

How well do you know your body? TAKE THE QUIZ!

YOU

THE OWNER'S MANUAL

An Insider's Guide to the Body That Will Make You Healthier and Younger

MICHAEL F. ROIZEN, M.D.
MEHMET C. OZ, M.D.

"The Owner's Manual is the next best thing to attending medical school, plus you save on tuition." —Dr. Dean Ornish
"The Owner's Manual lets you in on the secrets of your body." —Lance Armstrong

BE THE EXPERT ON YOUR BODY

Which of the following statements are true?

- As you increase the amount you exercise, the rewards you gain from it increase as well.
- If you're not a smoker, you have nothing to worry about when it comes to your lungs.
- Bad breath comes from your mouth.
- Women have less sex after they pass through menopause.
- Your immune system always knows the difference between your own cells and enemy invaders.
- The biggest threat to your arteries is cholesterol.
- Memory loss is a natural, inevitable part of aging.

Did you answer "true" for any of the above?
Then take a look inside.

Your: The Owner's Manual has all the answers you need to become an expert on your body, with tips on how to keep your body healthy, safe, and young.

RealAge®



Michael F. Roizen, M.D., created the RealAge® concept and is the author of the #1 New York Times bestseller, *RealAge*. He is a professor of medicine and anesthesiology at SUNY Upstate and chair designate of the Division of Anesthesiology, Critical Care Medicine, and Comprehensive Pain Management at the Cleveland Clinic. He also founded a health-care program first launched at Northwestern Memorial Hospital in Chicago aimed at helping its members reverse biologic aging and live longer, more vibrant lives.



Mehmet C. Oz, M.D., is professor and vice-chairman of surgery, Columbia University. He is medical director of the Integrated Medicine Center and director of the Heart Institute, New York Presbyterian Columbia Medical Center.

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YOU: The Owner's Manual Mehmet Oz, M.D., Michael F. Roizen, 2013-12-17 YOU The Owner's Manual by Mehmet Oz M.D. has descriptive copy which is not yet available from the Publisher YOU: The Owner's Manual Mehmet C. Oz, M.D., Michael F. Roizen, M.D., 2013-12-17 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life 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 There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner's Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body YOU: The Owner's Manual for Teens Michael F. Roizen, Mehmet Oz, 2011-06-07 A few years ago we wrote YOU The Owner's Manual which taught people about the inner workings of their bodies and how to keep them running strong But you know what There's a big difference between an adult's body and your body between adults' health mysteries and your health mysteries between their questions and your questions So teens this book is for YOU We'll talk to you about the biological changes that are happening in your brain and your body We'll show you how to get more energy improve your grades protect your skin salvage more sleep get fit eat well maximize your relationships make decisions about sex and so much more In fact in these pages we answer hundreds of your most pressing health related questions And you know what else We are going to treat you like adults in one very important way We're not going to preach We're going to give you straight up information that you can use to make smart choices about how to live the good life and enjoy every second of it Starting right now

The Owner's Manual Diet Mehmet C. Oz, M.D., Michael F. Roizen, 2009-12-08 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life 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 There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you re not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches **YOU The Owner's Manual** debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body *YOU: The Owner's Manual* Michael F Roizen,Mehmet C Oz,2005-05-03 This is a nuts and bolts guide to your body and its component parts and processes Each chapter is devoted to an integral part of the body and tells its story from the industrious heart all the way to the smallest bones in your ear **YOU: The Owner's Manual for Teens** Michael F. Roizen,Mehmet C. Oz,2011-06-14 A guide to skin care from the bestselling books **YOU Being Beautiful YOU Staying Young and YOU On a Diet** **The Owner's Manual Workout** Mehmet C. Oz, M.D.,Michael F. Roizen,2009-12-08 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America s favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life **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 There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you re not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches **YOU The Owner's Manual** debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body *YOU: The Owner's Manual* Mehmet C. Oz, M.D.,Michael F. Roizen, M.D.,2009-12-22 Between your full length mirror

and high school biology class you probably think you know a lot about the human body While it s true that we live in an age when we re as obsessed with our bodies as we are with celebrity hairstyles the reality is that most of us know very little about what chugs churns and thumps throughout this miraculous scientific and artistic system of anatomy Yes you ve owned your skin covered shell for decades but you probably know more about your cell phone plan than you do about your own body When it comes to your longevity and quality of life understanding your internal systems gives you the power authority and ability to live a healthier younger and better life The flagship book of the YOU series which spawned three subsequent New York Times bestsellers has now been expanded and updated to make you understand your body even better perhaps too well YOU The Owner s Manual Updated and Expanded Edition challenges your preconceived notions about how the human body works and ages then takes you on a tour through all of the highways back roads and landmarks inside of you In this update the doctors have included a new chapter on the liver and pancreas which will finally demystify the most exotic parts of our bodies a new workout chapter that will finally get you moving and nearly one hundred Q As asked by you the reader It has also been updated throughout to give you up to the minute know how to not just understand what to do to keep fit but also why and how The book opens with a quiz How Well Do You Know Your Body which sets the stage for the following chapters After taking the quiz you ll learn about all of your blood pumping food digesting and keys remembering systems and organs including the heart brain lungs immune system bones and sensory organs Each chapter also contains common myths of the particular body part that the authors will debunk Just as important you ll get the facts and advice you need to keep your body running long and strong You ll find out how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual Updated and Expanded Edition gives you an easy comprehensive and life changing how to plan for fending off the gremlins of aging To top it off this new edition includes even more great tasting and calorie saving recipes as part of the Owner s Manual Diet an eating plan that is designed with only one goal in mind to help you live a younger life Welcome to your body Why don t you come on in and take a look around

You Michael F. Roizen,2005 **You: Staying Young** Michael F. Roizen,Mehmet Oz,2007-10-30 The body is the most fascinating machine ever created and nobody talks about it in ways that are as illuminating and compelling as Dr Michael Roizen and Dr Mehmet Oz Most people think of the aging of our bodies the same way we think of the aging of our cars the older we get the more inevitable it is that we re going to break down Most of us believe that at age 40 or so we begin the slow and steady decline of our minds our eyes our ears our joints our arteries our libido and every other system that affects the quality of life and how long we live it But according to Dr Roizen and Dr Oz that s a mistake Aging isn t a decline in our systems It s actually very purposeful The very systems and biological processes that age us are designed to help us when we re a little bit younger So what s our role as part of the aging population To learn how those systems work so we can

reprogram them to work the way they did when we were younger Your goal should be die young at any age That means you live a high quality of life with everything from working joints to working genitals until the day you die At the core of this landmark book are the Major Agers 14 biological processes that control your rate of aging Some you ve heard of some you haven t and some you never knew contributed to the aging process Some speed decline others inhibit your repair mechanisms These Major Agers are everything from short telomeres and inefficient mitochondria to stem cells and wacky hormones The doctors explain the principles of longevity and many of the causes of aging and how to fight the effects The climax of the book is a 14 day plan to help you along your path to staying young The doctors want you to be able to integrate important processes into your daily life in order to make staying young routine but first you ll need to measure your real age and health right now Staying young encompasses your emotions and mental health as well as your exercise habits eating habits personal hygiene and genes among other things Wouldn t you like to know how to prevent your body from aging badly The original YOU book showed how bodies work in general and YOU On a Diet explained how bodies lose weight and stay fit Now in YOU Staying Young Drs Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor the modern city What differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out Despite genetic differences which are like the geography upon which the city is built cities age differently because of the way residents treat their education system stem cells power plants mitochondria electrical grids brains transportation routes blood vessels and landfills fat You as mayor resident and street cleaner have the power to balance your biological budget to ensure a life that s both long and strong Thankfully just as cities can invest in renewal and improving their repair processes so can you YOU Staying Young is filled with signature YOU Tools including YOU Tests YOU Tips and visual and verbal metaphors to bring the science to life

The Infertility Workbook Barbara Blitzer,2011-10-01 The Infertility Workbook presents a breakthrough mind body program for helping couples with infertility issues improve their chances of conception Readers learn stress reduction skills and techniques that research has shown improve fertility rates

YOU: On A Diet Revised Edition Michael F. Roizen,Mehmet Oz,2010-04-03 As they did with the revised edition of YOU The Owner s Manual which has sold nearly 200 000 revised copies Dr Roizen and Dr Oz have updated their classic international bestseller on diet This nearly three million copy seller is filled with new information on emotional eating the latest fad diets maintaining a healthy lifestyle and over a hundred recipes For the first time in our history scientists are uncovering astounding medical evidence about dieting and why so many of us struggle with our weight and the size of our waists Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat Michael Roizen and Mehmet Oz America s most trusted doctor team and authors of the bestselling YOU series are now translating this cutting edge information to help you shave inches off your waist They re going to do it by giving you the best weapon against fat knowledge By understanding how your body s fat storing and fat burning systems work you re going to learn how

to crack the code on true and lifelong waist management Roizen and Oz will invigorate you with equal parts information motivation and change your life action to show you how your brain stomach hormones muscles heart genetics and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium In **YOU On a Diet** Roizen and Oz will redefine what a healthy figure is then take you through an under the skin tour of the organs that influence your body s size and its health You ll even be convinced that the key number to fixate on is not your weight but your waist size which best indicates the medical risks of storing too much fat Because the world has almost as many diet plans as it has e mail spammers you d think that just about all of us would know everything there is to know about dieting about fat and about the reasons why our bellies have grown so large **YOU On a Diet** is much more than a diet plan or a series of instructions and guidelines or a faddish berries only eating plan It s a complete manual for waist management It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight loss system can be explained **YOU On a Diet** will serve as the operating system that facilitates future evolution in our dieting software After you learn about the biology of your body and the biology and psychology of fat you ll be given the **YOU Diet** and **YOU Workout** Both are easy to learn follow and maintain Following a two week rebooting program will help you lose up to two inches from your waist right from the start With Roizen and Oz s signature accessibility wit and humor **YOU On a Diet** The Owner s Manual for Waist Management will revolutionize the way you think about yourself and the food you consume so that you ll diet smart not hard Welcome to your body on a diet

The Raw Food Diet Myth Ruthann Russo,2008 Raw food is not just a diet It is a revolutionary philosophy The purpose of this book is to introduce you to the revolutionary philosophy of raw and living foods by pulling together all of the components including but not limited to diet into one place The book provides you with information to make a conscious decision about whether you will or perhaps already have incorporated any of the raw and living food philosophy into your own philosophy of living

You: The Owner's Manual FAQs Mehmet C. Oz, M.D.,Michael F. Roizen,2009-12-08 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America s favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life **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 There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you re not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging

Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body How to Heal Your Broken Heart Kirk Laman,2006-02 Suggestions for using the Sufi prayer meditation of practicing remembrance to improve emotional and physical health **The 100% You Formula** Julie Renee Doering,2014-01-09 Julie Renee mentors powerful ambitious leaders who refuse to play small but are being taken out of their game by exhaustion and fuzzy brain She helps them regenerate the brain clear blocks and become fully fueled so they can get back to their mission and play full out This feels like it was written for me Like so many other people I had reached a certain level of success in my career But I found myself exhausted and rundown with never enough me time to recharge I accepted that as how it had to be until I read this amazing book It taught me how to clear my blocks so I can work smarter not harder I have regained my clarity and power and feel ready to relaunch at my true 100 percent Thank you Julie Renee Barbara Niven actress media trainer speaker and bestselling author Julie Renee provides a keen perspective on the inner workings of the spirit and body connection and how these inner workings direct and affect each one of us Her work is for anyone who wants more out of life James Malinchak founder of Big Money Speaker featured on ABCs Secret Millionaire Its rare to meet someone so gifted and clear about who they are and what they are here to do on the planet Shes bringing a unique body of work to the world that is an important contribution to humanity Marcie Shimoff author of four New York Times bestselling books featured in the film The Secret Want to live the full luscious life you deserve Julie Renee Doering offers a clear and delightfully comprehensive road map in her latest masterpiece Get ready for your ah ha moments on a journey to joy Julie Renee skillfully raises our consciousness and rekindles our hope for a life of total health and happiness For powerful ambitious women ready to play it big this book will show you how to energetically give 100 percent and produce a you that shouts your true value to the world Sharon Frame former CNN anchor author and your Focus and Follow Through coach **Palm Beach Life** ,2009-12 Since 1906 Palm Beach Life has been the premier showcase of island living at its finest fashion interiors landscapes personality profiles society news and much more **Tu: El Manual de Instrucciones** Mehmet Oz,Michael F. Roizen,2006-07-03 Esta gu a tiene las respuestas que necesitas para convertirte en un experto de tu propio cuerpo Qu tan bien conoces tu cuerpo Entre tu espejo de cuerpo entero y las clases de biolog a en el bachillerato lo m s probable es que creas que sabes mucho sobre el cuerpo humano Pero aunque vivimos en una poca en la que estamos tan obsesionados con nuestros cuerpos como con los peinados de los famosos la realidad es que muchos sabemos muy poco acerca de lo que se mueve se revuelve y palpita en el interior de este milagroso sistema de anatom a Cuando se trata de longevidad y calidad de vida es importante entender los sistemas internos para saber llevar una vida m s saludable m s joven y mejor T El Manual de Instrucciones reta

tus ideas preconcebidas de c mo funciona y envejece el cuerpo humano Aprender s sobre todos los sistemas y rganos que bombean la sangre digieren los alimentos y nos permiten recordar informaci n clave Descubrir s c mo empiezan las enfermedades y c mo afectan al cuerpo y encontrar s recomendaciones sobre c mo prevenir y vencer los estados que amenazan tu calidad de vida Esta gu a incluye consejos sobre ejercicios normas nutricionales cambios sencillos en tu estilo de vida y enfoques alternativos y ofrece un m todo f cil y completo para cambiar tu vida y as ahuyentar el envejecimiento Adem s te ofrece La Dieta del Manual de Instrucciones un plan de alimentaci n dise ado con un solo objetivo en mente ayudarte a vivir una vida m s joven Bienvenido a tu cuerpo Por qu no entras y le das un vistazo

YOU: On A Diet Revised Edition Michael F. Roizen, Mehmet Oz, 2010-04-03 As they did with the revised edition of YOU The Owner s Manual which has sold nearly 200 000 revised copies Dr Roizen and Dr Oz have updated their classic international bestseller on diet This nearly three million copy seller is filled with new information on emotional eating the latest fad diets maintaining a healthy lifestyle and over a hundred recipes For the first time in our history scientists are uncovering astounding medical evidence about dieting and why so many of us struggle with our weight and the size of our waists Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat Michael Roizen and Mehmet Oz America s most trusted doctor team and authors of the bestselling YOU series are now translating this cutting edge information to help you shave inches off your waist They re going to do it by giving you the best weapon against fat knowledge By understanding how your body s fat storing and fat burning systems work you re going to learn how to crack the code on true and lifelong waist management Roizen and Oz will invigorate you with equal parts information motivation and change your life action to show you how your brain stomach hormones muscles heart genetics and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium In YOU On a Diet Roizen and Oz will redefine what a healthy figure is then take you through an under the skin tour of the organs that influence your body s size and its health You ll even be convinced that the key number to fixate on is not your weight but your waist size which best indicates the medical risks of storing too much fat Because the world has almost as many diet plans as it has e mail spammers you d think that just about all of us would know everything there is to know about dieting about fat and about the reasons why our bellies have grown so large YOU On a Diet is much more than a diet plan or a series of instructions and guidelines or a faddish berries only eating plan It s a complete manual for waist management It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight loss system can be explained YOU On a Diet will serve as the operating system that facilitates future evolution in our dieting software After you learn about the biology of your body and the biology and psychology of fat you ll be given the YOU Diet and YOU Workout Both are easy to learn follow and maintain Following a two week rebooting program will help you lose up to two inches from your waist right from the start With Roizen and Oz s signature accessibility wit and humor YOU On a Diet The Owner s

Manual for Waist Management will revolutionize the way you think about yourself and the food you consume so that you ll
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