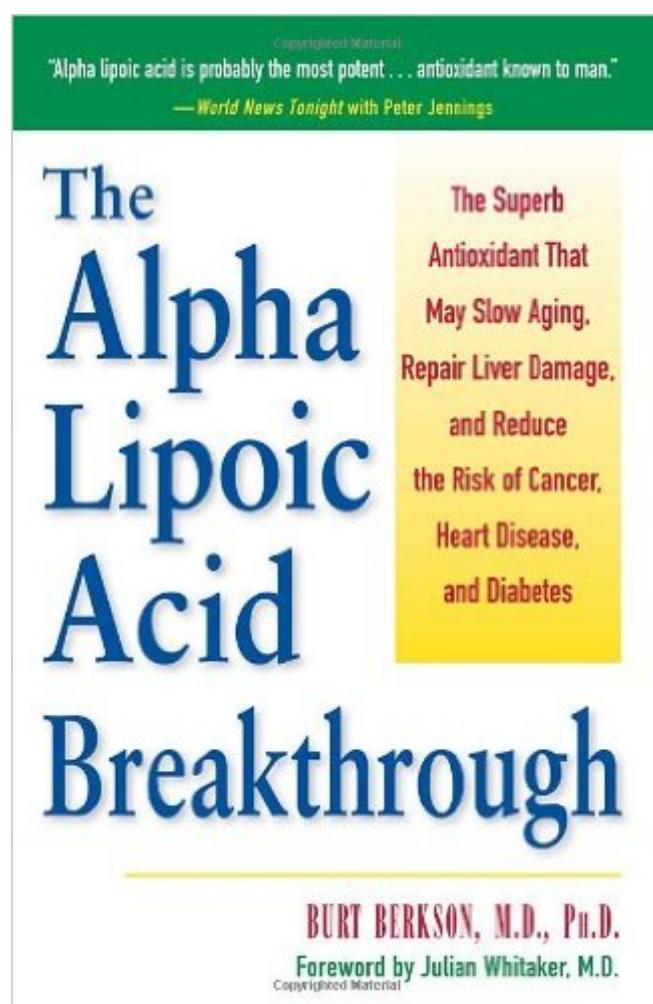


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# Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, And Reduce The Risk Of Cancer, Heart Disease, And Diabetes



## 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 antioxidantsâ "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:Â Protect against heart disease Â Prevent or treat complications of diabetes Â Prevent the progression of Alzheimer's and Parkinson's disease Â Protect against cancer and strokes Â Fight chronic liver disease Â Combat the aging process Â 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

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## Customer Reviews

If you've heard of alpha-lipoic acid and its being extremely helpful in treating diabetes, liver illnesses, mercury intoxications, or as an anti-oxidant, you may want to know more about it before taking it. This book, by Burt Berkson (MD, PhD) is an excellent answer to your worries. Berkson describes how he got to be interested by alpha-lipoic acid, its safety record ("FDA"-approved in Germany for 50 years), its uses, and, perhaps most interesting, his views on medicine. Not only does Dr. Berkson come across as a very competent and compassionate physician, especially in

regards to lipoic acid, on which he is America's leading expert, he is also an outspoken critic of what he correctly sees as problems in modern American medicine. In the first chapter, he describes how he almost ended his career when he saved the life of a dying patient against the wishes of his boss, and how he would do it again. No insurance policy and few doctor's visits can provide the benefits of his invaluable candor, which serves to immunize his readers with a large and healthy level of cynicism about medicine as it is practiced in the United States today. One thing that this book does not contain is advice on what dosage of lipoic acid to ingest. This may be a sign of great wisdom; in Germany, where Dr. Berkson worked at the Max Planck Institute, and where lipoic acid has been on the market for decades, neurologists who look into whether their patients suffer from a heavy metal poisoning are not regarded with the sort of wonderment and bafflement that mermaids and unicorns otherwise garner. Those with such a heavy metal problem can suffer some extremely unwelcome and perhaps permanent side-effects if they take the sort of dosages that others easily tolerate. By not giving any advice on this subject, Dr. Berkson certainly isn't giving any bad advice on this subject. I heartily recommend this book.

In the introductory of The Alpha Lipoic Acid book, written by Dr. Burt Berkson, my husband John and I, Eunice Goostree, are the people that Dr. Burt were referring to. We ate the Amanita Verna Mushroom and John nearly died. Thioctic Acid, liquid form of Alpha Lipoic Acid is all that saved us. When the chief of staff at the hospital gave up on us, Dr. Berkson KNEW that he could save us and to the amazement of all others, we are alive and well. I cannot say enough good things about Dr. Berkson, his books, his ethics, his compassion and his determination to save his patients even when all of the odds were against him. We love you Dr. Berkson.

I began taking a-lipoic acid and achieving great results before this book was published. It was encouraging to finally read a book that validated my experience with lipoic acid. This book explains a-lipoic acid in layman's terms and sheds light on the value of this nutrient. As a Type I diabetic of 36 years, I have essentially reversed diabetic neuropathy by taking 900 mg of a-lipoic acid per day. I highly encourage diabetics to research a-lipoic acid especially if suffering from neuropathy. This book is a great start.

Dr. Berkson has put his research and findings into terms that all can understand. I had hepatitis and recovered, but suffered from minor liver malfunctions which triggered constipation and poor digestion of fats. Merely the addition of Alpha Lipoic Acid has helped restore my liver function and alleviated my

problems. I've gained much usable information from his book about preventing heart disease, a family problem....I am thankful that I have finally found a supplement that has helped me with those continuing liver related problems.

I live 5 miles from a University in Amsterdam the netherlands, where Prof. Aalt Bast is doing research on Alpha Lipoic Acid. Nothing I saw ever mentioned in papers of the Diabetes federation of the Netherlands. We have a law in Holland stimulating, if it is not invented here it is not good. By pure chance I was looking for literature at .com books. Surprise, surprise I found the book of Burt Berkson on Alpha Lipoid Acid (ALA). I started using ALA three times 50 mg and after 90 pills three times 100 mg. My endurance on Physio Training doubled and my hyperglycemia is half of what is was in the early morning hours. Grace to .com and the books delivered fast to Holland. The next step if fighting Neuropathie and numbness of my feet and hands. Internet and .com and Berkson, life-savers. Fred H. van Waaijen, The Netherlands.

After reading Dr. Berkson's book, I was so impressed, I promptly shared it with co-workers, who, upon reading it, purchased it for themselves. Perhaps the best review I can give is the comment my physician made during my last visit. "What have you been doing for your liver, your test results show a significant improvement in liver function?"

Dr. Berkson is a marvel. He has taken the time and energy to put his research and findings into terms that all can understand. I had hepatitis and recovered, but suffered from minor liver malfunctions which triggered constipation and poor digestion of fats. The Alpha Lipoic Acid has helped restore my liver function and alleviated my problems. I've gained much usable information from his book....

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