



## The Oracle Diet: How Oxygen Radical Absorption Capacity Food Can Help You Look Younger, Feel Healthier, Combat the Aging Process, and Fight Life-Threatening Diseases (Paperback)

By Michael Van Straten

Laurel Glen Publishing, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book. An accessible guide to the ORACLE diet shares the secret of maximizing oxygen radical absorption capacity through diet, ranking most foods according to their benefits in this area and providing 150 recipes using high-ORAC ingredients. Original.



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