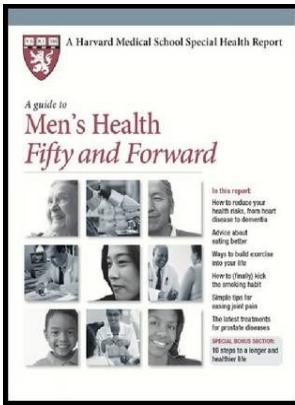


Harvard Medical School guide to mens health

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Every letter on every page has a little flaky shadow below it. In all, aspirin reduced the risk of recurrent heart attacks by about 25 percent. A highly-publicized 1997 American study of 203 individuals reported that a particular gingko extract, EGb761, was able to stabilize or improve cognitive performance and social function in patients with Alzheimer's disease or multi-infarct dementia, another common cause of mental deterioration in the elderly.

The Harvard Medical School Guide To Men'S Health

Researchers compared 101 adults who had been using garlic powder for at least two years with an equal number who had not taken garlic.

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The active ingredient in St. Gingko is principally promoted to improve memory and enhance the circulation. Extracts of gingko leaves have been used in Asia for centuries, and it is currently one of the most widely used medications in Germany.

A Guide to Men's Health Fifty and Forward

In fact all the nonsteroidal antiinflammatory drugs NSAIDs act in similar fashion see Table 6. Unless, of course, you have a specific reason to stay away from the drug.

The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Harvey B. Simon

Is Low-Dose Aspirin Right For You? Regular checkups and screening tests can spot disease early, when it is easiest to treat. Although there is new evidence that a supplement containing zinc and multiple antioxidants can reduce the risk of visual loss due to macular degeneration, the Physicians' Health Study found no evidence of protection from vitamin E, vitamin C, or multivitamins.

**The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Harvey B. Simon,
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Good nutrition and regular exercise are the keys for preventing illness, but diets take discipline and exercise takes time. The best part about the book is that it is based on extensive medical studies. Dietary sources of chromium include brewer's yeast, peanuts, legumes, and whole grains as well as meat and cheese.

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Vitamin C Vitamin C is one of the most popular supplements in America. In the Physicians' Health Study, the men who took aspirin had a 44 percent reduction in the risk of suffering a heart attack. The very same drug has been used for fever and pain ever since.

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