



The Antioxidant Miracle: Your Complete Plan for Total Health and Healing

Lester Packer, Carol Colman

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Imagine there was an easy way you could keep your heart strong, your mind sharp, and your body youthful. Imagine this program could keep you young, improve your sex life, prevent cancer and heart disease, and keep your skin supple and wrinkle-free. And perhaps best of all, imagine this was something readily available at your local drugstore or natural food store. These and other benefits are the miraculous results of antioxidants. Lester Packer is the world's foremost authority on these natural healers. In *The Antioxidant Miracle*, he explains for the first time exactly how you can design a practical, personalized antioxidant program for disease prevention and optimal wellness.

The Antioxidant Miracle is the first popular book to reveal the full range of healing benefits of lipoic acid, the most versatile and powerful antioxidant and nature's secret weapon in treating heart disease, cancer, diabetes, and liver disease. This breakthrough book also unveils the astonishing strength of the antioxidant network, the combination of vitamin E, vitamin C, lipoic acid, Co Q10, and glutathione that-when taken together in the proper amounts-battles disease and aging far more aggressively than supplements taken individually.

After an accessible explanation of the science behind antioxidants, Packer and bestselling health writer Carol Colman show you how to develop your own state-of-the-art supplement regimen designed to keep your body strong, your brain at full speed, and your antioxidant network working at its peak. They include specialized supplement programs for smokers, diabetics, people with a family history of cancer or heart disease, menopausal women, athletes, and picky eaters. You'll find out how to incorporate antioxidant-rich foods easily into your diet and develop your own plan for smooth, healthy, young looking skin. And you'll discover the benefits of "booster" antioxidants-bioflavonoids like ginkgo biloba and Pycnogenol-and others like beta carotene and selenium.

The Antioxidant Miracle can enhance and extend your life. Make the antioxidant miracle work for you!

Advance acclaim for *The Antioxidant Miracle*

* "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 and

* Editor of *Health and Healing*.

"Life is like a candle flame, and antioxidants make it burn brighter and longer. Lester Packer is the keeper of the flame. 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*

"Any health-conscious person will want to read *The Antioxidant Miracle*. It makes the understanding of these miracle nutrients easy to comprehend and utilize in his or her everyday life.-Earl Mindell. Author of *The Herb Bible*, *The Vitamin Bible*, and *The Supplement Bible*.

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This The Antioxidant Miracle: Your Complete Plan for Total Health and Healing book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This specific The Antioxidant Miracle: Your Complete Plan for Total Health and Healing without we realize teach the one who studying it become critical in imagining and analyzing. Don't become worry The Antioxidant Miracle: Your Complete Plan for Total Health and Healing can bring whenever you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even cell phone. This The Antioxidant Miracle: Your Complete Plan for Total Health and Healing having fine arrangement in word in addition to layout, so you will not feel uninterested in reading.

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