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## 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  
25 YEARS PRIOR TO THE 1990S  
25 YEARS AFTER THE 1990S

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

# Dr Oz You The Owner Manual

**Dr. Marty Becker**



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