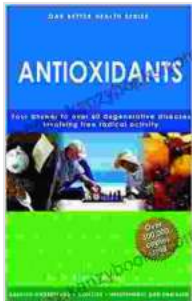


Your Answer to Over 60 Degenerative Diseases Involving Free Radical Activity



Antioxidants: Your Answer to Over 60 Degenerative Diseases Involving Free Radical Activity (Oak Better Health Series) by Dr Bruce Miller

★★★★☆ 4.7 out of 5

Language : English
File size : 2994 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 25 pages



Are you suffering from a degenerative disease? Do you want to know how to prevent or reverse it?

If so, then you need to read this book.

Your Answer to Over 60 Degenerative Diseases Involving Free Radical Activity is a groundbreaking book that reveals the secrets to preventing and reversing over 60 degenerative diseases, including:

- Alzheimer's disease
- Parkinson's disease
- Multiple sclerosis

- Amyotrophic lateral sclerosis (ALS)
- Huntington's disease
- Cancer
- Heart disease
- Stroke
- Diabetes
- Arthritis
- Osteoporosis
- Macular degeneration
- Age-related macular degeneration (AMD)

These diseases are all caused by free radicals, which are unstable molecules that damage our cells. Free radicals are produced by a variety of factors, including:

- Pollution
- Smoking
- Alcohol
- Processed foods
- Stress
- Exercise

Free radicals can damage our DNA, proteins, and lipids, leading to a variety of health problems. However, there are things we can do to protect ourselves from free radical damage, including:

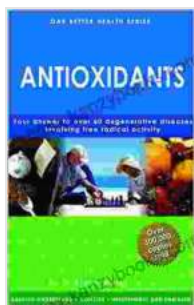
- Eating a healthy diet
- Getting regular exercise
- Taking antioxidant supplements

Your Answer to Over 60 Degenerative Diseases Involving Free Radical Activity provides a comprehensive overview of the role of free radicals in degenerative diseases. It also provides practical advice on how to protect yourself from free radical damage and prevent or reverse degenerative diseases.

If you are suffering from a degenerative disease, or if you want to learn how to prevent one, then you need to read this book.

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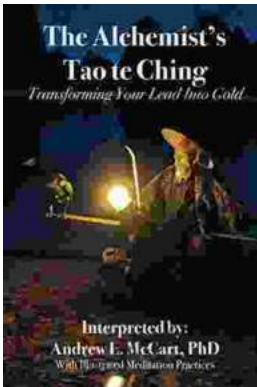


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