



The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging

By *Andreas Papas*

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It is too early to conclude that vitamin E has all the beneficial effects attributed to it, but even if only 25% of current expectations were to be fulfilled, vitamin E would become an important weapon against a range of chronic diseases.

The book is not simply scientific and education but also a please to read. Dimitrios Trichopoulos, MD Vincent L. Gregory Professor of Cancer Prevention and Professor of Epidemiology, Harvard School of Public Health

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Editorial Review

Amazon.com Review

Research supports the contention that vitamin E appears to help prevent heart disease, boost the immune system, slow down Alzheimer's disease, decrease the risk of prostate cancer, keep HIV from developing into full-blown AIDS, and enhance male fertility--and this is just the beginning of the list of benefits, says author Andreas M. Papas. But it isn't enough to pop a multivitamin pill. You need to understand what form of the nutrient is best for you, and how much. Vitamin E is really eight different compounds. Synthetic supplements contain only one (alpha-tocopherol), while the whole "family" is important and can be found only in some natural supplements. *The Vitamin E Factor* decodes all this and shows you how to develop a personalized strategy for getting the most from this nutrient. This book contains everything you could want to know about this "master antioxidant" and "super nutrient" and a few items you didn't know you wanted to know--its discovery, the origin of the name alpha-tocopherol, anecdotes from its history, and elephant research, for example. If you're a chemistry buff, special sections explain and illustrate the science of vitamin E. If you just want the basics, some of the book will be more technical than you want, but each chapter has helpful "straight talk" and/or "recommendations" that summarize the major points clearly. --Joan Price

Review

"A gem of a book.the best book on a major vitamin anywhere."

"Dr. Papas has written a gem of a book, packed with fascinating facts and advice on how to use vitamin E to save your life and improve your health. I have never seen a better book on a major vitamin anywhere. "-- Jean Carper, author of "Miracle Cures, Stop Aging Now!, Food Your Miracle Medicine, " and "The Food Pharmacy" "It is too early to conclude that vitamin E has all the beneficial effects attributed to it, but even if only 25% of current expectations were to be fulfilled, vitamin E would become an important weapon against a range of chronic diseases. The book is not simply scientific and education but also a pleasure to read."-- Dimitrios Trichopoulos, MD, Vincent L. Gregory Professor of Cancer Prevention and Professor of Epidemiology "I can only most heartily recommend finding the time to read it...Practicing physicians who have to deal with nutritional problems related to diseases such as diabetes and atherosclerosis, should find this book particularly useful as a quick reference source."-- Marvin L. Bierenbaum, M.D., Director, Kenneth L. Jordan Heart Foundation and Research "We heartily recommend Dr. Papas' book to all of our nutritionally savvy listeners. Cardiology will take notice as the use of tocotrienols is destined to have a positive effect for all patients who wish to prevent and treat heart disease."-- Deborah A. Ray, M.T. (ASCP) and Donald J. Carrow, M.D., hosts of "Here's To Your Health " "Dr. Papas has been a leader in the field of antioxidants and Vitamin E specifically over the past two decades. As a scientist he knows the "real stuff" concerning antioxidants. He has a unique gift of being able to take every complex scientific information and express it in ways that can be very understanding to the general reader who is interested in the current information around nutrition and antioxidants. The Vitamin E Factor is a book that should be on the bookshelves of all individuals who are "nutrition savvy" and interested in using the best of the latest scientific information to improve their health and that of their loved ones. "The Vitamin E Factor "talks about the extraordinary progress that has been made over the past three decades and the understanding of vitamin E specifically and other antioxidants that influence the prevention against age related diseases. I strongly recommend "The Vitamin E Factor" as a trusted resource in implementing a health protection program using antioxidant nutrition as a part of the program."-- Jeffrey S. Bland, Ph.D., Chief Executive Officer of HealthComm International, Inc. .."excellent reference book for all scientific questions in connection with vitamin E and which an interested lay person might be eager to know more about.Thanks to the bibliography detailed in

every chapter, it is quite easy for the interested reader to become more engaged in the in-depth scientific aspects of the vitamin E factor. Additionally, all this makes Andreas M. Papas' book a kind of encyclopedia for people with an interest in the vitamin E research.-- Dr. Juergen Reimann, Chairman, Hermes Institute for Health Research, Munich, Germany""The Vitamin E Factor" has a very valuable scientific content presented with the lightness of a fairy-tale. It covers, in a comprehensive way, the most modern areas of research on vitamin E, from the basic science to applied nutrition. However it is never confusing, since its graphic presentation allows the readers to choose and capture what is interesting to them. I recommend the book to my colleagues, to all my students and also to my family."-- Angelo Azzi, Ph.D., Professor and Director, Institute of Biochemistry and Molecular Biology, University of Bern""The Vitamin E Factor" is wonderful because it teaches people at all levels. As a doctor, I learned so much from this book. Dr. Papas makes the biochemistry practical and sensible. Yet my patients enjoy it too. They can now easily understand why vitamin E works, and how to read vitamin labels and evaluate different vitamin E products. There is also a wonderful chapter about the nature of scientific investigation and the burden of proof that will be enlightening to everyone. Highly recommended! -- Daniel Cosgrove, M.D. Director, WellMax Clinic, Palm Springs, CA ..".an excellent job. The book is easy to read and entertaining and supported by extensive literature. It will be useful not only for the general public but also for anyone interested in the role of vitamin E in health and nutrition."-- Nesrin Kartal Ozer, Ph.D., Professor of Biochemistry, Faculty of Medicine, Marmara University, Istanbul, Turkey "Dr. Papas is more qualified than any one else to write about "The Vitamin E Factor" having been personally involved in many of the recent studies. Physicians, nutritionists, dietitians, the informed public and persons in marketing will find the book most informative."-- Artemis P. Simopoulos, M.D., President, The Center for Genetics, Nutrition and Health ..".a very readable, comprehensive and practical book on vitamin E that does not compromise on scientific facts. Anyone interested in understanding the practical health benefits of vitamin E (and antioxidants in general) should read this book."-- Bill Stone, Ph.D., Professor of Pediatric Research, East Tennessee State University

From the Publisher

Jean Carper, USA WEEKEND columnist and author WROTE A SPECIAL INTRODUCTION FOR THE BOOK. She described it as 'a gem of a book, packed with fascinating facts and advice on how to use vitamin E to save your life and improve your health..., the best book on a major vitamin anywhere...'

Other renowned international authorities praised the book as not simply scientific and educational but also a pleasure to read.

Users Review

From reader reviews:

William Svendsen:

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Heather Roberts:

Exactly why? Because this *The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging* is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

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