune system and ramping down the stress level and include: cold showers, eating dirt (yes, dirt), friendships, herbal remedies, naps, pH balance, positive attitude, probiotics, stresslessness living, spirituality, vitamin C, and zinc. Other secrets involve a whole foods/plant-based/low-caloric diet, and special ingredients like chicken soup, garlic, and brewers yeast. Not surprisingly, several of the secrets involve forms of exercise, such as lifting weights, running, stretching, and yoga. Keeping the body clean via detoxification, germ avoidance, and hydrogen peroxide represents the secrets that some healthy people covet. And, other health secrets, which may be a bit harder to adopt, include specific geographic and genetic factors.

The book is researched-backed, well-written and highly organized, and offers a balanced presentation of each of the secrets. From start to finish, it's quite the fun and informative read.

Although each of these secrets--whether shocking or sensible--may offer improvements to health, the real secret seems to be the belief that whatever you're doing will bring you good health.

**Ariadna73 says**

I liked it; but it has no new things for me. Here are some of the secrets: take a cold shower every morning (brrrr!); eat yogurt; avoid yogurt; eat lots of garlic; avoid being around sick people and wash your hands; nap a lot (mmm); have more vitamin C (duh!); do yoga; do stretching; run a lot; make one friend a day(I don't know what is the author's definition of friend); be more spiritual; avoid stress; try to be happier; think positive (duh!)

## Nada AbuHassan says

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### Noor Abu Hassan says

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## **A. says**

I don't know. Another book that sounds like a series of Ladies Home Journal articles. I picture the author eating oreo truffles and drinking red wine "because chocolate and wine are full of antioxidants" while he is writing. Sure, there is some good stuff in here, but I already read this month's LHJ "Seven Foods that Prevent Cancer." You can skip any chapter and not miss a thing by this master of the obvious. Skip the book and read a magazine in a waiting room. But, if you are sitting poolside and need a light read this could be the ticket. It just depends on what you expect from a book.

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## **Mary says**

Good book, thought provoking and provided not only references and studies, but a critic of the study, as in who did the study and what was their motivation. A lot of the information I was already aware, a few new one, but not many to take to the bank. I won't be dunking my head into a sink full of hydrogen peroxide anytime soon, (or ice water, as Paul Newman advocated?) Yoga I have tried and used various poses off and on over the years, and do think they are of benefit. I agree sleeping alone, even if married it a good idea, whether the other snores or not, we all have different waking times plus load of other reasons. I recommend the book for those interested in a long healthy life.

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## **Lisa Barrett says**

Being sick slowed me down in this book (lol). Especially liked the chapter on herbs.

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## **Jaime Davis says**

Read this out of self-defense, as a first-year teacher tired of getting majorly sick (pneumonia, strep, several colds, etc.) While a relatively untested immune system invariably had much to do with that, I thought every little bit could help. Really enjoyed this book - informative and humorous is my favorite combination. It's both anecdotal and scientific, which made it a great read for me. Learned some new things, relearned things I'd forgotten, and am trying a few of the suggestions. So far, no more sickness! (Even if it's psychosomatic, I'll take it!) Pick this book up - you'll enjoy it, I think.

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## **Michael says**

In the intro and conclusion, Stone makes it clear that these ideas are not backed by strong scientific data. In fact, a few of the healthy habits contradict each other; notably "germ avoidance" and "eating dirt." I found this compilation of anecdotes extremely easy to get through as each one tells the backstory of an individual

abiding by the secret. The book is organized in alphabetical order by the chapter titles, and there is no correlation between them, so skip around without worry. I would use this as a jumping off point to explore a few healthy habits rather than as any sort of medical advice.

Here are the secrets:

1. Blue zones
2. Brewer's yeast
3. Caloric Reduction
4. Chicken Soup
5. Cold Showers
6. Detoxification
7. Eating Dirt
8. Friends
9. Garlic
10. Germ Avoidance
11. Good Genes
12. Herbal Remedies
13. Hydrogen Peroxide
14. Lifting Weights
15. Napping
16. pH Balance
17. Plant Based Diet
18. Positive Attitude
19. Probiotics
20. Running
21. Spirituality
22. Stresslessness
23. Stretching
24. Vitamin C
25. Yoga

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## **Joyce says**

This got less and less interesting as I finished each chapter. As others have noted, it's mainly anecdotal and adds nothing new to the conversation. However, I think each reader can at least be reminded of one or two things to focus on to improve health. I chose a few, but ironically, I got a cold two days into reading this.

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## **Crisanto J. Jorda says**

Anecdotal to excess, this book dances around remedies that have already been validated or aggregated neatly by online sources. It's not a "bad book" per say—after all, Stone's goal is to educate readers on healthy alternatives for modern day vices. The read is just cumbersome. The chapters are needlessly long and the writing style hardly entices or changes formula throughout. Read it if you're sincerely curious. Otherwise, Google something analogous, like "secret health foods" or "over-the-counter remedies" and learn in 5 mins

Excuse me as I take a bite out of some garlic.

Another thing is I am going to start paying attention to those people who never get sick. And I am one of them. Rarely do I come down with the common cold lil on the flu or worse. I know there are things I am very picky about. What foods I eat and getting to bed early help me, that I know. Making sure that foods are not out of date or blinky as my Dear Hubby will say. I do not like, want or even want to be around someone with food poisoning from eating something that seemed to be okay. Also there is daily exercise, stretching, yoga, strength training...and you can do it in many ways. I have told you that hanging clothes instead of using a dryer is not only saving electric but gives you time to stretch from your toes to your head. Gene Stone wrote "The Secrets of People who Never Get Sick" and I have found that there is a large majority of things that I do like these 25 people tell of their lifestyles. Of course there is more I can do. Mostly I want to figure out how to help my family change their ways and become healthier. You know that old adage of you can lead a horse to water but you can't make him drink.

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