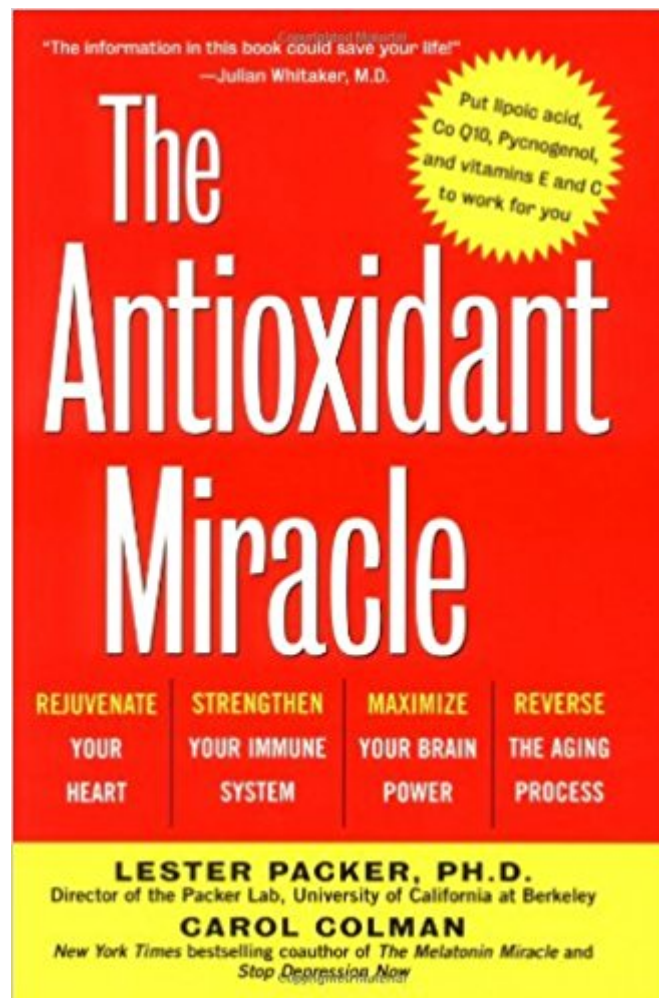




The book was found

The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, And Vitamins E And C To Work For You



Synopsis

An internationally known scientist joins the bestselling coauthor of "The Melatonin Miracle" to introduce the healing power of the antioxidant network--the different antioxidants that work together with much more strength than they do individually.

Book Information

Paperback: 256 pages

Publisher: Wiley; 1 edition (December 10, 1999)

Language: English

ISBN-10: 0471353116

ISBN-13: 978-0471353119

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 52 customer reviews

Best Sellers Rank: #873,683 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #308 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#) #13841 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

A pill that strengthens your heart, sharpens your mind, keeps your body young, extends your life, prevents cancer, and keeps your skin wrinkle-free? Sounds like a joke or a dream, doesn't it? According to molecular cell biologist Lester Packer, these pills exist--they are antioxidants. "Literally thousands of studies have confirmed that antioxidants can help prevent numerous diseases and will not only enhance life, but in all probability extend life," he writes. In *The Antioxidant Miracle*, he describes breakthroughs in antioxidant research and prescribes the Packer Plan: his "state-of-the-art antioxidant supplement, diet, and skin-care regimen." According to Packer, five antioxidants "network" in our bodies with "special powers" that slow aging and fight disease: Vitamins C and E, glutathione, lipoic acid, and Coenzyme Q10. The first two are obtained through food, the others are produced by the body, but these levels decline as we age, so we need to supplement. Packer describes the benefits and actions of these special antioxidants and also recommends flavonoids such as ginkgo biloba and pycnogenol (made from the bark of pine trees), a number of carotenoids, selenium, and a variety of foods high in antioxidants. He spells out exactly what supplements you need and how much, with special modifications for smokers, diabetics,

menopausal women, athletes, and people at high risk of cancer or cardiovascular disease. The book is not easy reading: lots of scientific explanations and study descriptions. --This text refers to the Digital edition.

Finally, a book by a renowned and active researcher that proves the value of nutritional supplements. The Antioxidant Miracle provides a shield protecting us from disease and ensuring health. The information in this book could save your life!-Julian Whitaker, M.D. founder, Whitaker Wellness Institute; editor, Health and Healing"For those of us seeking to combat the debility and diseases of aging, The Antioxidant Miracle is an essential tool."-William Regelson, M.D.coauthor of the New York Times bestseller, The Melatonin Miracle

Seriously, you have to read this! It is scholarly without being too difficult for most folks who are interested in nutrition to understand. If you want to learn how to prevent disease and keep yourself healthy, get this book. Now.

I bought this book on .com and read it over 9 years ago. I agree with other reviewers, that the authors sound quite competent, and it was an easy read. Both me and my family used recommendations in the book. We were taking antioxidants roughly as recommended in the book and other similar sources. Unfortunately the latest research does not quite confirm some of the conclusions in this book especially regarding Vitamin E and Selenium. You will know what I mean if you enter in Google search window the following words: vitamin e prostate cancer study. You can get more information by entering in Google this: ABC News report on vitamins. You will get mixed results. I am concluding from these updates that the best chapter in the book is probably "An Antioxidant Feast" suggesting to eat a lot of fruits and vegetables. This is the best recommendation because it is confirmed by a lot of evidence (with the well known exception of diabetics who should avoid or limit fruits).

Much of what we know about antioxidant nutrients we first learn from molecular biologists, who are on the front lines of research into the health benefits of these vitamins. For 40 years Dr. Packer has been a leading researcher fueling the antioxidant revolution. His latest book puts the power of antioxidants in easily understandable terms for the general public. Many people are now enthusiastically consuming vitamins C and E. Dr. Packer's research has discovered a network of five antioxidant nutrients--C and E along with coenzyme Q10, lipoic acid and glutathione--that do

more than simply neutralize free radicals. The network also apparently has profound influences on genetic behavior--the foundation of our bodies and our health. The fascinating and quite reader-friendly book details compelling research into the myriad health benefits of the nutrients that comprise the antioxidant network. A must-read!

Well written, easy to read and follow. This is one of my major reference books on setting up my daily supplements. When I research recommendations in this book with other reputable sources the information is confirmed. I have been using this to establish a core group of supplements that I take on a daily basis. I could not be more pleased on the results to date and expect continued excellent results well into the future. Highly recommended reading.

This little book was required reading for a college class on antioxidants. Turns out this book is an excellent guide to substances that are critical to our health and longevity. We need oxygen for survival but at the same time it can be quite injurious. Think about how your car will rust if the paint is damaged. Well our bodies are loaded with minerals and chemicals that react with oxygen to cause "rust" in us. Antioxidants are the key to remedying the injuries from this process and the book makes all this very easy to understand. Good one!

This book was such an easy read that it made me a believer in supplements years ago and I remain healthy as a horse at 75, nearly 76. I have recommended it to many friends who have also become believers. I ordered this copy for a friend who is having a lot of health problems. Being a nurse and only listening to her doctor she has never believed in supplements. And, that is why she is in the health mess she is in now with multiple problems. I recommend this book to anyone who is interested in better health. It is a very easy read.

This is one of the best books I have ever read on Antioxidants and how important they are to combat cancer and other diseases. Everyone should have this book handy for reference in the foods they need to eat for great antioxidant protection. I was diagnosed with skin cancer and because I also have Lupus (and a very low immune system), I chose not to take the chemotherapy cream the doctor recommended and decided to use God's healing foods (antioxidants) to fight the cancer cells. My skin cancer is slowly, but surely clearing up and going away.

Easy to read and understand. Learned a lot about antioxidants. Author is Lester Packer, Phd. Has a

lab in at Stanford named after him!!!!

[Download to continue reading...](#)

The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) What You Should Know About the Super Antioxidant Miracle Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) The Antioxidant Miracle: Your Complete Plan for Total Health and Healing Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments Passing The Acid Test: Natural cures and Remedies for Acid Reflux Disease Reflux: Finally free: Stop heartburn and excessive acid in less than a week with these 3(+1) natural methods along with a tasty diet. (Acid Reflux) Clinical Physiology of Acid-Base and Electrolyte Disorders (Clinical Physiology of Acid Base & Electrolyte Disorders) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals Do You Believe in Magic?: Vitamins, Supplements, and All Things Natural: A Look Behind the Curtain Menopause: How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods (Getting Well Naturally) The Miracle Morning for Real Estate Agents: It's Your Time to Rise and Shine (the Miracle Morning Book Series 2) The Miracle Morning for Real Estate Agents: It's Your Time to Rise and Shine (The Miracle Morning Book Series) (Volume 2) Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

