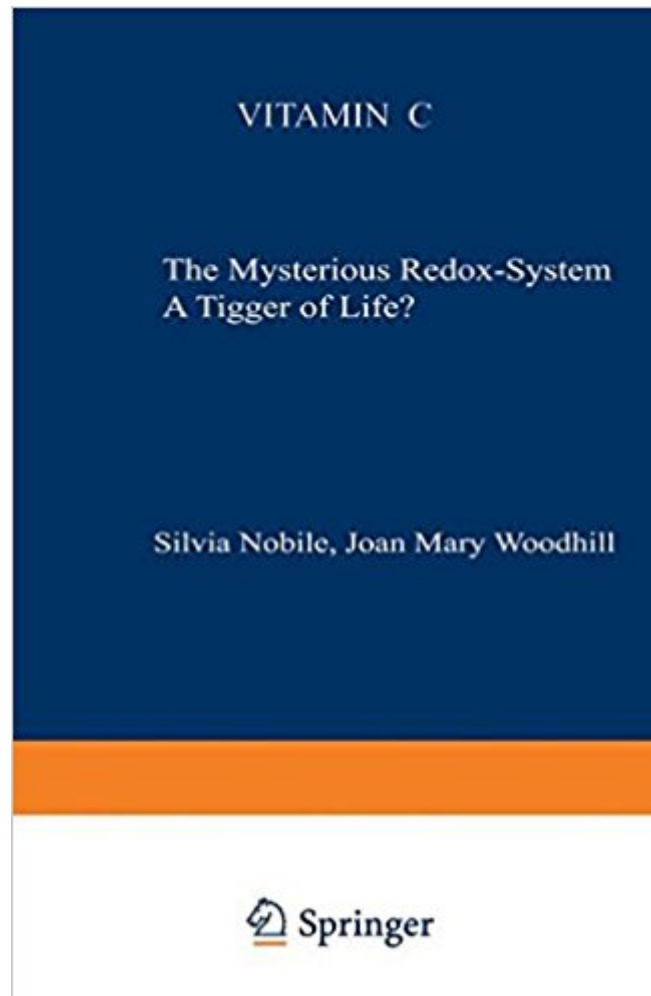




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Vitamin C: The Mysterious Redox-System A Trigger Of Life?



Synopsis

Parents and ancestors are always important: they endow us with a genetic inheritance for better or for worse, for the balanced diet, for overfeeding or for starvation. Some of us die young, some succumb in middle age to chronic disease, others join the gerocracy - the healthy, happy people in their 70s, 80s or even 90s. Genetic inheritance, nurture and nutrition, all play their part. The nurture and nutrition are our own responsibility; we make our choices and live with the consequences. This book is dedicated to the students of nutrition who may be interested in the subject for themselves alone, for their families, for teaching and counselling others and for research and investigations. We found it necessary to include basic information in order to support some of the statements we make or advice we give; this material appears either in the main body of the text or as footnotes. If the student of nutrition is familiar with the basic concepts, these sections can be skipped. At the end of the book we have included appendices, with examples of daily menus providing adequate vitamin C, an extensive bibliography, a glossary and an index. We have drawn up a food table of the vitamin C content of specific foods and described the point-system which is a ready-reckoner for approximate calculation of the vitamin C content of foods and diets.

Book Information

Hardcover: 180 pages

Publisher: Springer; 1 edition (October 31, 1981)

Language: English

ISBN-10: 0852004192

ISBN-13: 978-0852004197

Package Dimensions: 9.6 x 6.6 x 0.8 inches

Shipping Weight: 1.1 pounds

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Best Sellers Rank: #7,034,230 in Books (See Top 100 in Books) #82 in Books > Medical Books > Pharmacology > Pharmacodynamics #3830 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology #7963 in Books > Medical Books > Basic Sciences > Physiology

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