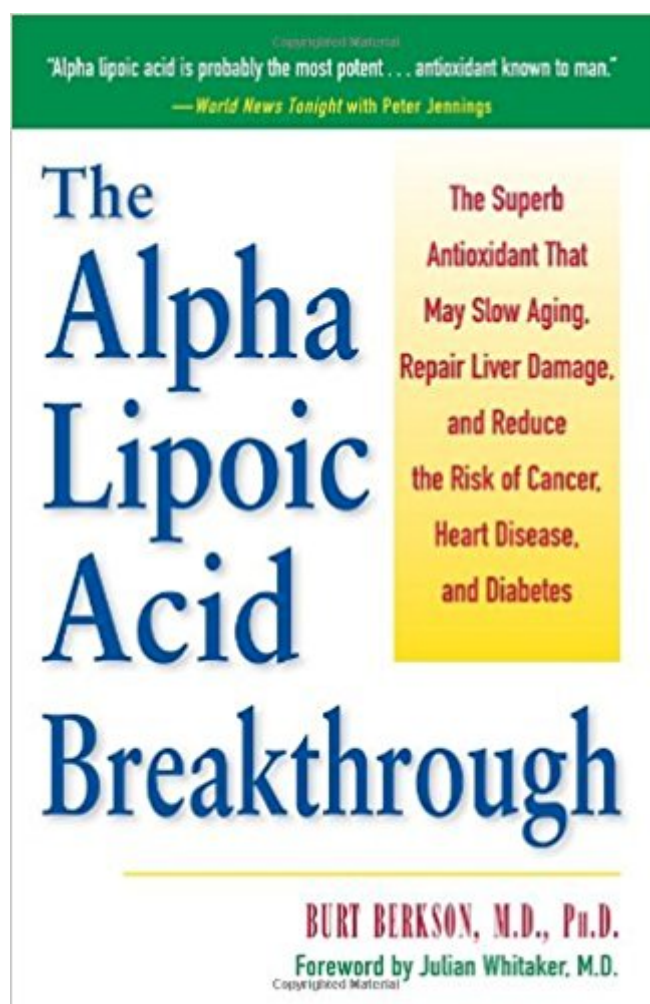


The book was found

Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, And Reduce The Risk Of Cancer, Heart Disease, And Diabetes





Synopsis

The Amazing Antioxidant Everyone Is Talking About! Are you looking for an effective way to fight the effects of aging and free radical damage? Would you like to reach and maintain your body's optimal health? There may be no stronger way than with antioxidants--and there may be no stronger antioxidant than alpha lipoic acid. This remarkable coenzyme, which occurs naturally in younger bodies but gradually diminishes with age, may very well be one of our best defenses against disease and aging. In this balanced and informative book, Burt Berkson, M.D., shows you how supplementing your diet with alpha lipoic acid might help:

- Protect against heart disease
- Prevent or treat complications of diabetes
- Prevent the progression of Alzheimer's and Parkinson's disease
- Protect against cancer and strokes
- Fight chronic liver disease
- Combat the aging process
- And much more!

Revealing the science behind this amazing antioxidant, Alpha Lipoic Acid Breakthrough provides a plan of action for improving your health starting now!

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Customer Reviews

The Amazing Antioxidant Everyone Is Talking About!

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antioxidant than alpha lipoic acid. This remarkable coenzyme, which occurs naturally in younger bodies but gradually diminishes with age, may very well be one of our best defenses against disease and aging. In this balanced and informative book, Burt Berkson, M.D., shows you how supplementing your diet with alpha lipoic acid might help:

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Revealing the science behind this amazing antioxidant, "Alpha Lipoic Acid Breakthrough" provides a plan of action for improving your health starting now!

Great book! Alpha Lipoic acid may decrease with age as liver/cells make less. Alpha lipoic acid is needed to get glucose into the mitochondria. It helps pyruvate turn into acetyl coenzyme A. It is water/fat soluble. It recycles Vit C and Vit E. It raises glutathione by 30-70%. Alpha lipoic acid removes Cu and helps nerve cell growth. It helps lower blood sugar. The health issues mentioned in the book maybe due to Celiac/gluten/dairy/soy/sugar/GMO. Alpha lipoic acid may help. Flax may hurt 80% of people.

Dr. Berkson is brilliant and keeps things simple. In my 2012 book CURING COURTNEY, you'll see how his research has helped HEAL MY DAUGHTER OF AUTOIMMUNE HEPATITIS WITHIN 3 MONTHS! THIS, AFTER 5 YEARS OF A FAILED TRADITIONAL DRUG TREATMENT IN THE #1 NYC HOSPITAL!!! He helps you to HEAL MANY DEADLY AUTOIMMUNE DISEASES. This book teaches in a way that's logical. After you read it, you'll do further research ...read CURING COURTNEY...and you may not listen to the standard medical establishment anymore because Dr. Berkson has so much more scientific data published throughout the years that you can find on the internet. YOU MUST BUY THIS BOOK...it's a primer. Then you'll go on-line to learn about his latest research and ways to heal these deadly diseases. GRATEFULLY, Denise O. Curing Courtney: Doctors Couldn't Save Her...So Her Mom Did

"The Alpha Lipoic Acid Breakthrough" is the best book on alpha lipoic acid [ALA] that I've read. The author, Dr. Burt Berkson, is an M.D. and a Ph.D and has treated people with mushroom poisoning with alpha lipoic acid and saved their lives from certain liver failure and death. Dr. Berkson's book is full of specifics. Alpha lipoic acid is a liver detoxifier, a good anti-cancer nutrient, a stalwart against diabetes's resulting nerve damage, and an aid to heart disease. Alpha lipoic acid has been called Nature's Supreme Antioxidant, and alpha lipoic acid recycles Vitamin C, Vitamin E, Coenzyme Q10,

and glutathione. This book is well worth the reasonable price. You'll be glad you took the time to read and study it.

What an awesome doctor. Perhaps the doctor's recommendation on diet has changed at this point since this book was written in 98 and I don't see many integrative medicine doctors recommending grains nowadays (won't take a star for that though). The main purpose of this book is ALA and his points on Alpha Lipoic Acid and supplementing are solid. This doctor is a hero, but I won't say why just read the book.

This is a must have book if dealing with any autoimmune disease. I am a patient of Dr. Berkson's and he is the absolute authority on Alpha Lipoic Acid treatments.

does not say how much to take in each chapter that is the only thing wrong with book.

So happy to see solid research and years of experience to back up alternative approaches to common ailments, rather than the typical steroid & immunosuppressant protocol of Western medicine. Being diagnosed with AIH 3 days ago, I can't wait to call Dr Berkson's office tomorrow! Thank you for sharing your experience and knowledge Dr Berkson.~Karri

An awesome book! This Dr. Has made it his life-long mission to help health-challenged patients. I wish the government would separate the Food and Drug Administration so we could get the natural healing we need without the drugs that have so many side effects!

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