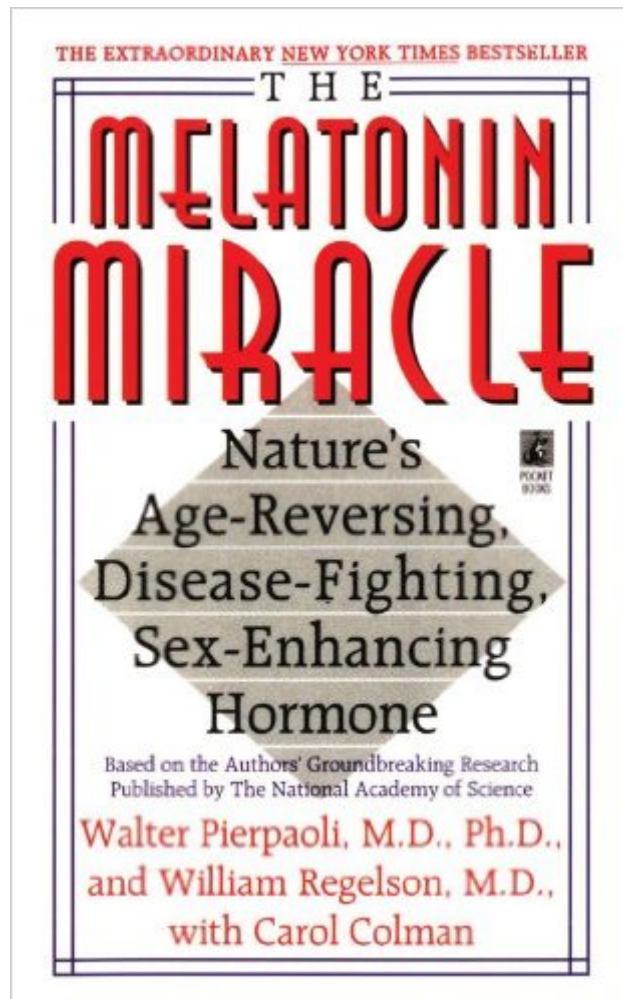


The book was found

The Melatonin Miracle: Nature's Age-Reversing, Disease-Fighting, Sex-Enhancing Hormone



Synopsis

This is a reprint of the 1996 First Pocket Books printing. From the scientists who did the original research as published by The National Academy of Science and the New York Academy of Sciences, the authoritative explanation of what their revolutionary discovery means for us today and in the future-- along with the doctors' easy-to-follow instructions on how to make the miracle work for you. What scientists are saying about melatonin: Melatonin naturally exists in our bodies and is perfectly safe; A small dose of melatonin at bedtime is all it takes; By boosting our melatonin back to the level of our youth, we can actually trick the body into thinking--and behaving-- as though we are still young. Ongoing research across the globe suggests far-ranging health benefits: A natural nonaddictive sleeping agent that guarantees a good night's sleep; Strengthens the immune system and thereby helps strengthen the body's resistance to cancer and other diseases; Prolongs sexual vitality; Lowers blood pressure and normalizes cholesterol; Eases stress.

Book Information

Paperback: 336 pages

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #713,128 in Books (See Top 100 in Books) #85 inÂ Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #5632 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #12756 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

This was a good book. It was filled with a lot of information. One of those books I will keep around for a reference. I had never heard of a melatonin deficiency until I found out I had one. I was very thankful that I had a resource for me to find out exactly what melatonin does for the body.

Excellent book. Full of information regarding the science of melatonin and how it interacts with our bodies. Very insightful. My husband and I have been using melatonin ever since. I used to have serious trouble falling asleep and staying asleep and had been using Ambien regularly, when my

doctor suggested I stop using it. Panic set in. I thought how will I ever get to sleep. Several people suggested trying melatonin (which I actually had tried years ago with little success) - but after reading this book it convinced me to try it again. I can honestly say that I have slept well and can actually go back to sleep after being awakened by one of my pesky cats.

The research done by Pierpaoli was more than 30 years ahead of its time. I spent hours going through research papers that have just been published this year that come to similar conclusions decades later. He was ahead of his time. We would all be better off if we had many more innovative thought leaders like Pierpaoli. The natural health field is full of people exploiting the public to make a buck. Pierpaoli was a true scientist and innovator.

This book has lots of good scientific research to back the information. It is very interesting and helpful. Using melatonin properly has greatly improved my ability to sleep.

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