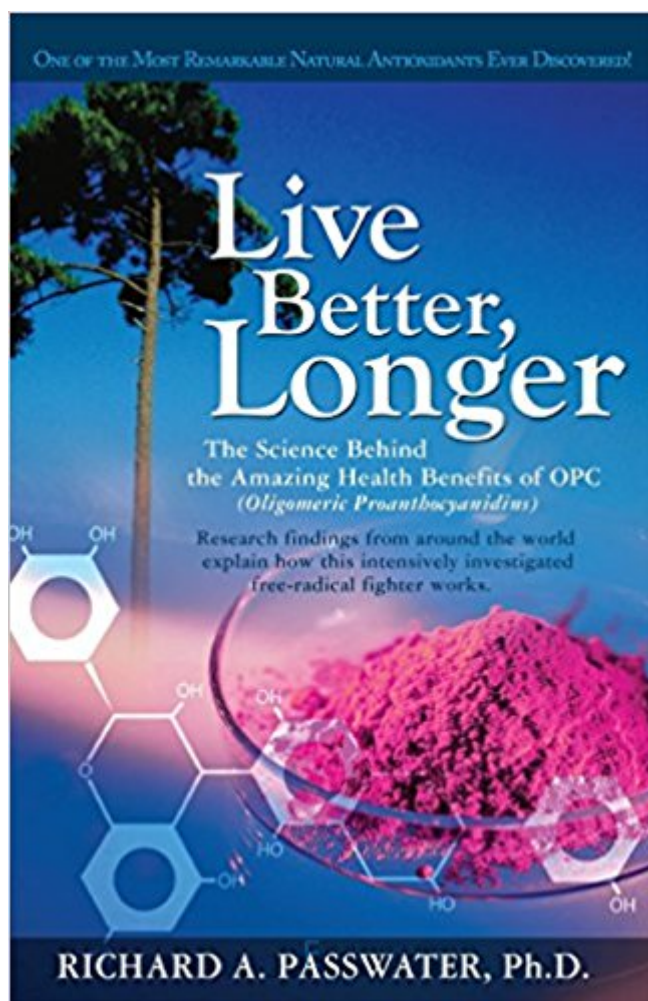


The book was found

# 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

Paperback: 112 pages

Publisher: Basic Health Publications, Inc.; 1st edition (September 1, 2007)

Language: English

ISBN-10: 1591202094

ISBN-13: 978-1591202097

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 3 customer reviews

Best Sellers Rank: #774,356 in Books (See Top 100 in Books) #73 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#)

## 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.

[Download to continue reading...](#)

Live Better, Longer: The Science Behind the Amazing Health Benefits of OPC Veterans: Benefits for Beginners - Veteran Benefits Manual for Dummies - US Veterans Benefits 101 (US Veterans - American Veterans of Foreign Wars - Veterans disability - Veterans Administration) Earl Mindell's Supplement Bible: A Comprehensive Guide to Hundreds of NEW Natural Products that Will Help You Live Longer, Look Better, Stay Healthier, ... and Much More! (Better Health for 2003) Apple Cider Vinegar Benefits - Apple Cider Vinegar Benefits and Cures for Weight Loss and Better Health 10 FAT Rules: Losing weight to Look Better, Feel Better, Live Longer Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health Your Health Destiny: How to Unlock Your Natural Ability to Overcome Illness, Feel Better, and Live Longer The First 20 Minutes: The Surprising Science of How We Can Exercise Better, Train Smarter and Live Longer The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer The DHEA Breakthrough: Look Younger, Live Longer, Feel Better 1% Fitness: Move Better. Train Smarter. Live Longer. How to Live Longer and Feel Better Anti-Inflammatory Diet: 100 Amazing, Delicious, Healthy, Anti-Inflammatory Recipes!! Recharge Your Body, Stay Younger, Lose Fat and Live Longer By Healing Your Immune System & Restoring Your Health Sex: 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE Gift Inside) (How To Last Longer In Bed, Attract Women, ... Starved Marriage, Sex Guide) (What Is Sex) How to Last Longer in Bed: Discover How to Increase Stamina and Last Longer in Bed 47 Secret Veterans' Benefits for Seniors - Benefits You Have Earned...but Don't Know About! Getting Your Social Security Disability Benefits - A Step by Step Guide: How to Successfully Apply for and Receive Social Security Disability Benefits The Exercise Cure: A

Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life

Contact Us

DMCA

Privacy

FAQ & Help