

**Melikyan's *Guilty Until Proven Innocent:*
*Antioxidants, Foods, Supplements, and Cosmetics***

WHY THIS BOOK IS SO SPECIAL

What does people see on TV screens, hear through the radio channels, or read in print media?

Polyphenols are natural antioxidants, which can prevent cancer and other crippling diseases.

Natural compounds are inherently benign to the human body and cannot cause any harm; “natural” is synonymous with “good” and “beneficial.”

Green tea is a natural antioxidant the consumption of which is beneficial to the human body. It is a preventive means against human cancers.

Red wine contains a natural antioxidant, *resveratrol*. It's called “America's #1 anti-aging pill.”

What is the general consensus among the professionals?

It is safe and beneficial to consume natural polyphenols mostly originating from plants.

Natural compounds are safe for the human body because they are “natural”, not “synthetic.”

Green tea contains polyphenols which can protect human cells from damaging oxygen-centered radicals.

Resveratrol acts as an antioxidant, inhibits the growth of breast cancer cells, acts as a radical scavenger, and kills cancer cells. It has a potential of becoming a panacea from all diseases.

What does Melikyan's book say?

Polyphenols are inherently dangerous to the human body because of their toxicity, side effects, demonstrated ability to interact with oxidative enzymes and to interfere with vital body systems and organs. ***After several millennia of use, polyphenols should be fully excluded from human diet.***

Natural compounds can be as harmful to the human body, as any organic compound synthesized in the chemical laboratory. ***“Natural” is NOT synonymous with “benign” and “beneficial.”***

Green tea catechins are inherently dangerous to the human body because of their phenolic structure. They generate hydrogen peroxide, cause oxidative damage to DNA, exhibit mutagenicity, induce apoptosis (cell death), and also they are structurally analogous to diethylstilbestrol (DES), a known human carcinogen.

Resveratrol is inherently dangerous to the human body because of its phenolic structure. It exhibits estrogenic activity and prooxidant properties, exerts genotoxicity, undergoes enzymatic ortho-hydroxylation, and it is a close structural analog of diethylstilbestrol (DES), a known human carcinogen. ***Resveratrol should be banned from the marketplace. It will never become a good drug and it has a good potential of becoming the next “asbestos.”***

What does people see on TV screens, hear through the radio channels, or read in print media?	What is the general consensus among the professionals?	What does Melikyan's book say?
Natural supplements can prolong human's life, improve its quality, acting as natural, polyphenolic antioxidants.	Although natural extracts contain multiple compounds of unknown structures, it's fine to make it available to the general public. The natural extracts should not be regulated by the FDA.	<i>Natural supplements should be regulated by the FDA, the way the drugs are.</i> Not a single compound of unknown structure should be introduced into the human body. <i>Full structural disclosure for all compounds present - major and minors - should be required.</i>
Sunscreen lotions will protect your skin from damaging sun rays.	Topical application of sunscreen formulations is safe, given the negligible amount of chemical compounds absorbed through the skin.	Topical application of UV light-absorbing compounds is dangerous to the human body, given the amount of the lotions applied - on a systematic basis. Inherently, light-absorbing compounds are capable of reacting with nucleophilic DNA bases and amino acids, structurally altering them. <i>Safe sunscreens should be based not on absorption, but a reflection principle, with the size of particles and compounds being such that none of them could penetrate the human skin.</i>
Parabens in womens' cosmetics: the general public does not hear much about these compounds.	Parabens are estrogenic compounds, especially, dangerous for women. These compounds should be gradually phased out, and alternative, safer preservatives should be used by cosmetic and drug industries.	<i>Parabens should be removed from the market not over several years, but in a much shorter period of time.</i> Its removal should not be voluntary, but it should be required by the FDA. <i>New preservatives shouldn't be either estrogenic, or androgenic,</i> capable of upsetting the hormonal balance of the human body.
