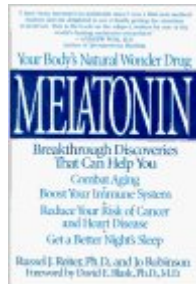


The book was found

# Melatonin



## Synopsis

Would you believe that something could: Extend your youth by more than ten years? Boost your immune system in two weeks' time? Help prevent heart disease, Alzheimer's, Parkinson's, diabetes, and cataracts? Cut your recovery time from jet lag in half? Offer not just cancer prevention but a key to a cure? All in a widely available non-prescription capsule? It's true--and it's called melatonin. This remarkable book represents a major breakthrough in human health and life extension studies. It reveals cutting-edge research on melatonin--a natural hormone produced deep within the brain--that is revolutionizing our understanding of life. Melatonin helps determine how fast we age, how effectively we fight off disease and toxins, and how well we sleep. Melatonin is the most comprehensive, up-to-date, and authoritative book available about this amazing substance. Dr. Russel J. Reiter is one of the world's leading experts in the field. During more than thirty years of pioneering research, he has uncovered many of melatonin's unique properties-- including its role as the most powerful antioxidant in the body. In this book he reveals what he and other scientists around the world have only recently discovered about melatonin's remarkable potential to: Increase immune response dramatically Greatly improve existing treatments for cancer and AIDS Lower cholesterol and blood pressure Put you to sleep as effectively as a prescription drug--without side effects Improve mood and reduce symptoms of PMS Prevent the free radical damage that underlies aging Neutralize the dangerous side effects of mammograms, X-rays, and surgery 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. --This text refers to the Paperback edition.

## Book Information

Hardcover: 290 pages

Publisher: Bantam; First Edition edition (October 1, 1995)

Language: English

ISBN-10: 0553100173

ISBN-13: 978-0553100174

Product Dimensions: 1.2 x 6.5 x 9.2 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #1,942,859 in Books (See Top 100 in Books) #287 in [Books > Parenting & Relationships > Family Health](#) #3041 in [Books > Medical Books > Basic Sciences > Physiology](#) #192363 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

The author, Russel Reiter, PhD, was a pioneer in melatonin research in the 1960s and is still one of the leaders in this field. This book provides a comprehensive overview of the findings from melatonin research up to 1995 and reveals the many potential benefits and uses of melatonin (it seems to be a must for adult cancer patients). Reiter's writing is understandable by the general reader, yet he still maintains scientific depth and precision. This balance is an impressive achievement and, as a fringe benefit, it provides the reader with a good feel for how biomedical research is actually done, what conclusions reasonably can and can't be drawn, etc. The only downside is that melatonin research has continued since 1995, so Reiter's book may be somewhat out of date, though I haven't yet made a comparison between this book and more recent literature to judge that. The only other recent and reasonably comprehensive book on melatonin I've found is *Melatonin: From Molecules to Therapy* (2007), but this book is quite large, expensive, and technical, and therefore probably not suitable for most readers. So, for most readers, I do recommend Reiter's book, but with the caveat that readers interested in particular uses of melatonin should ideally also review relevant and recent papers and consult with their physicians. Also, the abridged audio version of this book is narrated very well, so I recommend it as a good preview and/or review of the print book.

Not an "easy" read, but lots of substance and scientific support for all the information. Dr. Reiter is a lead researcher at University of Texas San Antonio and has impeccable credentials for writing on this subject. Valuable information on a valuable topic. Even if you don't read every page, you'll probably find parts related to whatever aspect is of particular interest to you well worth reading. Excellent reference material.

I bought this book a few years ago and have read it several times. It presents a good overview about supplementing with melatonin, the state of the research, what's known and what isn't, and contains practical helpful information, without getting into the hype and exaggerated claims so common in books of this sort. The part I found most helpful, and useful on a personal level, was a section about things people can do to naturally increase the pineal gland's production of melatonin (other than simply taking it). Taking the nutritional supplements on his list, and following Russell's other recommendations, has helped me to sleep better without needing to take melatonin as a supplemental hormone (which I'd be cautious about doing for an extended period, as, taking a hormone regularly can sometimes throw off the body's natural production of it).

I met the author and wanted a refresher on what I heard him say. His book is right to the point with lots of references if you want to further research in detail. He has written this book in easy layman's terms with practical applications backed by the references in the back of the book.

I'm generally skeptical of popular health books--the authors often seem to be more interested in pushing their particular pet idea than in providing a good fact-based explanation of it. This one fulfilled my hopes in being both comprehensive and data-based.

Great book explaining Melatonin from its beginning to its need for it in our systems to sleep and built our immune systems. This hormone has so many functions in our bodies and this book is packed with all the information anyone needs to know. I read many books and articles about Melatonin and found that this book was the most informational to use for a paper I wrote in college. Everyone should own a copy and know what Melatonin does for us. I loved the book so much I bought a copy for my parents.

This one sounds almost like a commercial because it is so overwhelmingly positive. Sounds too good to be true. Where are the downsides to melatonin? If this is the whole story, wow! The audio version was adapted from the 1995 book, so does not include any advances made since then. It is good as far as it goes, and calls for more research. It is clear and understandable, not too technical. Side one recounts melatonin's history and the discoveries of its various properties: soporific, anti-oxidant, immune-supporting, etc. Side two gets into its use against AIDS, cancer, heart disease, and insomnia. Side three discusses "the body clock," circadian rhythms, jet lag, shift

work. Side four discusses light therapy and melatonin supplementation. Recommended, but supplement with later findings.

I did find the book very helpful in understanding the various aspects of melatonin. Its action in the body and how it can be applied for better sleep.

[Download to continue reading...](#)

The Melatonin Miracle: Nature's Age-Reversing, Disease-Fighting, Sex-Enhancing Melatonin

[Dmca](#)