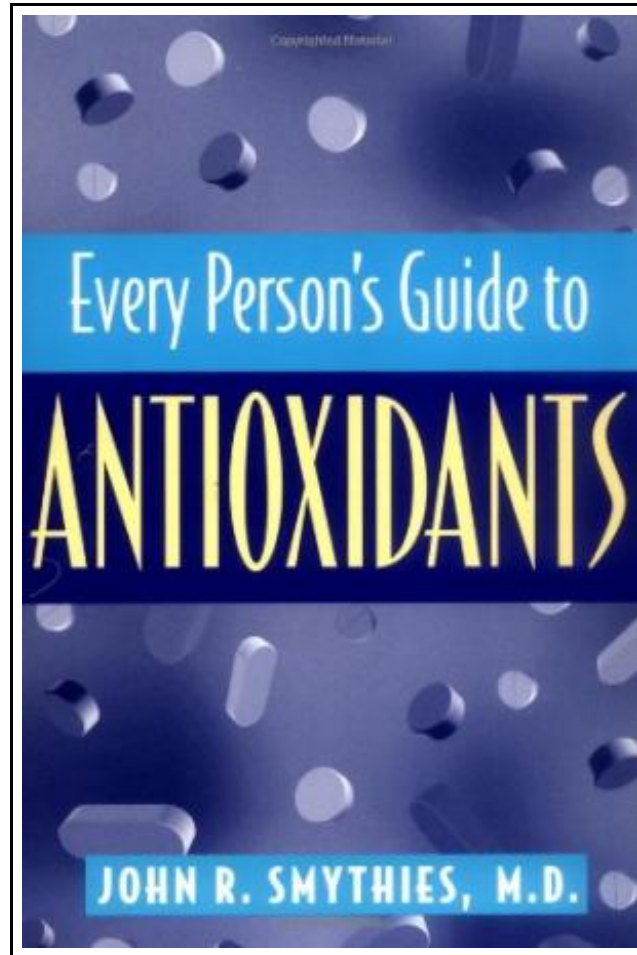


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Reviews

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Rutgers University Press, United States, 1998. Paperback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****. Smythies takes an extremely detailed and comprehensive look at the current scientific knowledge of the role of antioxidants in human health. A book for the educated layperson that s well balanced and free of the hype that often accompanies the topic of antioxidants! --Balz Frei, editor of *Natural Antioxidants in Human Health and Disease* Smythies clearly explains the basic science of antioxidants and then describes the actual studies supporting the importance of these nutrients to health promotion and disease prevention, providing a strong foundation for his practical advice about diet and supplements. It s a rare treat to see full citations provided for follow-up by the interested reader. --Jeffrey B. Blumberg, Chief, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutritional Research Center on Aging, Tufts University What are antioxidants? What do they do? Should you be taking them? How much is enough, or too much? Dr. John Smythies explores these and other questions you need to have answered about antioxidants in *Every Person s Guide to Antioxidants*. Oxidants are naturally occurring chemicals in our bodies that derive from oxygen to facilitate essential biochemical processes. However, most oxidants are potentially toxic molecules and the body contains a number of antioxidants for protection against these toxic effects. Overproduction of oxidants, or underproduction of antioxidants, leads to oxidative stress, which has been linked to a wide range of chronic diseases, including heart disease, cancer, diabetes, and Alzheimer s. Smythies thoroughly evaluates current scientific work on this subject and suggests that a high proportion of many of these diseases can be prevented, or their onset delayed, by proper intake of antioxidants. He examines the pros and cons of the...



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