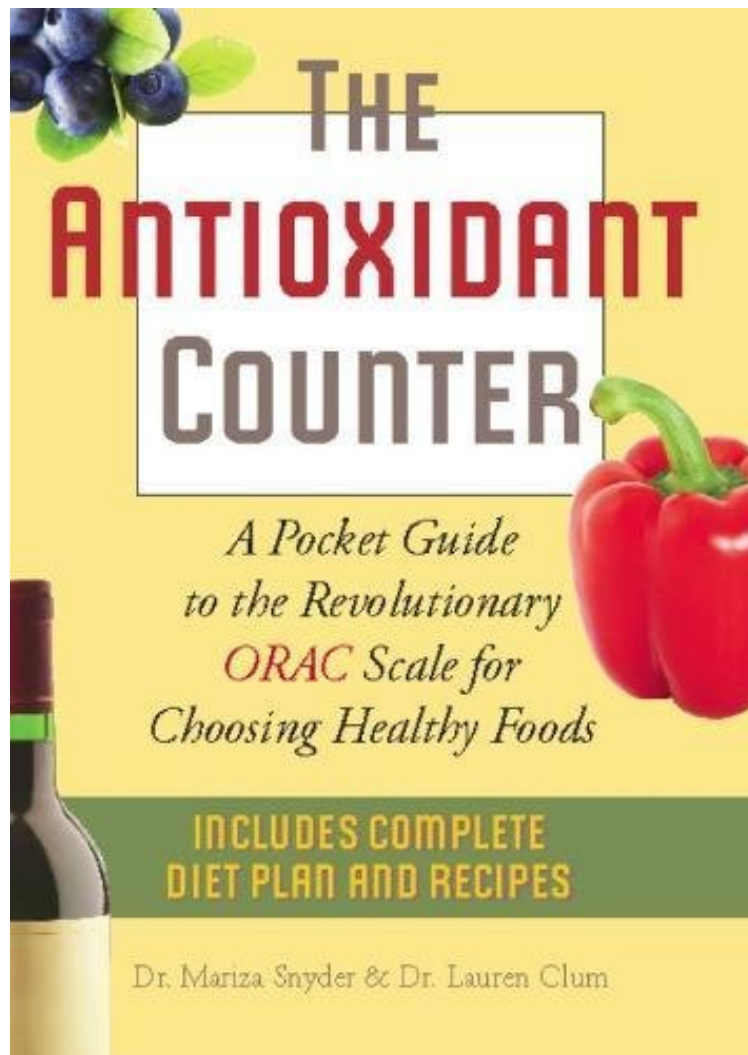


[FREE] The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods

## The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods

Mariza Snyder, Lauren Clum  
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**Mariza Snyder, Lauren Clum : The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods:

2 of 2 people found the following review helpful. only 5 stars??By Customeri would give this book 10 stars if i could! amazing info who knew there was so much antioxidant activity in an apple, dried red beans, or a piece of dried fruit? i am single so using up fresh fruits and veggies without going to the store everyday was a real chore. using dried fruit in

my smoothie (thinking dried peach, mango, guava) can provide a real antioxidant boost and help cut down on chronic inflammation. the recipes in the back of the book are an added bonus. the tables are easy to read to find info quickly. 2 of 2 people found the following review helpful. Nutrition Resource, not a fad diet book By Joseph Doughty The Antioxidant Counter is a resource guide, not a fad diet book which so commonly clutter the shelves of bookstores today. The chapters are a light read, primarily for people who need quick suggestions on good food choices. This is not a book for heavy nutritional education, nor was it designed to be. Nutrition can be a confusing subject matter and finding two people to agree is a rarity in the industry. People can use this book to make better eating choices where it is most important, at the grocery store where they buy their food. I enjoy it and have already used the guide a few times to reference some food choices while shopping. 0 of 0 people found the following review helpful. Excellent book. Short By Sophismother Excellent book. Short, but quite complete. Easy to use. Maybe, like me, you have been advised to take in more antioxidants. But trying to figure out the best sources is not all that easy. This pocket book makes it easy.

**SUPERCHARGE YOUR DIET WITH ANTIOXIDANT-PACKED FOODS** Based on the groundbreaking ORAC (Oxygen Radical Absorbance Capacity) scale, this handy guide presents easy-to-understand antioxidant scores for hundreds of foods. Its specially designed to show which nutrition-loaded foods offer the greatest healing power and how to include more of them in your diet. Clear, Easy-to-Read Charts Delicious, Antioxidant-Rich Recipes Explanation of ORAC Scores Check the books charts for yourself and see how an apple Check the books charts for yourself and see how an apple gives you five times the antioxidants of a banana! Or how topping pasta with broccoli and bell peppers instead of zucchini and tomato offers an amazing ten-fold increase.

**About the Author** Dr. Mariza Snyder and Dr. Lauren Clum run The Specific Chiropractic Center in Oakland, California, where they focus on helping people to realize their own healing capacity. The two both graduated from Life Chiropractic College West in Hayward, CA and began practicing together in 2009. They both live in San Leandro, CA.