



	Foreword by Jeffrey L. Boone, M.D.	v
PREFACE	Why Should You Read This Book?	ix
1	What Is Heart Disease? History, Types, and Cost to Society	1
2	Causes of Heart Disease: The Healthy Human Heart and Risk Factors That Threaten It	14
3	Compounding Factors of Heart Disease: Oxidative Stress and Inflammation	31
4	The Antioxidant Defense System: History and Actions, Sources, and Properties of Antioxidants	48
5	The Antioxidant Defense System Further Defined: Properties, Doses, and Risks	66
6	The Search for Prevention: The Laboratory and Epidemiologic Studies	84

7	The Search for Prevention Further Defined: The Intervention Studies	99
8	Clinical Studies to Date: A Flawed Methodology	132
9	Heart Disease Prevention and Management: Multi-micronutrients, Diet, and Lifestyle Recommendations	144
AFTERWORD	The Road Ahead	168
APPENDIX	Values of Recommended Dietary Allowances (RDA)/Dietary Reference Intakes (DRI)	172
	■ ■ ■	
	Abbreviations and Terminologies	199
	Bibliography	202
	About the Author	218
	Index	220