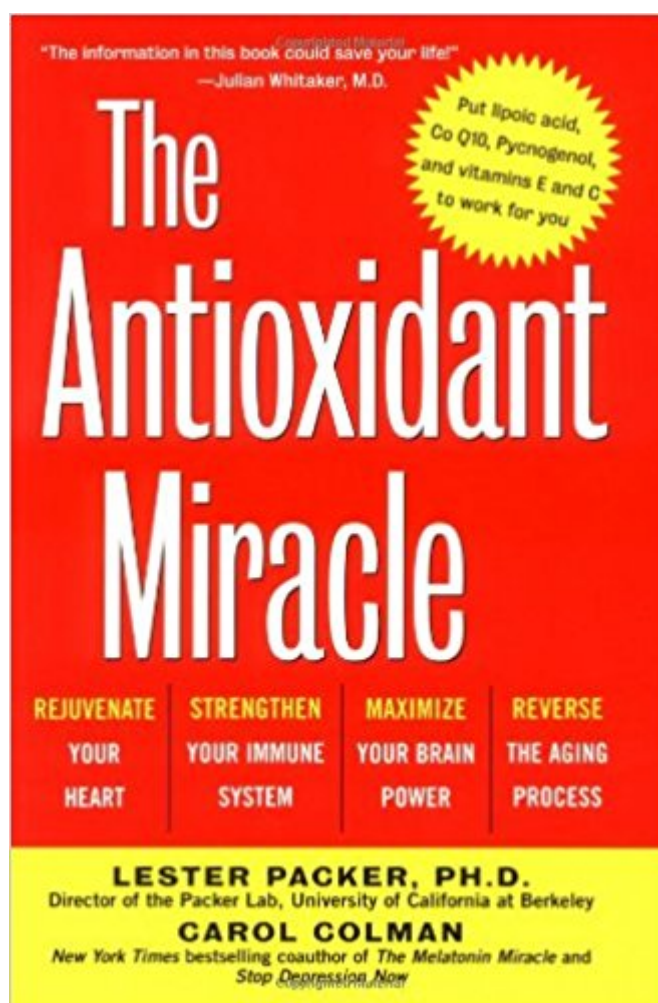


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# The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, And Vitamins E And C To Work For You



## 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

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## 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!!!!

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