



Pocket Antioxidants

Amitava Dasgupta

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We've all heard the word "antioxidants" and we all have some vague idea of what they are and what they do. Now, with Pocket Antioxidants, medical-level knowledge of this topic is available to a general audience. Prestigious researcher Dr. Amitava Dasgupta takes the latest antioxidant research from peer-reviewed medical journals and makes it accessible to anyone in this handy little book.

Dasgupta explains what oxidative stress really means, the danger of "free radicals," and the benefits of antioxidants. He explains that the best way to combat free radicals is by eating antioxidant-rich foods and supplements. Readers will learn which foods are highest in which antioxidants. Readers also learn that antioxidants sometimes come from surprising sources, such as coffee or alcohol.

With the tips in this book, readers can avoid the risks of following the false information and pseudoscience found on various web sites, and become empowered to pick their favorite fruits, vegetables, and herbal supplements - with the goal of living a healthier life!

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