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## You The Owners Manual

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on Apple Podcasts. 100 episodes. Dr. 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-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.

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