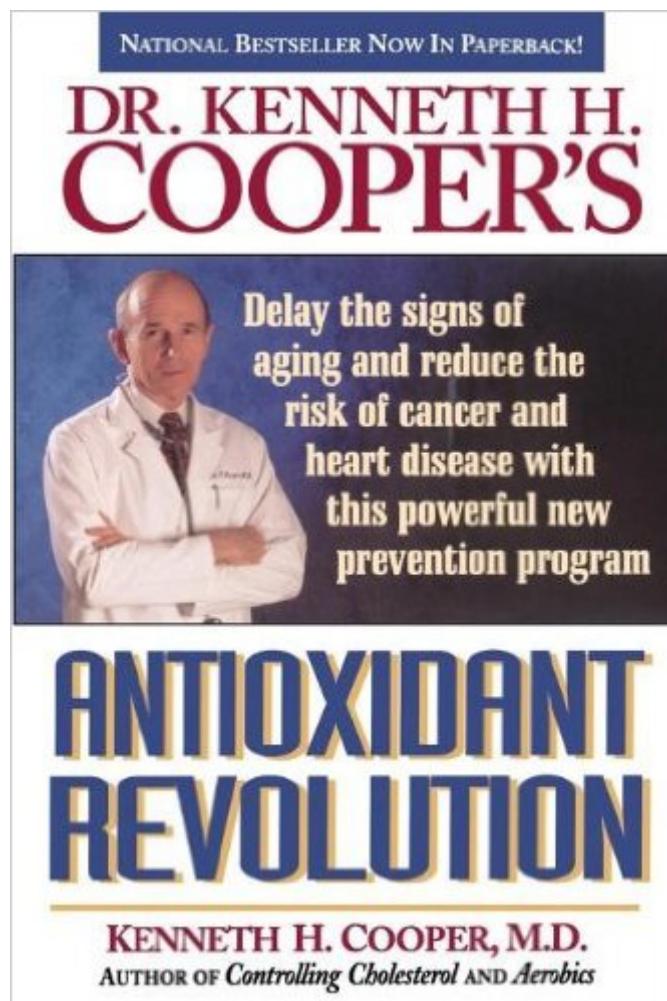


The book was found

Antioxidant Revolution



Synopsis

From the groundbreaker in preventive medicine and father of the worldwide aerobics movement, Dr. Cooper takes the latest scientific antioxidant search from around the world and brings you a simple four step life plan that will revolutionize your health. It's the simplest plan yet to build you own personal defense system for a longer, healthier life!

Book Information

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Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

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Customer Reviews

This book discusses ways to reduce the free radical damage that is thought to lead cancer and heart disease. Cooper presents ways to do so through exercise, diet, and supplements. And it the supplements part that is the most controversial of this book. Dr. Cooper was one of the first noted fitness experts to recommend people start taking high doses of the antioxidant vitamins beta-carotene (the precursor to vitamin A), vitamin C, and vitamin E, along with the mineral selenium. He recommends taking levels that are several times the RDA for these nutrients. Cooper cites many scientific studies that show high doses of these antioxidants reduce the risk of heart disease and cancer. However, this book was originally published in 1994, and more recent studies have not given unqualified support to these earlier studies. In fact, more recent studies have been mixed. Some studies do show that taking antioxidants reduce risk, but other studies show there is no effect. I summarize many of these studies in a chapter on supplements in my book "Creationist Diet: Nutrition and God-given Foods According to the Bible." My conclusion is that there is some evidence for the benefit of taking antioxidants, but it is not clear-cut as Cooper makes it out to be.

There may or may not be any benefit to the practice. Further clouding whether to take these supplements is the risk of side effects. Fortunately, Cooper does list possible side effects one might experience. Another issue that Cooper does not address is the cost factor. Vitamin C is rather inexpensive and vitamin E and selenium moderately so, but beta-carotene tends to be rather expensive. And beta-carotene is the antioxidant with the least evidence supporting it.

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