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### The Owners Manual For The

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AND MEHMET C. OZ, M.D. WITH LISA OZ AND TED SPIKER YOU The Owner's Manual An Insider's Guide to the Body That Will Make You Healthier and Younger MICHAEL F. ROIZEN, M.D., ILLUSTRATIONS BY GARY HALLGREN

### THE OWNERS MANUAL - BIOM8

"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.

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