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## Melatonin

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, 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...



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