

**“No longer known only to the devotees of nutritional supplements, melatonin is fast becoming today’s hottest health topic....”**

---Jane E. Brody, The New York Times

The discovery of our body’s aging clock and melatonin’s role as its regulator is a revolutionary medical breakthrough -- one that can give you the power to reverse the effects of aging and lead a longer, healthier life.

Written by two key scientists at the forefront of this groundbreaking research, **THE MELATONIN MIRACLE** is the first book to reveal these remarkable findings to the public. Here the experts explain clearly and simply what you should know about the natural hormone that everybody has -- and everybody wants to know more about. Find out how melatonin works, how to use it, and what to expect when you begin to reset your aging clock. Research suggests that melatonin can:

- **Guarantee a good night’s sleep as a natural, non-addictive sleeping agent**
- **Overcome jet lag**
- **Boost the immune system**
- **Increase resistance to cancer and other diseases**
- **Lower cholesterol**
- **Prolong sexual vitality**
- **Ease stress**
- **AND MORE**

Melatonin is readily available as a supplement in health food stores. Discover how easy it is to restore your youthful levels of melatonin --- and not just look younger, but grow younger.

## Everyone is Talking About **THE MELATONIN MIRACLE**

**“Natural and cheap....Melatonin is poised to become one of the hottest pills of the decade....”**

---Geoffrey Cowley, Newsweek

**“A must-read book for anyone interested in a longer, healthier life.”**

---Dr. Earl L. Mindell, R.Ph., Ph.D., author of *Soy Miracle, Food As Medicine, and Herb Bible*

**“The latest medical cure-all to catch public fancy: melatonin.”**

---Cathy Hainer, USA Today

**THE MELATONIN MIRACLE...explains how melatonin may be responsible for such fantastic-sounding effects as improving our sex lives, preventing disease, helping prevent eye conditions such as cataracts, and perhaps even treating AIDS and cancer.”**

---Diane Eicher, Denver Post

**“Melatonin has become the latest health craze....Some researchers now believe that melatonin regulates not only our daily body clock...but also our internal life clock for aging.”**

---Sandra Jacobs, The Miami Herald

**“Pierpaoli and Regelson...wrote THE MELATONIN MIRACLE because they think their research has the potential for improving people’s lives.”**

---Beverly Orndorff, Richmond Times-Dispatch

**“The authors are persuasive and their research is worth reading....”**

---New York Daily News