

You The Owners Manual

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You The Owners Manual

Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, You: The Owner's Manual gives you an easy, comprehensive, and life-changing how-to plan for fending off the gremlins of aging. To top it off, you'll also get the great-tasting and calorie-saving Owner's Manual Diet -- a thirty-recipe eating plan that's designed with only one goal in mind: to help you live a younger life.

YOU: The Owner's Manual: Michael F. Roizen, Mehmet C. Oz ...

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YOU: The Owner's Manual: An Insider's Guide to the Body ...

"You: The Owner's Manual" contains some genuinely helpful information but personally, I would consider that statement as damning by faint praise. It's a health book written by a host of doctors, the least it can do is contain some helpful nuggets of information. As is, the book is weak.

You: The Owner's Manual: An Insider's Guide to the Body ...

you The Owner's Manual By Mehmet Oz, MD and Mike Roizen, MD

YOU | The Dr. Oz Show

YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs.

You, the Owner's Manual: An Insider's Guide to the Body ...

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YOU The Owners Manual Radio Show Dr. Michael Roizen is the Chief Wellness Officer at the prestigious Cleveland Clinic and is host of YOU The Owner's Manual Podcast.

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Roizen is author of the award-winning series of "RealAge" books and co-authored with Dr. Mehmet Oz the YOU: The Owner's Manual series of bestselling books. He is a lecturer, TV personality, radio talk show personality, and an advocate of exercise and living the healthy life... and he practices what he preaches.

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