

第六版

NutriSearch

美洲

營養補充品比較指南™

抗氧化劑如何"真正"
作用的新科學突破

比較美國、
加拿大、哥倫比亞
和墨西哥超過
1600種產品

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NutriSearch Comparative Guide to Nutritional Supplements for the Americas (sixth edition Chinese) (Chinese Edition)



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The Comparative Information to Nutritional Supplements™, 6th edition, is a lot more than an update: the guide has been completely rewritten in light of recent groundbreaking discoveries from the world of nutritional research. It presents a quantum perceptual leap a paradigm change for a business where very few players are even aware that the overall game itself offers been transformed. with the launch of our most recent edition, this is just what NutriSearch provides. * Discover how the practice of calorie restriction, regular physical exercise, and the intake of select plant-based nutrition may improve both our healthspan and our lifespan. Rather than confront aggressive and powerful free radicals in direct hand-to-hand fight, biologically relevant antioxidants activate the cell's own Large GUNS its endogenous antioxidant defences, honed over two billion years of development. * Learn how the immutable laws and regulations of quantum chemistry and reaction kinetics rule against direct free of charge radical scavenging by common antioxidants. A huge change inside our scientific understanding of how dietary antioxidants really work required a huge change in the instruction; This emergent scientific understanding in cellular antioxidant defence is a genuine game-changer. * Read how technology has, for many years, inadvertently concentrated on the incorrect antioxidants. * Examine how plant-structured antioxidants can paradoxically become oxidants, capable of tapping evolutionarily conserved mechanisms of cell signalling to trigger key genetic switches. * Find out how nuclear transcription element Nrf2, a key ON/OFF switch that settings expression of over 500 genes, can impact oxidative stress, swelling, disease resistance, and progression of the aging process itself. Very recent scientific evidence has now established that most dietary antioxidants usually do not work the way we thought they did. With exhaustive general market trends on over 1,600 nutritional supplements in the usa, Canada, Mexico, and Colombia, learn how our totally revised analytical criteria today incorporating the interesting science of cell signalling rate your favourite nutritional items.



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This is what I'd like! Really good! Guide me extremely well. How to pick Nutrition. Really good!



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