



## Melatonin (Paperback)

By Russell Rueter

Bantam Doubleday Dell Publishing Group Inc, United States, 1996. Paperback. Book Condition: New. Reprint. 173 x 104 mm. Language: English . Brand New Book. 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, andcataracts? \* 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 calledmelatonin. This remarkable book represents a major breakthrough in humanhealth and life extension studies. It reveals cutting-edge research onmelatonin--a natural hormone produced deep within the brain--that isrevolutionizing our understanding of life. Melatonin helps determine how fastwe age, how effectively we fight off disease and toxins, and how well wesleep.Melatonin is the most comprehensive, up-to-date, and authoritative bookavailable about this amazing substance. Dr. Russel J. Reiter is one of theworld s leading experts in the field. During more than thirty years ofpioneering research, he has uncovered many of melatonin s unique properties--including its role as the most powerful antioxidant in the body. In this bookhe reveals what he and...



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