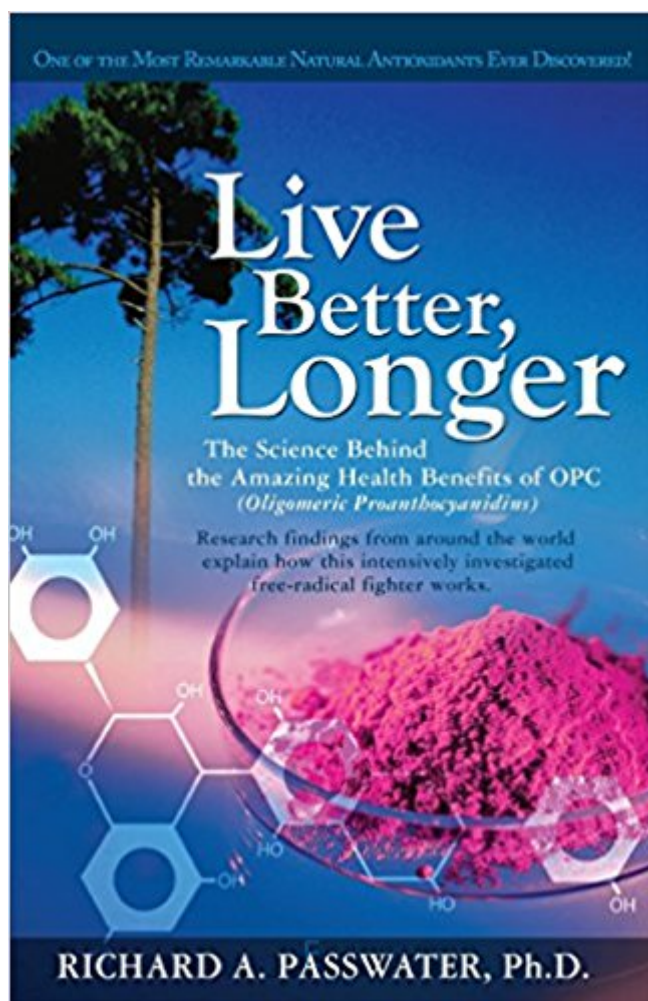


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# Live Better, Longer: The Science Behind The Amazing Health Benefits Of OPC



## Synopsis

Your body is constantly being attacked by very harmful substances known as free radicals. You cannot see them, smell them, or touch them, but they are always there, trying to destroy body proteins and cell membranes. OPC's (oligomeric proanthocyanidins) are among today's most potent and promising free-radical fighters. Found in grape seeds, red wine, and the bark of French maritime pine trees, more powerful than vitamins C and E, the gold-standard among antioxidants. This book explains the benefits of OPCs in combating modern-day killer diseases and in protecting the body's billions of cells.

## Book Information

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## Customer Reviews

Author of more than 45 books on nutrition, and research biochemist is also the science editor for WholeFoods Magazine in which he writes a monthly column "Vitamin Connection."

This book takes you quite a bit into the world of Oligomeric Proanthocyanidins and all its benefits on your health. For most of us this information could be compressed down to: Oligomeric Proanthocyanidins are good for your health. And for some it could be beneficial to know that it is good for certain conditions. For those who like to dig into details, this is a good book on Oligomeric Proanthocyanidins.

Condition and price were as represented. Delivery was very prompt. It's great to buy from this seller. I also recommend the book.

Dr. Passwater does an excellent job summarizing much of the modern research that has been done on antioxidant nutrients and most notably OPCs (Oligomeric Proanthocyanidins). He clearly explains the negative impact of free radicals on various body systems and describes how antioxidants counter their damaging effects. Dr. Passwater devotes a chapter to each of the following: cardiovascular, cancer, aging, skin and looking younger, venous health, eye health, other diseases, allergies, and attention deficit disorder. I would recommend this book to those who want to stay current with the latest research in the wellness field.

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