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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Antioxidants – Your Best Defense Against Disease and Aging

By Brad Bahr

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Studies support the benefits of eating a diet rich in fruits and vegetables. This is due to their high antioxidant value. Why are antioxidants so important? Because they have a proven track record of fighting free radicals.

Your body is being constantly attacked by very harmful substances known as free radicals or oxygen radicals. Free radicals can destroy your cells, tissues and organs.

Free radicals are highly unstable molecules that are naturally formed inside our bodies by the process of oxidation. They are normal by products of everyday functions like digestion and physical activity. Free radicals also come from outside sources, such as smoking, environmental pollution, and synthetic chemicals that are added to our water and food.

We are also all exposed daily to polluted air, ingest oxidized or partially rancid foods, and oxidizing radiations from the sun and various electrical appliances.

Free radicals lack one electron making them chemically unstable. To stabilize themselves, they attack any other substance within reach and steal an electron from it. This process creates a new free radical, which repeats the process, producing a "domino effect." When this reaction is uncontrolled, it can generate millions of free radicals within seconds.

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Fortunately our bodies come equipped with a free radical fighting mechanism. It consists of specialized enzymes that have a "spare" electron that they can give away without turning into free radicals. In order to protect us, the enzymes need help from certain substances known as antioxidants.

The antioxidant value of any food or supplement can be determined by its ORAC rating. ORAC means Oxygen Radical Absorbance Capacity. According to the University of Michigan, Comprehensive Cancer Center, the measurement of

ORAC is a way to measure how many oxygen radicals a specific food can absorb. The more oxygen radicals a food can absorb, the higher its ORAC score. The higher its score... the more that food or supplement will help you fight diseases like cancer and heart disease.

Most experts agree that we should consume 5,000 ORAC units per day to effectively fight free radicals in the body. Sadly, most of us average around 1,200 units per day. Not nearly enough to protect us from the common diseases of aging.

One of the best sources of antioxidants are berries and fruits. Most of us would have a very hard time eating the large amounts necessary to reach 5,000 ORAC units per day. For this reason, high ORAC supplements have been created. They contain berry and fruit extracts with a known ORAC rating. These supplements are inexpensive and provide many health benefits to your entire body and brain. Many people use these supplements as part of an anti-aging program. Keeping your cells from being destroyed goes a long way to staying healthy and young.

About the author: Brad Bahr is the author of many health-related articles and websites. He has been testing and reviewing health supplements for many years. You can find more interesting health-related articles at his website: www.findustuff.com

Why Are Antioxidants Important To Me?

By Scarlet S. Paolicchi

Did you know that when we breathe oxygen, it interacts with certain molecules in our bodies to create

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free radicals and that these free radicals damage important cellular structures such as DNA and cell membranes? Well, it is true and this damage may cause cells to function poorly and mutate. Free radical damage may lead to disease and aging.

We are exposed to huge amounts of free radicals from pollution, and pesticides. Every time you breathe, you take in millions of free radical molecules created by cigarette smoke, radiation, and automobile emissions. Every time you eat, you consume free radicals in the form of pesticides and preservatives.

This is where antioxidants come in. Our bodies have a natural defense system against these free radicals. Our immune system creates antioxidants which are able to neutralize free radicals and prevent much cellular damage. We also need antioxidants from other sources such as fruits, vegetables, nuts, grains, some meat, poultry and fish.

I bet you may recognize these antioxidants: vitamin E, C and beta carotene (a form of vitamin A). Others include lutein, lycopene, magnesium, and zinc.

There has been much talk about antioxidants preventing heart disease which is so deadly that it results in an average of 1 death every 34 seconds. The American Heart Association says, "Oxidation of low-density lipoprotein (LDL or "bad") cholesterol is important in the development of fatty buildups in the arteries. This process, called atherosclerosis (ath-er-o-skleh-RO'sis), can lead to heart attacks and strokes. Increasing evidence suggests that LDL cholesterol lipoprotein oxidation and its biological effects can be prevented by using antioxidants -- both in the diet and in supplements." In 1993, Harvard University researchers reported that supplemental doses of vitamin E actually reduced the risk of heart disease by as much as 54 percent!

And what effects can antioxidants have on the big "C" word? This is a question that all of us are dying to know since one American in every three living today will get cancer, and one in four will die from it. The National Cancer Institute says, "Considerable laboratory evidence from chemical, cell culture, and animal studies indicates that antioxidants may slow or possibly prevent the development of cancer. However, information from recent clinical trials is less clear." Selenium, an antioxidant mineral can help protect against breast cancer. One expert, Dr. Gerhard Schrauzer of the University of California at San Diego, stated, "If every woman in America started taking selenium supplements or had a high-selenium diet, then within a few years the breast cancer rate in this country would drastically decline. And according to a study by Dr. Larry Clark of the University of Arizona, 200 micrograms daily of selenium cut the rate of prostate cancer by 69% and lung cancer by 34%.

So clearly antioxidants are important for all of us to strengthen and protect our immune systems and to help guard against disease. Antioxidants may even help us live longer. The theory is that if free radical damage causes aging, antioxidants in high enough quantities should be able to slow aging.

This theory is advanced in one California study of people aged 50 or older, where it was found that those "... with a higher intake of vitamin C were found to have a total death rate only 40% of that for those with the lower intake of C ... This decrease in the death rate corresponds to an increase by eleven years in the length of life." Even small doses of vitamin C can help. According to one UCLA

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study only 300 milligrams a day can add 6 years to a man's life and two years to a woman's life.

Antioxidants are made naturally by your body but supplementation from food or other sources is needed. The highest concentrations of antioxidants are found in the most deeply or brightly colored fruits and vegetables such as spinach, red bell peppers, raspberries, carrots, apricots, pomegranates, and tomatoes.

Scarlet Paolicchi publishes Healthy Living Newsletter. She is also an independent distributor for Young Living products. You can visit her website at

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How Are Antioxidants Linked to Anti-Aging?

Antioxidants In Green Tea

What Is An Antioxidant?

Turn Back The Clock - Antioxidant Best Food That Slow The Aging Process

Coping With Alzheimer's Disease

The Antioxidant Benefits Of Coffee

The Truth About Diabetes

HIV/Aids Healed by the Power of God

How To Improve Blood Circulation



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