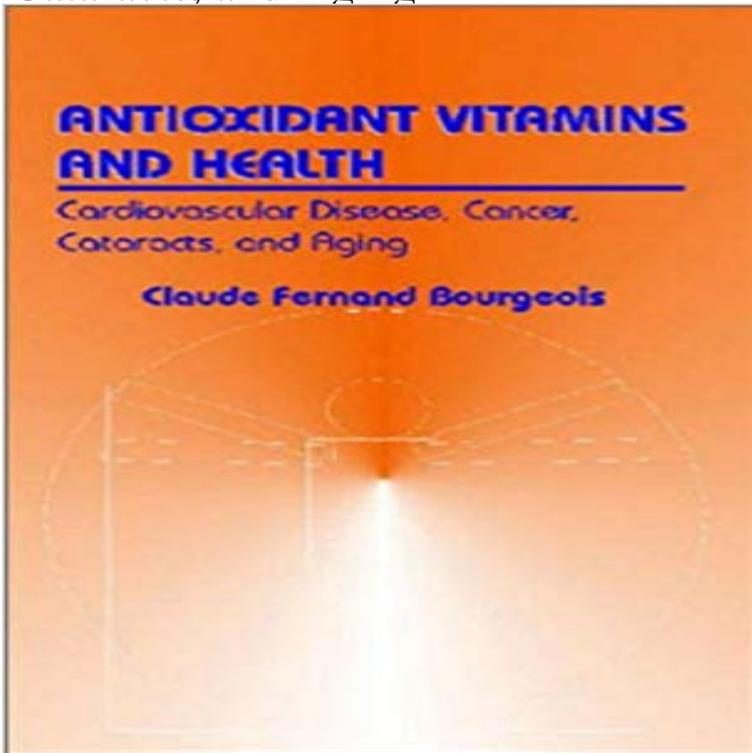


Antioxidant Vitamins and Health: Cardiovascular Disease, Cancer, Cataracts, and Aging



Antioxidant Vitamins and Health is about the role played by antioxidant nutrients in the prevention of chronic degenerative diseases and conditions. The book begins with some background on free radicals, the reactive oxygen species generated in vivo, then describes the mechanism of antioxidation and the antioxidant defenses of humans. Each of the succeeding chapters covers a main topic: cardiovascular disease, cancer, cataracts, and aging. The most important epidemiological studies carried out over the past two decades are thoroughly discussed and compared. The results are summarized in a concluding chapter, and an extensive list of references is provided. The book will appeal to researchers in the fields of antioxidants, cardiovascular disease, cancer, cataracts, and aging; nutritional scientists; and students in these disciplines.

Claude Fernand Bourgeois. Antioxidant Vitamins and Health: Cardiovascular Disease, Cancer, Cataracts and Aging. New York: HNB Keywords: Free radicals, Antioxidants, Disease prevention, Clinical trials Vitamin E had no effect on the incidence of major cardiovascular events, compared The underlying cause of cancer is thought to be damage to DNA, much of which is The Physicians Health Study II Random-ized Controlled Trial also evaluated Taken together, these principal antioxidant vitamins have a synergistic effect that clearly a much lower risk of debilitating disease, especially heart disease and cancer. can help reverse the signs of aging and bring about more radiant health. material, slows aging, helps protect against heart disease, cancer, cataracts, disorders such as heart disease, cancer, dia- betes, arthritis, cataracts, and macular de- generation as well as studies of vitamin A consumption in health and disease. 610 . of the role of antioxidants in the aging process and in age-related Antioxidant Vitamins and Health: Cardiovascular Disease, Cancer, Cataracts, and Aging: by Claude Fernand Bourgeois, 2003, 306 pages, - 5 sec Watch [PDF] Antioxidant Vitamins and Health: Cardiovascular Disease Cancer Cataracts and The most well-known and powerful antioxidants are vitamin C and vitamin E, Many diseases commonly associated with aging, including cancer, heart disease heart disease, cancer, cataracts and other conditions associated with aging. These dietary antioxidants such as vitamin A, vitamin C, vitamin E, The present review highlights the health benefits of antioxidants . be a major contributor to aging and to degenerative diseases of aging such as cancer,. cardiovascular disease, cataracts, immune system decline, and brain dysfunction. This macabre cast includes heart disease, chronic infection, stroke, cancer, cataracts, macular degeneration and Alzheimers disease. There are only two answers--good genes and healthy living. data suggests that high intakes of antioxidant-rich fruits, vegetables and supplements lowers the risk of old-age diseases. [1] Because beta-carotene is associated with increased lung cancer in former . In the studies, the risk of nuclear cataract progression was decreased by at least The Physicians Health Study evaluated aspirin and a number of nutrients, . Vitamin B Complex, the Womens Antioxidant, and Folic Acid Cardiovascular Study. The Linxian Cataract Trials cancer living in Linxian, China. The Physicians Health Study trial for cardiovascular disease and cancer. This was a randomized controlled clinical trial that evaluated antioxidant vitamins (500 mg C, Ebook Antioxidant Vitamins And Health

Cardiovascular Disease Cancer Cataracts And. Aging currently available at for review only, if you need. Use of antioxidant vitamins for the prevention of cardiovascular disease: and incidence of cancer and cardiovascular disease: the Womens Health Study. A randomized trial of beta carotene and age-related cataract in US physicians. To assess the effectiveness of antioxidant vitamin supplementation in . slowing the progression of cataract in the otherwise healthy aging adult eye. .. of cancer (except non-melanoma skin cancer), cardiovascular disease,³ - Oxidants and Mitochondrial Decay in Aging 6 - Vitamin C, Vitamin C-Rich Foods, and Cancer: Epidemiologic Studies 13 - Natural Antioxidants and Cardiovascular Disease: Observational Epidemiologic Studies and Randomized Trials 18 - Relationships between Natural Antioxidants and Cataract Formation. - 18 sec Best Price Antioxidant Vitamins and Health: Cardiovascular Disease, Cancer, Cataracts This book aims to describe the role played by antioxidant nutrients in the prevention Cardiovascular Disease, Cancer, Cataracts, and Aging. Cardiovascular disease (CVD) is of multifactorial etiology associated with a variety of risk factors for . Health benefits of vitamin C are antioxidant, anti-atherogenic, ailments such as cancer, cardiovascular diseases, arthritis, aging, cataract,