



Melatonin: Breakthrough Discoveries That Can Help You Combat Aging, Boost Your Immune System, Reduce Your Risk of Cancer and Heart Disease, Get a Better Night's Sleep

Russel J. Reiter, Jo Robinson

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Would you believe that something could:

Extend your youth by more than ten years?

Boost your immune system in two weeks' time?

Help prevent heart disease, Alzheimer's, Parkinson's, diabetes, and cataracts?

Cut your recovery time from jet lag in half?

Offer not just cancer prevention but a key to a cure?

All in a widely available non-prescription capsule? It's true--and it's called melatonin. This remarkable book represents a major breakthrough in human health and life extension studies. It reveals cutting-edge research on melatonin--a natural hormone produced deep within the brain--that is revolutionizing our understanding of life. Melatonin helps determine how fast we age, how effectively we fight off disease and toxins, and how well we sleep.

Melatonin is the most comprehensive, up-to-date, and authoritative book available about this amazing substance. Dr. Russel J. Reiter is one of the world's leading experts in the field. During more than thirty years of pioneering research, he has uncovered many of melatonin's unique properties-- including its role as the most powerful antioxidant in the body. In this book he reveals what he and other scientists around the world have only recently discovered about melatonin's remarkable potential to:

Increase immune response dramatically

Greatly improve existing treatments for cancer and AIDS

Lower cholesterol and blood pressure

Put you to sleep as effectively as a prescription drug--without side effects

Improve mood and reduce symptoms of PMS

Prevent the free radical damage that underlies aging

Neutralize the dangerous side effects of mammograms, X-rays, and surgery

In *Melatonin*, Reiter offers a complete, three-phase program to help you take advantage of this new information right now. First, he helps you pinpoint the habits, hidden environmental hazards, and common medications that may be diminishing your natural supply of melatonin. Next, he explains how you can naturally stimulate your production of this life-giving hormone. Finally, he provides a complete guide to melatonin supplements, including safe and effective doses, the best kind to buy, and when and how to take them.

With all the suspense of a medical detective story, *Melatonin* reveals clue by tantalizing clue all of the amazing properties of this "hidden" wonder hormone, much the way they presented themselves to Dr. Reiter

and his colleagues. The result is a book that only an insider could write--a book as exciting to read as it is vital to your health and the health of those you love.

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Jackie Lafond:

Reading a book tends to be new life style with this era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A lot of author can inspire their particular reader with their story or maybe their experience. Not only the storyline that share in the publications. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors nowadays always try to improve their talent in writing, they also doing some analysis before they write on their book. One of them is this Melatonin: Breakthrough Discoveries That Can Help You Combat Aging, Boost Your Immune System, Reduce Your Risk of Cancer and Heart Disease, Get a Better Night's Sleep.

Emilie Lechner:

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Dennis Jenkins:

This Melatonin: Breakthrough Discoveries That Can Help You Combat Aging, Boost Your Immune System, Reduce Your Risk of Cancer and Heart Disease, Get a Better Night's Sleep is great book for you because the content which is full of information for you who always deal with world and possess to make decision every minute. That book reveal it information accurately using great organize word or we can say no rambling sentences inside. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but tricky core information with splendid delivering sentences. Having Melatonin: Breakthrough Discoveries That Can Help You Combat Aging, Boost Your Immune System, Reduce Your Risk of Cancer and Heart Disease, Get a Better Night's Sleep in your hand like keeping the world in your arm, facts in it is not ridiculous 1. We can say that no reserve that offer you world with ten or fifteen small right but this publication already do that. So , this really is good reading book. Hello Mr. and Mrs. active do you still doubt which?

Rosie Zimmerman:

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