

“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).

"You: The Owner's Manual" contains some genuinely helpful information but personally, I would consider that statement as damning by faint praise. It's a health book written by a host of doctors, the least it can do is contain some helpful nuggets of information. As is, the book is weak. You can tell by reading it that the authors were seeking to really fulfill the needs of the elderly, older-than-fifty set but decided to attempt to broaden the book's appeal in order to try to pull in money from "You: The Owner's Manual" contains some genuinely helpful in