

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

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Abstrak

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.