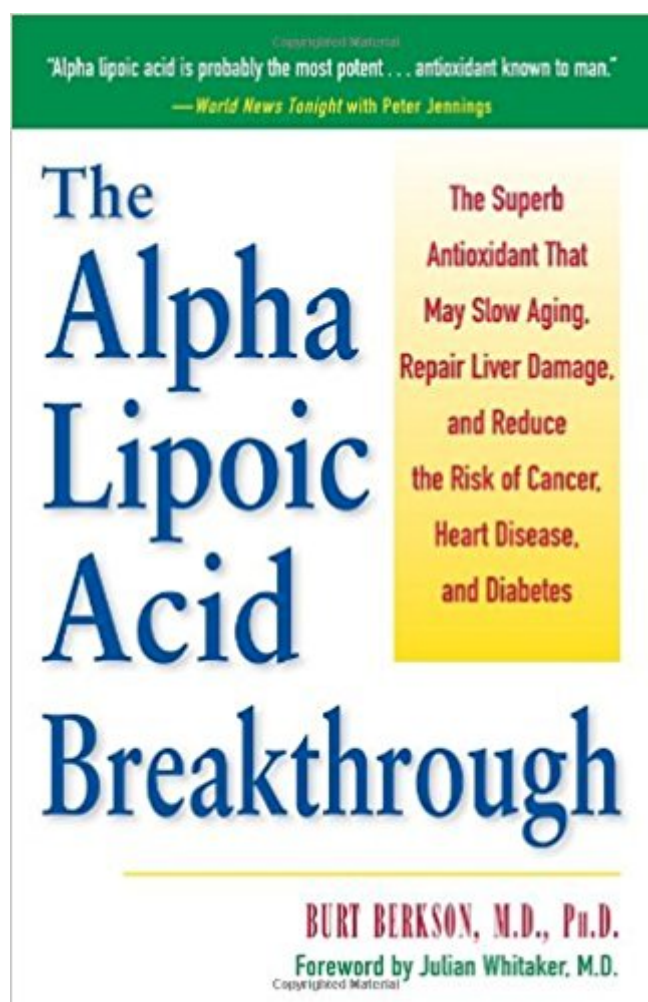


The book was found

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!

Book Information

Paperback: 192 pages

Publisher: Harmony; 1 edition (September 1998)

Language: English

ISBN-10: 0761514570

ISBN-13: 978-0761514572

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 96 customer reviews

Best Sellers Rank: #193,994 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #76 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #123 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

Customer Reviews

The Amazing Antioxidant Everyone Is Talking About!

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!

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!

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

Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type

1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help