

The antioxidant miracle : your complete plan for total health and healing

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Abstrak

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 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