



# Antioxidant Revolution

*Kenneth Cooper*

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## **Antioxidant Revolution** Kenneth Cooper

From the groundbreaker in preventive medicine and father of the worldwide aerobics movement, Dr. Cooper takes the latest scientific antioxidant search from around the world and brings you a simple four step life plan that will revolutionize your health. It's the simplest plan yet to build you own personal defense system for a longer, healthier life!

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