

Antioxidant Overkill: Crucial Prooxidant Infection and Cancer Protection (Paperback)



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(Audrey Lowe I)

ANTIOXIDANT OVERKILL: CRUCIAL PROOXIDANT INFECTION AND CANCER PROTECTION (PAPERBACK)



Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Antioxidants from supplements, food sources and the environment have a cumulative effect of dangerously lowering protective prooxidant levels, which allows for disease manifestation and coexistence of diseases. Today's marketing of antioxidants is all about sales and has nothing to do with science-based evidence. Scientific data has shown for years that the antioxidant vitamins can increase the risk of cancer, heart disease, stroke and overall mortality. Yet, this information is ignored or denied by those pushing these potentially harmful products. None of the synthetic antioxidants work in the same manner as those contained in the biochemical matrix of fruits and vegetables of a nutritious diet. Today's antioxidants should be treated as medicines, not just because of their claims, but because of their proven adverse effects on the human body. I present over 250 scientific studies showing the negligible or non-existent effects of the antioxidants and of these, 80 studies highlight their wide ranging harmful effects. This is the largest collection of its kind in the world's medical literature. The hype of the antioxidants was based on the invalidated and outdated free radical theory, which lacks predictability and fails to meet the requirements of the scientific method. As was pointed out in an article entitled, Antioxidants not heaven sent, by Stefan Andrei Anghel in the Harvard Science Review, Spring 2010, It may come as a surprise that the current scientific consensus is that there is no health benefit to taking antioxidant supplements. Even more unexpected news came this year when an article announced that antioxidants may actually prevent the health-promoting effects of physical exercise. If the model proposed by the authors of the study is correct, then...

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