



Hell Cells: Cancer

Mehmet C. Oz M.D., Michael F. Roizen M.D.

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Between your full-length mirror and high-school biology class, you probably think you know a lot about the human body. While it's true that we live in an age when we're as obsessed with our bodies as we are with celebrity hairstyles, the reality is that most of us know very little about what chugs, churns, and thumps throughout this miraculous, scientific, and artistic system of anatomy. Yes, you've owned your skin-covered shell for decades, but you probably know more about your cell-phone plan than you do about your own body. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.

The flagship book of the *YOU* series, which spawned three subsequent *New York Times* bestsellers, has now been expanded and updated to make you understand your body even better—perhaps too well.

YOU: The Owner's Manual, Updated and Expanded Edition challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all of the highways, back roads, and landmarks inside of you. In this update, the doctors have included a new chapter on the liver and pancreas, which will finally demystify the most exotic parts of our bodies; a new workout chapter that will finally get you moving; and nearly one hundred Q&As asked by you, the reader. It has also been updated throughout to give you up-to-the-minute know-how to not just understand what to do to keep fit, but also why and how.

The book opens with a quiz, "How Well Do You Know Your Body?," which sets the stage for the following chapters. After taking the quiz, you'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs, including the heart, brain, lungs, immune system, bones, and sensory organs. Each chapter also contains common myths of the particular body part that the authors will debunk.

Just as important, you'll get the facts and advice you need to keep your body running long and strong. You'll find out how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, *YOU: The Owner's Manual, Updated and Expanded Edition* gives you an easy, comprehensive, and life-changing how-to plan for fending off the gremlins of aging. To top it off, this new edition includes even more great-tasting and calorie-saving recipes as part of the Owner's Manual Diet—an eating plan that is designed with only one goal in mind: to help you live a younger life.

Welcome to your body. Why don't you come on in and take a look around?

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Percy Cole:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a e-book. Beside you can solve your problem; you can add your knowledge by the publication entitled Hell Cells: Cancer. Try to face the book Hell Cells: Cancer as your friend. It means that it can to become your friend when you truly feel alone and beside that course make you smarter than in the past. Yeah, it is very fortunated for yourself. The book makes you more confidence because you can know every thing by the book. So , we need to make new experience and knowledge with this book.

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William Farley:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Hell Cells: Cancer can be great book to read. May be it may be best activity to you.

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