

"THE MELATONIN *and* AGING SOURCE BOOK"

by Roman Rozencwaig, M.D. pgs 178

The importance of the pineal gland has been known since ancient times. Yet, as recently as thirty years ago medical science considered it a vestigial organ, with little significance. All that changed, however, as the tools became available to measure substances in terms of picograms ($1/10^{13}$ grams), so that now we can look inside the pineal gland, see how it works, especially how it functions as a biological clock and as regulator of all neuronal hormonal events. Furthermore, animals studies have shown that it is possible to reverse the aging process by injecting a pineal-produced substance into the body. That substance is melatonin.

This resource book presents the most comprehensive information on just how far medical science has progressed in its study of the process of aging, and suggests that it is now possible to slow down, or even reverse the aging process and the degenerative diseases that accompany aging, based on this new knowledge.

Topics covered include:

- The Pineal Control of Aging
- Melatonin and Sleep
- Immunity and Melatonin
- Melatonin and Cyproheptadine
- Melatonin's Role as an Antioxidant
- Melatonin and Heart Disease, Alzheimer's, Diabetes, Stress, Depression, Cataracts...
- Melatonin and Electromagnetic Fields
- Dosages, Quality Control, Clinical Applications, Contradictions

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