



Antioxidants Made Simple (Bruce Miller's Better Health Series, The Key To Optimal Health)

By Bruce Miller

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Research is exploding with valid evidence that the antioxidant nutrients can play a powerful role in preventing a number of diseases. These include problems such as heart disease, cancer, cataracts, multiple sclerosis, macular degeneration, parkinson's and many others. To date studies have identified more than 60 health conditions that may be prevented or treated with antioxidant supplementation. In fact researchers estimate that an amazing 80 - 90 % of all degenerative diseases involve free radical activity.

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