



## Antioxidants: The Natural Way to Fight Cancer and Aging as Well as Reaching Your Optimum Health

By Abigail Lewis

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover how to increase Antioxidants into your life with ease Antioxidants are the best friends in your diet, whether it is to lose weight or fight off malicious diseases. Here, you will learn exactly how they do their job, and numerous ways to maximize their benefits. The myths surrounding them will be debunked and the real fact will come to light. This book will present you with the richest foods in antioxidants, so you can incorporate them in your daily life as a great source of energy All of these concerns are covered in the book: Antioxidants: What are the MYTHS about antioxidants, How they help in your fight against cancer, Strengthen Your Immune System and Reverse the Aging Process Everything in this book is simple and easy to follow Increasing you intake of Antioxidants will change your life, but it isn't easy to do. This is why you should get a copy of "Antioxidants: The natural way to fight cancer and aging as well as reaching your Optimum Health"; to learn something new about...



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