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Michael F. Roizen, M.D., is the author of the #1 New York Times bestseller RealAge: Are You as Young as You Can Be? He is the chief wellness officer of the Cleveland Clinic and chairman of the Wellness Institute.

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Michael F. Roizen, M.D., is the author of the #1 New York Times bestseller RealAge: Are You as Young as You Can Be? He is the chief wellness officer of the Cleveland Clinic and chairman of the Wellness Institute.