



# **The Melatonin Miracle: Nature's Age-Reversing, Disease-Fighting, Sex-Enha**

*Walter Pierpaoli*

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# The Melatonin Miracle: Nature's Age-Reversing, Disease-Fighting, Sex-Enha

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**This is a reprint of the 1996 First Pocket Books printing.** From the scientists who did the original research as published by The National Academy of Science and the New York Academy of Sciences, the authoratative explanation of what their revolutionary discovery means for us today and in the future-- along with the doctors' easy-to-follow instructions on how to make the miracle work for you. What scientists are saying about melatonin: Melatonin naturally exists in our bodies and is perfectly safe; A small dose of melatonin at bedtime is all it takes; By boosing our melatonin back to the level of our youth, we can actually trick the body into thinking--and behaving-- as though we are still young. Ongoing research across the globe suggests far-ranging health benefits: A natural nonaddictive sleeping agent that guarantees a good night's sleep; Strengthens the immune system and thereby helps strengthen the body's resistance to cancer and other diseases; Prolongs sexual vitality; Lowers blood pressure and normalizes cholesterol; Eases stress.

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