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## Antioxidants Failures Dangers: The Consequent Fall of Free Radical Theory

By Phd Prof Randolph M Howes MD

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In Antioxidant Failures and Dangers, Dr. Howes presents 316 study reports showing the ineffectiveness of common antioxidants, including vitamins A, C E, resveratrol, lycopene (tomatoes), flavonoids (chocolate), omega-3 fish oil, ferulic acid, quercetin, pine tree extract, pomegranate juice, etc. Shockingly, 90 of these study reports reveal harmful (adverse) effects associated with the use of these antioxidants, ranging from increased risk of cancer to increased risk of heart disease and stroke. There are also over a dozen reports showing an increased overall mortality risk. Dr. Howes emphasizes the significance of inadvertently overloading with antioxidants and producing a dangerous prooxidant insufficiency state. Prooxidants are essential for protection against pathogens (infections) and cancer development. He further points out the increasing sales of antioxidant supplements due to misleading and powerful advertising campaigns. Even medical personnel and cancer survivors have been misinformed and they erroneously believe that the injudicious use of antioxidants is good for their overall health. The available scientific evidence shows that antioxidant overkill is a serious threat to one's well being and sets the stage for the development of...



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