

OPC: The Miracle Antioxidant

**How it acts to prevent disease,
restore health and upgrade quality of life**

Chris Kilham

Foreword by Prof. Jack Masquelier

Keats Publishing, Inc. SC New Canaan, Connecticut

OUR DEADLY NEED

We must have oxygen to live ...but oxygen, in the form of free radical particles, can also endanger our health and threaten our lives, “rusting” body tissues. Nutrients called antioxidants are the best defense against free radicals—and a plant-derived substance called OPC is one of the most powerful antioxidants ever discovered. This Good Health Guide explores both the fascinating story of OPC’s discovery—with the first clues dating back more than 450 years—and the many ways it promotes health, from guarding against heart attacks, degenerative diseases and the effects of aging to relieving inflammations and the discomforts of PMS.

ABOUT THE AUTHOR

Chris Kilham is an author, educator and researcher, and has been involved in the natural health field since 1970. The Founder of Cowboy Medicine Expeditions, he specializes in field research, developing and launching new health products, and the creation of educational materials and programs for the natural products field.

Chris is the author of nine books, the most recent being *Kava, Medicine Hunting in Paradise*. He has also written articles on a wide range of health topics for magazines and newspapers.

Since 1980 Chris has lectured extensively throughout the United States and abroad on holistic health, botanical medicines, vitamin supplements, homeopathy and nutraceuticals. He lives and works in Massachusetts.

OPC: The Miracle Antioxidant is intended solely for informational and educational purposes, and not as medical advice. Please consult a medical or health professional if you have questions about your health.

OPC: THE MIRACLE ANTIOXIDANT

Copyright ©1997 by Chris Kilham

All Rights Reserved

No part of this book may be reproduced in any form without the written consent of the publisher.

ISBN: 0-87983-842-6

Printed in the United States of America

Keats Good Health Guides are published by Keats Publishing, Inc. 27 Pine Street (Box 876) New Canaan, Connecticut 06684-0876 Keats Publishing website address: www.keats.com

Contents

Foreword: Dr. Jack Masquelier	4
Introduction: Preventing Disease and Increasing Healthspan	5
OPC Discovered	5
The OPC Patent	6
OPC—Vitamin P?	6
OPC: What It Is—and What It Isn't	7
OPC's Health Benefits at a Glance	8
OPC the Antioxidant	8
OPC the Cardiovascular Protector	9
OPC the Collagen Enhancer	11
OPC for Relief of Edema and Inflammation	12
OPC for PMS Relief	13
OPC and Other Health Benefits	13
OPC Safety and Dosage	14
References	15