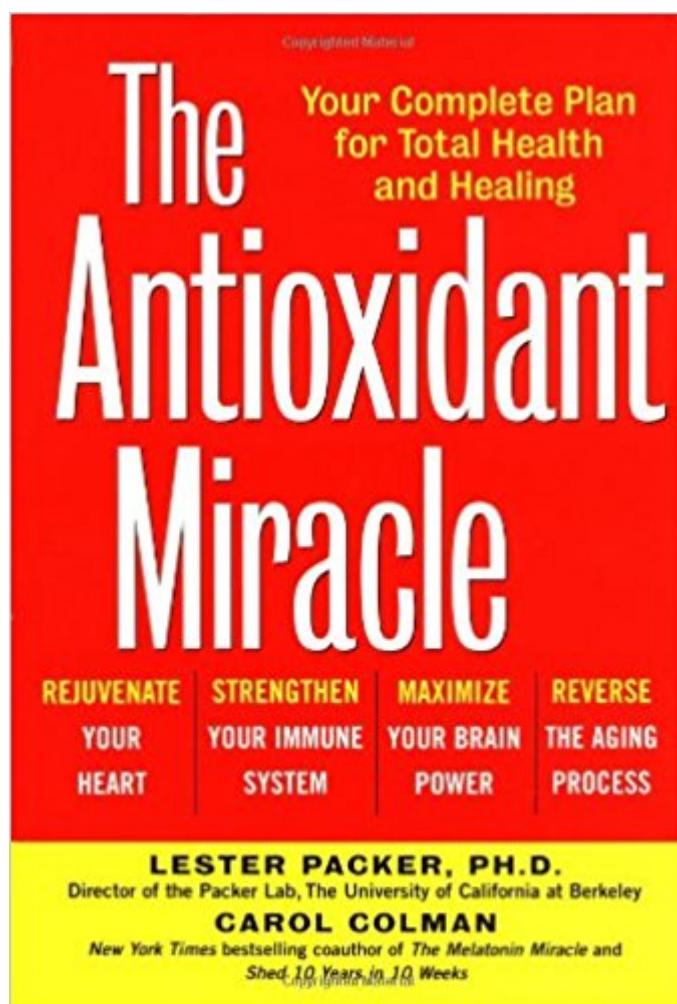


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# The Antioxidant Miracle: Your Complete Plan For Total Health And Healing



## Synopsis

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*.

## Book Information

Hardcover: 272 pages

Publisher: Wiley; 1 edition (February 25, 1999)

Language: English

ISBN-10: 0471297682

ISBN-13: 978-0471297680

Product Dimensions: 6.2 x 1 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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

Best Sellers Rank: #748,057 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #258 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #12129 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.

"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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