“You: The Owner’s Manual”
By Michael Roizen and Mehmet Oz

“Every single person has had cancer cells in them. But in most cases, your body finds the cells, realizes that they’re foreign, and kills them right away – without your even knowing that it happened.” So say Michael F. Roizen, MD, and Mehmet C. Oz, MD, in their book entitled You: The Owner’s Manual (New York: HarperCollins, 2008). Their Chapter 12 is “Hell Cells: Cancer.” They continue: “Cancer cells are essentially normal cells that have something inside them that turns them bad. They’re kind of like a gang of hooligans who have infiltrated your body. They may start out as good, but something inside them switches so they have total disregard for the rules that govern your body. Of course, your immune system serves as your own police force to bring down these bad cells. But
cancer cells can be difficult to catch, because, like thugs who are used to committing and getting away with crimes, they are pretty smart about ways to beat the system.” (pp.338-339) “Now, cancer is not a death sentence. In fact, there are no cancers that have a 100 percent mortality rate. Scientifically, this is where some really exciting cancer therapies lie – in studying people who have fought, beaten, and survived cancer: to find, identify, and replicate the mechanisms that helped each of them kill cancer cells. While, yes, some cancers like pancreatic cancer have lower survival rates, many cancers have extremely successful treatment rates – and many are even preventable. In some instances (like prostate cancer, which is more prevalent as you get older), it’s even possible to coexist with cancer without it killing you or you killing it.”(SOURCE: YOU: The Owner’s Manual by Michael Roizen, MD, and Mehmet Oz, MD. New York: First Collins Edition, 2008, p.339) “Traditionally, we’ve viewed cancer as the body’s dragon: it
has no redeeming value whatsoever. But any doctor who studies, researches, and treats cancer gets an up-close look at how the body is supposed to work and how it responds when it doesn’t. That’s one of the great goals — and hopes — of oncologists: to find the mechanisms that kill cancer cells or prevent them from growing in the first place. To us, that’s one of the important reasons why you should learn about cancer. By learning a little about the wonders of the human body and what happens when your body malfunctions, you can learn ways to make it work better. The bottom line in all of this discussion is this: Cancer doesn’t always kill. But you can give yourself a hand with smart prevention strategies and early detection.”(SOURCE: You: The Owner’s Manual by Michael Roizen,
"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 can tell by reading it that the authors were seeking to really fulfill the needs of the elderly, older-than-fifty set but decided to attempt to broaden the book's appeal in order to try to pull in money from "You: The Owner's Manual" contains some genuinely helpful in
The owner's manuals are available as a PDF document that you can reference online, or print off and keep at home. With installation instructions and part drawings, it's an extremely useful tool. While the owner's manuals do come with each product, we'll always have them here for you, just in case. Serial Numbers. Downloads. Applies to serial numbers starting with 02370674. Filter Owner's manual v1.0. Softener owner's manual v1.0 for model 93WB and 97WB. Applies to serial numbers: 02320829 - 02340558 - 02340587 02340701 - 02340787. Softener owner's ma... 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. Although I was already healthy when I read the book You the Owner's Manual two years ago before I listened to the CD recently, I have been applying the various advice since then, I realized what I was doing wrong, made the necessary corrections and benefitted from them. 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. 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 qual