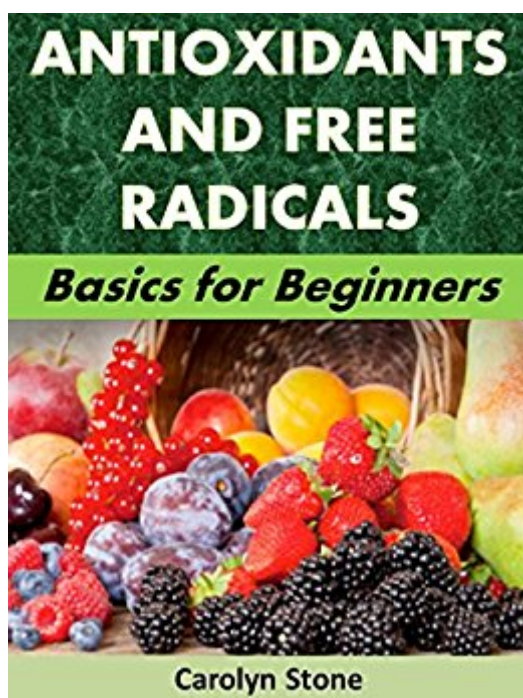The book was found

Antioxidants And Free Radicals: Basics For Beginners (Health Matters Book 48)

Synopsis

Have you ever noticed how some people look great no matter what their age, while others look old before their time? Is how well we age, and look when we age, all to do with genes and heredity? Or does it have something to do with the lifestyle choices that each of us makes? The secret DOES have to do with choices, but can't be found in fancy face creams or plastic surgery. The answer lies deep within your body, on the cellular level, where every day, free radicals are being released into your system. Free radicals appear to be one of the major causes of the effects of aging on the body. But what are they, where do they come from, and how can you stop them from harming your health and causing disease? Antioxidants could be the answer.In this guide, you will learn the essentials about antioxidants and free radicals, and how to add antioxidants to your diet in order to fight premature aging and disease, which can ruin your quality of life. In this guide, you will learn: * What free radicals are * Where free radicals come from * What antioxidants are * How antioxidants combat free radicals * The best sources of antioxidants for your health * How to protect your family through introducing them to more antioxidants * How to get enough antioxidants despite your busy and stressful lifestyle. If you want to prevent or fight the most common illnesses that affect us as we age, download this guide now and use all you learn to improve your health.+++Word Count=10,539+++INTRODUCTION CHAPTER 1: WHAT ARE FREE RADICALS? CHAPTER 2: THE AGING PROCESS IN THE HUMAN BODY CHAPTER 3: WHAT ARE ANTIOXIDANTS?CHAPTER 4: HOW MIGHT ANTIOXIDANTS PREVENT CANCER?CHAPTER 5: WHERE TO FIND ANTIOXIDANTS TO MAINTAIN HEALTH AND WELLNESS CHAPTER 6: THE BEST WAYS TO GET ANTIOXIDANTS EVERY DAY CONCLUSION FURTHER READING APPENDIX 1: YOUR ANTIOXIDANT CHECKLIST RECIPE SUGGESTIONS SPOTLIGHT: PARSLEYSPOTLIGHT: GRAPE SEEDSPOTLIGHT: FACE CREAMS WITH ANTIOXIDANTS++++Carolyn Stone is the author of more than 100 health and self-help guides designed to help people make smarter choices about their care.

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