

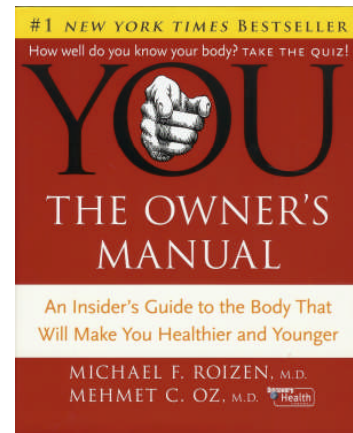
A Review of

YOU, The Owner's Manual

Authors: Michael F. Roizen, M.D. and Mehmet C. Oz, M.D.

Reviewed by Jim Gleason, heart recipient

Be forewarned, by reading this amazing book, you will want to change the way you live. Even we transplant patients who carefully follow our doctor's orders will find additional "best practices" that will add to both length of years lived as well as improving overall quality of that daily living.



The underlying theme of this "manual" is to improve your life by understanding risk factors that impact how well and how long we live. Noted heart transplant surgeon, Mehmet Oz, MD along with Michael Roizen, MD, have used a Real Age theme (a concept originally created by Dr. Roizen) throughout their 416 large format book. They open with 10 pages of a 50 multiple choice "Body Quotient" quiz to help the reader identify risk factors affecting that age-that-we-feel (quality of life) as well as our life span or longevity. This Real Age test is also available on the web at www.realage.com if you want to discover your own real age even before reading the book.

With a sense of humor that is carried over to many easy to understand drawings of our body's workings, these gifted authors share their understanding of practices that affect us in these two important areas of our lives. There is a book fully loaded with facts (many highlighted in even more detailed side boxes as "Factoids" and "Myth Busters") that are easy to understand by the way they are presented, using the analogy of a house to bridge the layman's view of body processes to their own professional medical insights. Much of what they recommend is focused on preventing conditions common to our present day society, often recommending vitamins and mineral supplements with clear insights as to why each works the way they do within our body's processes. I was impressed enough with such insights that despite the many pills I already take to protect my 12+ year heart transplant, with my doctor's approval I added several more to my daily regimen, even being averse to taking pills in the first place.

In interesting reading style they have chapters that cover: your heart and its arterial system; the brain and nervous system; bones, joints and muscles; lungs; digestive system; sexual organs; the immune system (especially interesting to we immune suppressed transplant recipients); hormones; cancer, and finally, The Owner's Manual Diet. Of the many risk factors discussed, being overweight was deemed so important that they included a full 60 page diet section, dedicated to weight loss and healthy living that also results in weight loss. This section includes not only the diet plan but many detailed recipes to make it even easier to adopt the plan they offer. Additionally, there is a detailed Index section that allows the reader to go back and quickly find anything they wish to review or recommend to others.

In summary, between exercise tips, eating guidelines, simple lifestyle changes, and alternative approaches, this book gives you an easy, comprehensive and life changing how-to plan for protecting yourself against the ravages of aging. Once you have completed it, you will change your way of living for the better.

Note: For further information about **YOU, The Owners Manual** and purchase options, click on Amazon.com or Barnes & Noble

Brief bio:

Jim Gleason received his heart transplant in October, 1994. He volunteers with NKF, UNOS, TRIO and the Gift of Life Donor Program in Philadelphia. Jim is a nationally recognized speaker and author, having appeared on radio (i.e., NPR) and television. His book, [**A Gift from the Heart**](#), is offered both for downloading or on a CD free as thanks to his donor family and can be obtained by clicking of the title here or contacting him via e-mail at GLEASONJIM@AOL.COM.