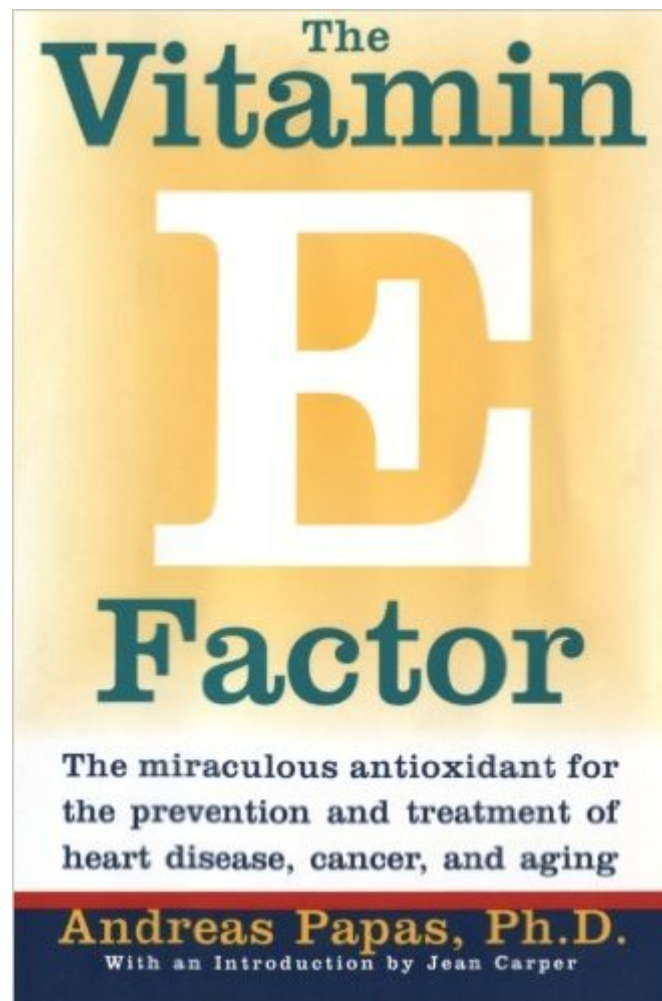


The book was found

The Vitamin E Factor: The Miraculous Antioxidant For The Prevention And Treatment Of Heart Disease, Cancer, And Aging



Synopsis

It is too early to conclude that vitamin E has all the beneficial effects attributed to it, but even if only 25% of current expectations were to be fulfilled, vitamin E would become an important weapon against a range of chronic diseases. The book is not simply scientific and education but also a pleasure to read. Dimitrios Trichopoulos, MD Vincent L. Gregory Professor of Cancer Prevention and Professor of Epidemiology, Harvard School of Public Health

Book Information

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Customer Reviews

this book is simply the best on this subject!.it discover all the types of vitamin e:the first 4 polimers and the other 4 polimers known as tocotrienols,but the main issue remains the potent d-alpha tocopherol.absobtion is very important and it is discovered in details including ways to improve it.how vitamin e operates in immunity,and in autoimmune diseases such as:cancer,aids, arthritis, and also asthma,and inflamation.there is also a superb outstanding chapter that showing new researches with a great promise about neurological diseases such as: altzheimer,huntington,parkinson,lou- gehrig's disease,heart disease cataracts,macular degeneration, and other diseases are discovered and explain not only the mechanisms of disease, but also how the vitamin e is operate in those diseases and suggested approximate doses recommandations. diabetes,crohn- disease ,cystic- fibrosis, and many other diseases and illnesses are well explained very simply.as a orthomolecular nutritionist that do treats those dd (degenerative-diseases)wich actually are ortomolecular diseases because they have a vitamin and or mineral

dependency because of a bad genes, and or submolecular nutrient\,s, i can tell you that the knowledge that represent in this wonderful book is very much scientific and it is very valuable. i really think that this book concerning vitamin e is the vitamin e bible!

I love this book. In my job I need technical and reference information. I find it in the Appendix, the sections for "chemistry buffs" and its the many scientific and Internet references. I use the book not only to learn about vitamin E, but also to get background information on nutrition, diet, aging, exercise and many diseases. I find it in plain English and is fun to read, full of real life stories and, something you do not find in health books, real humor.

The Vitamin E Factor is an excellent compendium about vitamin E. It is a very readable book and people not familiar with vitamin E and its many benefits can enjoy and benefit from it. Yet this book has great depth in the discussion of research with a comprehensive list of supporting scientific papers, books and Internet resources that can benefit scientists and physicians. I strongly recommend The Vitamin E Factor to my colleagues and health professionals.

Thank you you for such a wonderful book, The Vitamin E Factor. I have learned so much I am again reading it for the third time. I only wish that every person would read this book. When you have an updated version I would hope you would let me know. Again, Thanks for such a well written book. Yes, some of the information was repetitive, but sometimes we need to read it several times to absorb all the information. Debra M. Kowalski, Dayville, Oregon

This is one of the best books I have ever read. The author is a fantastic teacher. He is able telling complex things so everybody can understand it. He is also very balanced in his teachings. If you are looking for a book about vitamin E, there are no better alternative.

I really enjoyed reading this book. The research is presented in clear, concise terms easily readable by the lay person.

I've recommended this book to many of my friends and business partners. It's really a gem of a book on Vitamin E, and you can easily read it - too unlike many books that are not friendly to people like myself.

A fine job! While this book is meant for the general public, it is also a very good resource for scientists and health professionals. While it has a wealth of scientific info, it is surprisingly easy to read, and I like its style. I can only imagine the time and effort that went into the making of the book. I hope that it makes the best seller list soon.

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