

“You: The Owner’s Manual”

By Michael Roizen and Mehmet Oz

“Every single person has had cancer cells in them. But in most cases, your body finds the cells, realizes that they’re foreign, and kills them right away – without your even knowing that it happened.” So say Michael F. Roizen, MD, and Mehmet C. Oz, MD, in their book entitled You: The Owner’s Manual (New York: HarperCollins, 2008). Their Chapter 12 is “Hell Cells: Cancer.” They continue: “Cancer cells are essentially normal cells that have something inside them that turns them bad. They’re kind of like a gang of hooligans who have infiltrated your body. They may start out as good, but something inside them switches so they have total disregard for the rules that govern your body. Of course, your immune system serves as your own police force to bring down these bad cells. But

cancer cells can be difficult to catch, because, like thugs who are used to committing and getting away with crimes, they are pretty smart about ways to beat the system.” (pp.338-339) “Now, cancer is not a death sentence. In fact, there are no cancers that have a 100 percent mortality rate. Scientifically, this is where some really exciting cancer therapies lie – in studying people who have fought, beaten, and survived cancer: to find, identify, and replicate the mechanisms that helped each of them kill cancer cells. While, yes, some cancers like pancreatic cancer have lower survival rates, many cancers have extremely successful treatment rates – and many are even preventable. In some instances (like prostate cancer, which is more prevalent as you get older), it’s even possible to coexist with cancer without it killing you or you killing it.”(SOURCE: YOU: The Owner’s Manual by Michael Roizen, MD, and Mehmet Oz, MD. New York: First Collins Edition, 2008, p.339) “Traditionally, we’ve viewed cancer as the body’s dragon: it

has no redeeming value whatsoever. But any doctor who studies, researches, and treats cancer gets an up-close look at how the body is supposed to work and how it responds when it doesn't. That's one of the great goals – and hopes – of oncologists: to find the mechanisms that kill cancer cells or prevent them from growing in the first place. To us, that's one of the important reasons why you should learn about cancer. By learning a little about the wonders of the human body and what happens when your body malfunctions, you can learn ways to make it work better. The bottom line in all of this discussion is this: Cancer doesn't always kill. But you can give yourself a hand with smart prevention strategies and early detection.”(SOURCE: You: The Owner's Manual by Michael Roizen,

MD, and Mehmet Oz, MD, p.339. New
York: First Collins Edition, 2008).

OWNER'S MANUAL Boating Safety The yacht owner or skipper is responsible for the safety of the passengers and crew, as well as other boaters. As you read this manual and the original equipment manufacturer's manuals provided, the following warning symbols will be found to alert you to possible safety hazards. Page 13 OWNER'S MANUAL Safe Operation Be aware of the weather. Monitor changing weather conditions, strong winds and electrical storms, Check local weather reports before departing. File a float plan before departure. Keep updated charts of the area to be sailed onboard the yacht. Operate th 4 Using this Owner's Manual 4 Symbols used 4 Editorial notice. Overview. 5 The concept 5 Making calls in the car 5 Suitable mobile phones. This manual is a supplement to your Owner's Manual for Vehicle and instructs you on how to register your mobile phone for the first time and how to operate it using features in the vehicle. Keep it together with the other vehicle documentation. Should the day arrive when you wish to sell your MINI, please remember to hand this Owner's Manual to the next owner; it is an important part of the vehicle. For information on other vehicle equipment, please turn to the Owner's Manuals of your vehicle or to the respective supplementary Owner's Manuals. If you have any questions, y