



# **Understanding the Antioxidant Controversy: Scrutinizing the Fountain of Youth (Praeger Series on Contemporary Health & Living)**

*Paul E. Milbury, Alice C. Richer*

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Current scientific evidence suggests that free radicals? unstable by-products produced by normal human metabolic processes? damage the body, resulting in chronic health disorders and degenerative changes associated with aging. Nutritional products on the market today promise antioxidants can reduce? possibly even reverse? damage caused by these free radicals. If true, that would mean less chronic disease and premature aging, at the very least. But are antioxidants indeed the new Fountain of Youth? Media reports extol antioxidants as the solution to disease and aging, and some studies do seem to back up those reports. Yet the studies that have been completed are far from conclusive, and taking antioxidant supplements can be dangerous. This book explores current thinking, analyzes studies, and answers the questions: What are antioxidants? What do they do? Is there any real benefit to taking them as supplements? Are there real dangers for me?

Media report preliminary and conflicting scientific studies on antioxidants, notwithstanding the fact that the final analysis about their effectiveness and safety is incomplete. The result is increasing sales of dietary supplements and so-called functional foods or nutraceuticals that are not regulated, nor proven, and a possible public safety crisis from hypersupplementation. Milbury and Richer bring us up to date, sharing nuances and emerging news regarding antioxidants? and their dangers. *Understanding the Antioxidant Controversy* is an educated consumers' and health professionals' guide to this controversial topic.

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