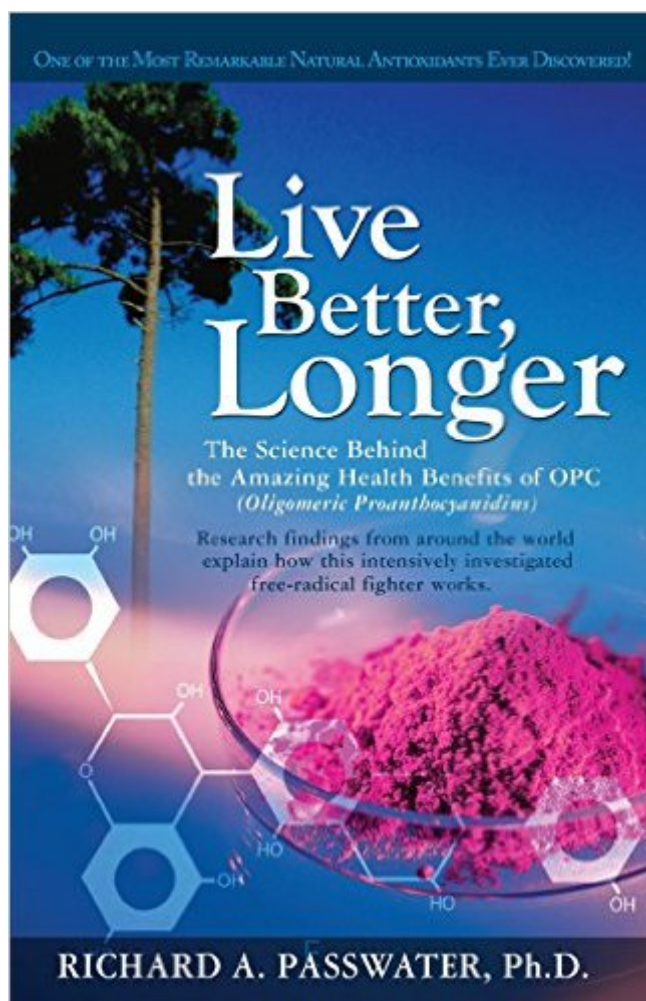


The book was found

# Live Better, Longer: The Science Behind The Amazing Health Benefits Of OPC



## Synopsis

Your body is constantly being attacked by very harmful substances known as free radicals. You cannot see them, smell them, or touch them, but they are always there, trying to destroy body proteins and cell membranes. OPC's (oligomeric proanthocyanidins) are among today's most potent and promising free-radical fighters. Found in grape seeds, red wine, and the bark of French maritime pine trees, more powerful than vitamins C and E, the gold-standard among antioxidants. This book explains the benefits of OPCs in combating modern-day killer diseases and in protecting the body's billions of cells.

## Book Information

Paperback: 112 pages

Publisher: Basic Health Publications, Inc.; 1st edition (September 1, 2007)

Language: English

ISBN-10: 1591202094

ISBN-13: 978-1591202097

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #378,836 in Books (See Top 100 in Books) #30 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#)

## Customer Reviews

Dr. Passwater does an excellent job summarizing much of the modern research that has been done on antioxidant nutrients and most notably OPCs (Oligomeric Proanthocyanidins). He clearly explains the negative impact of free radicals on various body systems and describes how antioxidants counter their damaging effects. Dr. Passwater devotes a chapter to each of the following: cardiovascular, cancer, aging, skin and looking younger, venous health, eye health, other diseases, allergies, and attention deficit disorder. I would recommend this book to those who want to stay current with the latest research in the wellness field.

This book takes you quite a bit into the world of Oligomeric Proanthocyanidins and all its benefits on your health. For most of us this information could be compressed down to: Oligomeric Proanthocyanidins are good for your health. And for some it could be beneficial to know that it is good for certain conditions. For those who like to dig into details, this is a good book on Oligomeric

Proanthocyanidins.

Condition and price were as represented. Delivery was very prompt. It's great to buy from this seller. I also recommend the book.

[Download to continue reading...](#)

Live Better, Longer: The Science Behind the Amazing Health Benefits of OPC Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) The Liver Cleansing Diet: Love Your Liver and Live Longer The DHEA Breakthrough: Look Younger, Live Longer, Feel Better Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger OPC Unified Architecture The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity 47 Secret Veterans' Benefits for Seniors - Benefits You Have Earned...but Don't Know About! The Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to Military and Veteran Benefits) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] The FastDiet - Revised & Updated: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free

[Dmca](#)