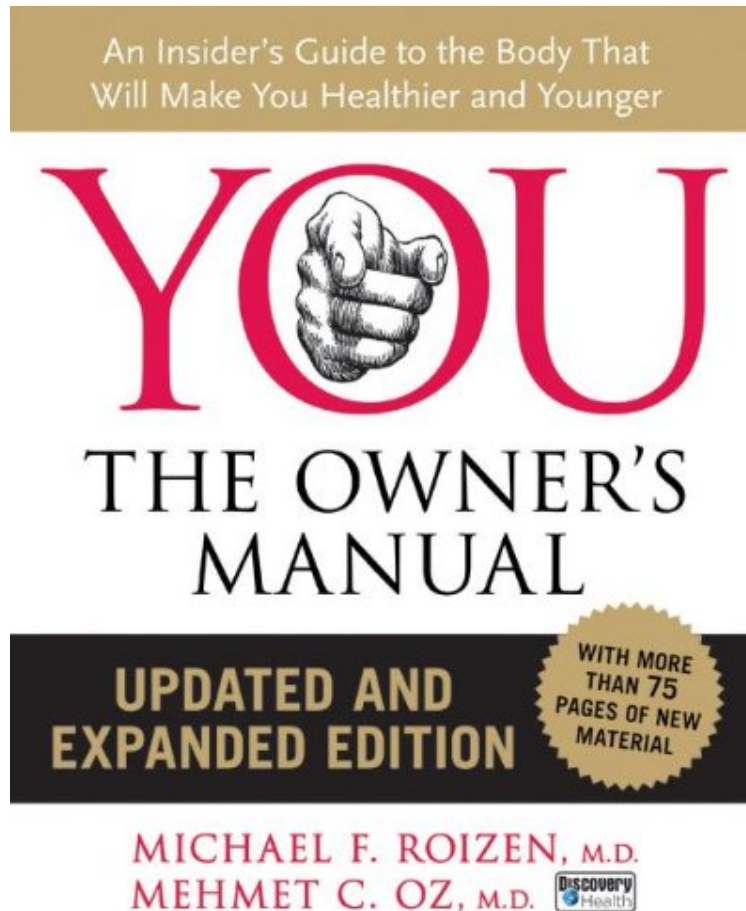


(Ebook free) YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger

# YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger

*Mehmet C. Oz, Michael F. Roizen*  
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Mehmet C. Oz, Michael F. Roizen : **YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger** before purchasing it in order to gauge whether or not it would be worth my time, and all praised YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger:

0 of 0 people found the following review helpful. Heart Felt Thanks to both Doctors, I learned so much...By Anonthis is truly a "must read" for anyone. information of this should be incorporated into our Junior High curriculum where 20% of teens are overweight! just imagine when they grow to be adults. information like this saves lives. below are the top 4 information i learned from this book.1. 80% of diseases are self inflicted not genetic. (i used to think most

diseases are genetic)i used to think most diseases are genetic, the hand of "God" where i have no control. not true according to both Doctors. in fact, most diseases are self inflicted ranging from obesity to unhealthy lifestyle (e.g. smoking). smoking or being fat is a personal choice and not genetic. this book explains how we abuse our body and lead to diseases. most importantly, the book teaches us how to eat, live and feel differently to prevent getting sick and be healthy.2. aging while unpreventable can be delayedheart diseases, bacterial/viral infections, stress are major cause to premature aging. the Doctors provided lifestyle, dietary and mental/spiritual information to keep young. for those who thought Dr. Oz is a lefty, atheist, he recommends religion as effective to reduce stress and improves both mental and physical health. granted, he did not specify which religion. -: )3. diet is a major factor of how we livefor those red meat, fast food, packaged/industrialized food lovers, you may not like what the Doctors recommend. which is a non-saturated fat fish or vegan diet. they also told us to eat less (there goes McD's earnings projection if everybody listened to the doctors). also, drink plentiful of water but NO soda (uh oh, there goes the Coca Cola revenues).4. exercise but doesn't mean marathon or Lance Armstrongjust 30 minutes walk everyday would do the job!i don't want to repeat what you could find in this book yourself. please read this book. you don't have to purchase it, just get it from the library. it will save you and your loved ones' lives. also, if you don't have time to read this book. catch Dr. Oz on TV, he provides the same info in his TV program.May i wish you good Health for 2012!1 of 1 people found the following review helpful. GET OLDER WITHOUT GETTING OLDBy george dI'm a big fan of these guys. I'm 70 and in pretty good shape while I watch many of my long time friends and colleagues age more and more rapidly the older they get. Meanwhile they tell me, 'George, you haven't changed in 30 years'. Of course, I have, but it's great feedback to hear that. As you get older you realize that absolutely NOTHING is more important than your own health and feeling good. Getting older without getting OLD! Pay Attention! This book will help guide you. Or you can end up like the Leonard Cohen song: "My friends are gone and my hair is gray, And I ache in the places that I used to play"!10 of 0 people found the following review helpful. This book makes the human body understandable in a fun way for the average layperson like meBy Debra GoransonThis book makes the human body understandable in a fun way for the average layperson like me. It empowers me to take chargeof my health.

The #1 bestseller that gives YOU complete control over your body and your health.With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy.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 organsincluding the heart, brain, lungs, immune system, bones, and sensory organs.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 bodyas well as advice on how to prevent and beat conditions that threaten your quality of life.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 planas well as great-tasting and calorie-saving recipesthat can help you live a healthier, younger, and better life.Be the best expert on your body!

From the Back CoverBetween 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 betterperhaps 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 QAs 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 Dietan 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?

About the Author Mehmet C. Oz, M.D., is the multiple Emmy Award-winning host of *The Dr. Oz Show*. He is a professor and vice-chairman of surgery at Columbia University, the medical director of the Integrated Medicine Center, and director of the Heart Institute at New York Presbyterian/Columbia Medical Center.