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A professor of surgery at Columbia University, he directs the Complementary Medicine Program at

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New York—Presbyterian Hospital and performs more than fifty heart operations a year. Dr. Oz has written eight New York Times bestselling books, including Food Can Fix It, YOU: The Owner's Manual, YOU: The Smart Patient, YOU: On a Diet, YOU: Staying Young, and the award-winning Healing from the Heart.

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Michael Roizen is the Chief Wellness Officer at the prestigious Cleveland Clinic and is host of YOU The Owner's Manual Podcast. Dr. Roizen co-founded RealAge, a service providing personal health tools to consumers and is author of the award-winning series of "RealAge" books. Dr.

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Roizen is author of the award-winning series of "RealAge" books and co-

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authored with Dr. Mehmet Oz the YOU: The Owner's Manual series of bestselling books. He is a lecturer, TV personality, radio talk show personality, and an advocate of exercise and living the healthy life... and he practices what he preaches.

**YOU The Owners Manual Podcast -**

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## **RadioMD**

YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment, by Michael F. Roizen, Mehmet Oz, 2006, ISBN 0-7432-9301-0.

YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger, by Michael F. Roizen, Mehmet Oz, 2005, ISBN



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0-06-076531-3.

## **Michael Roizen - Wikipedia**

Home of the What To Eat When book and Cookbook by Dr. Mike, Roizen Chief Wellness Officer at the Cleveland Clinic and Dr. Michael Crupain, Medical Director at the Doctor Oz Show and Sharecare. The best source to learn how

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to do intermittent fasting the right way  
by eating with your circadian rhythm

## **When Way**

Loy Machado's Book Review - YOU. The Owner's Manual by Michael F. Roizen & Mehmet C. Oz. I am old. 35 years old. Ever since I crossed the 30 year mark, I have become pretty obsessed and

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cautious about my health. For reasons that I cannot explain, I have been on a quest to understand what I can do to keep myself fit and healthy.

## **You: The Owner's Manual: An Insider's Guide to the Body ...**

Published on Oct 26, 2008 Doctors  
Mehmet Oz and Michael Roizen, authors

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of the bestselling book, YOU: THE OWNER'S MANUAL, fill in James Michael Tyler on what you should know about your own body and...

### **Dr. Mehmet Oz and Michael Roizen - You: The Owner's Manual**

You, On a Diet (2006), Mehmet C. Oz,  
Michael F. Roizen The title of this book

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**You: On a Diet: The Owner's Manual for Waist Management by ...**

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YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger by Mehmet C. Oz and Michael F. Roizen | Apr 29, 2008 4.5 out of 5 stars 223

**Amazon.com: Michael Roizen: Books**

He is the creator of the RealAge Test, as

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well as co-founder and chairman of the RealAge Scientific Advisory Board. Along with Dr. Mehmet Oz, Dr. Roizen authored The New York Times No. 1 best-sellers “YOU: On a Diet” and “YOU: The Owner’s Manual,” as well as The New York Times best-seller “YOU: The Smart Patient.”.

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## **Michael Roizen, MD | Cleveland Clinic**

Michael Roizen, Self: Finding Thin.

Michael Roizen was born as Michael F. Roizen.

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