



Antioxidants

Dr. Laura Pawlak

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THE TAPES STAND ALONE AS A GUIDE TO CHOOSING ANTIOXIDANT PROTECTION. The book lets the reader peek into the world within a food, to walk inside a human cell. The text puts the principles presented by tape into practice with quizzes, charts, checklists and guides. Copy these learning materials for your personal and professional use. There are no copyright restrictions on any of the written material. ----- TAPE ONE: UNDERSTANDING THE ENEMY introduces free radical oxygen. Part One of the book coordinates what you hear with illustrations of the foe. TAPE TWO: FIGHTING BACK makes you a believer in antioxidants and an activist for change. Part Two of the book presents the personal side of the program. Your diet is scored and you are guided to a decision that best fits the antioxidants into your lifestyle.

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