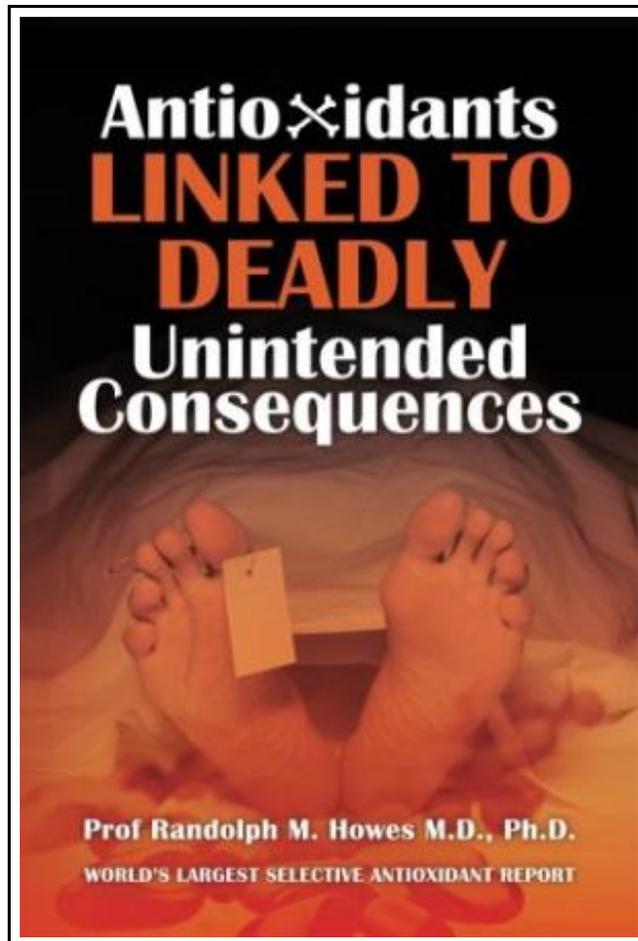


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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Dr. Howes presents over 500 scientific reports showing the ineffectiveness of common antioxidants and of these, over 170 studies show harmful effects. This should not be surprising, since our very survival depends on imperative oxidative biochemical pathways. Dr. Howes discusses seven crucial oxidative pathways, including pathogen protection, cancer protection, wound healing, energy production, detoxification, immunity and cellular signaling, which can be blocked or interfered with by antioxidant stacking or overkill. Thus, it is a no-brainer that antioxidant overload can cause inadvertent harmful maladies and also cause increased risk of death (overall mortality). Antioxidants can act as dirty bombs and non-specifically interfere with essential oxidative processes. Preservatives increase antioxidant exposure and this is rapidly contaminating our environment, due to the desire to prevent spoilage (rancidity, discoloration, foul odors, etc.) of common foods and preserve feed supplies of animals, such as cattle, pigs and fish. Antioxidant food fortification is commonplace and genetic modification to augment antioxidant content of foods is on the rise. This book is the world s largest selective collection of antioxidant reports and the cited studies include over 16 million human participants. Thirty two major medical/scientific organizations do not recommend the use of antioxidant supplements but suggest getting them for fresh fruits and vegetables. Dr. Howes has discovered that antioxidants can shield or protect 27 different cancer cell types in the laboratory and 9 murine (rodent) cancer cell types from being killed. Yet, millions of cancer survivors are encouraged to take potentially dangerous doses of antioxidant supplements on a daily basis. Please educate yourself to the inherent dangers of antioxidant overkill. Be smart. Be safe. Dr. Howes presents the downside of antioxidant overloading and exposes the mythology...



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