



The Antioxidant Prescription: How to Use the Power of Antioxidants to Prevent Disease and Stay Healthy for Life

Bryce Wylde

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Dr. Bryce Wylde, one of Canada's most popular and respected health care practitioners, gives us individualized step-by-step treatment plans to fight disease and stay healthy.

In **The Antioxidant Prescription**, homeopathic doctor and nutritionist Bryce Wylde addresses what science has discovered to be the true underlying cause of disease: free radicals. These deadly little molecules have many causes, from injury and stress to environmental toxins, genetic predisposition and even the natural by-products of your body's metabolism. Free radicals cause oxidation, a process that damages cells and can lead to rapid aging, heart disease, Alzheimer's and even cancer. We all make free radicals. Some people, however, produce them at alarming levels, and those who do are almost certain to battle disease and live shorter, unhealthier lives.

Luckily, free radical damage can be avoided. Antioxidants stop free radicals from damaging other cells in your body and protect you against disease. With **The Antioxidant Prescription**, Dr. Wylde enables you to recognize the warning signs of free radical damage and make an accurate assessment of your body's free radical load. He'll introduce you to the medical testing available to determine whether you will benefit from high dose antioxidant therapy as well as the new research around mind over health matters. With his help, you will be able to design and implement a customized antioxidant plan based on your age, lifestyle, environment, stress levels and medical history.

As always, an ounce of prevention is worth a pound of cure. With **The Antioxidant Prescription** you'll be equipped with tools to take preventive action against conditions that lurk within your genetic code. This book is the perfect prescription for lasting health.

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