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You The Owners Manual An
This audio CD titled You the Owner's Manual by Dr. Mehmet C. Oz and Dr Michael F. Roizen is one of the best sources, like their later book that I had read titled - You Staying Young. Anybody interested in protecting his / her health or that of the loved ones and anybody who wants to learn about the human body would greatly benefit from listening to this CD carefully from time to time.

YOU: The Owner's Manual: An Insider's Guide to the Body ...
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You: The Owner's Manual 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. After taking a quiz that tests your body of knowledge, you'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs.

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YOU: The Owner's Manual: An Insider's... book by Michael F ...
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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