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Melatonin: Breakthrough Discoveries That Can Help You Combat Aging, Boost Your Immune System, Reduce Your Risk of Cancer and Heart Disease, Get a Better Night's Sleep

Russel J. Reiter, Jo Robinson

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Would you believe that something could:

Extend your youth by more than ten years?
Boost your immune system in two weeks' time?
Help prevent heart disease, Alzheimer's, Parkinson's, diabetes, and cataracts?
Cut your recovery time from jet lag in half?
Offer not just cancer prevention but a key to a cure?

All in a widely available non-prescription capsule? It's true--and it's called melatonin. This remarkable book represents a major breakthrough in human health and life extension studies. It reveals cutting-edge research on melatonin--a natural hormone produced deep within the brain--that is revolutionizing our understanding of life. Melatonin helps determine how fast we age, how effectively we fight off disease and toxins, and how well we sleep.

Melatonin is the most comprehensive, up-to-date, and authoritative book available about this amazing substance. Dr. Russel J. Reiter is one of the world's leading experts in the field. During more than thirty years of pioneering research, he has uncovered many of melatonin's unique properties-- including its role as the most powerful antioxidant in the body. In this book he reveals what he and other scientists around the world have only recently discovered about melatonin's remarkable potential to:

Increase immune response dramatically
Greatly improve existing treatments for cancer and AIDS
Lower cholesterol and blood pressure
Put you to sleep as effectively as a prescription drug--without side effects
Improve mood and reduce symptoms of PMS
Prevent the free radical damage that underlies aging
Neutralize the dangerous side effects of mammograms, X-rays, and surgery

In *Melatonin*, Reiter offers a complete, three-phase program to help you take advantage of this new information right now. First, he helps you pinpoint
the habits, hidden environmental hazards, and common medications that may be diminishing your natural supply of melatonin. Next, he explains how you can
naturally stimulate your production of this life-giving hormone. Finally, he provides a complete guide to melatonin supplements, including safe and effective doses, the best kind to buy, and when and how to take them.

With all the suspense of a medical detective story, *Melatonin* reveals clue by tantalizing clue all of the amazing properties of this "hidden" wonder hormone, much the way they presented themselves to Dr. Reiter

and his colleagues. The result is a book that only an insider could write--a book as exciting to read as it is vital to your health and the health of those you love.

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