



Handbook of Oxidants and Antioxidants in Exercise

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Interest in the science of exercise dates back to the time of ancient Greece. Today exercise is viewed not only as a leisurely activity but also as an effective preventive and therapeutic tool in medicine. Further biomedical studies in exercise physiology and biochemistry reports that strenuous physical exercise might cause oxidative lipid damage in various tissues. The generation of reactive oxygen species is elevated to a level that overwhelms the tissue antioxidant defense systems resulting in oxidative stress.

The *Handbook of Oxidants and Antioxidants in Exercise* examines the different aspects of exercise-induced oxidative stress, its management, and how reactive oxygen may affect the functional capacity of various vital organs and tissues. It includes key related issues such as analytical methods, environmental factors, nutrition, aging, organ function and several pathophysiological processes.

This timely publication will be of relevance to those in biomedical science and was designed to be readily understood by the general scientific audience.

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Editorial Review

Review

R.J. Shephard

...Most chapters contain detailed summary tables, and conclude with helpful lists of abbreviations. This will be a volume that many who are involved in exercise and applied physiology would like to own.

Canadian Journal of Applied Physiology

B. Halliwell

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