

This Free E-Book is brought to you by Natural-Aging.com.

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

Antioxidants and Your Health

By Glenn Beach

Antioxidants and Your Health

by: **Glenn Beach**

Get back to the basics – eat fresh at home and neutralize free radical oxidation, which is rusting away your body, by eating a variety of foods high in antioxidants every day.

Why? Antioxidants, as the name implies, help prevent oxidation, may help increase immune function and possibly decrease risk of infection and cancer.

A few of the better known antioxidants include carotenoids— the substance that gives fruits and vegetables their deep rich colors. Apricots, broccoli, pumpkin, cantaloupes, spinach and sweet potatoes, are some good choices in addition to lycopene in tomatoes. Vitamin C and E are also good antioxidants.

What's a Free Radical Anyways?

As cells function normally in the body, they produce damaged molecules called free radicals. These free radicals steal parts from other molecules such as fat, protein, or DNA, thereby spreading the damage.

This damage continues in a chain reaction, and entire cells soon become damaged and die. This process is useful because it helps the body destroy cells that have outlived their usefulness and kills germs and parasites. However, this damage, when left unchecked, also destroys or damages healthy cells.

Antioxidants help prevent widespread cellular destruction by willingly donating their parts to stabilize free radicals. More importantly, antioxidants return to the surface of the cell to stabilize rather than damage other cellular components.

When there are not enough antioxidants to hold cell destruction in check, free radicals begin damaging healthy cells which, in turn, can lead to problems. For example, free radical damage to immune cells can lead to an increased risk of infections.

Your body needs to be able to repair this damage that occurs and protect itself from the free radicals before they impact your overall health. This is where antioxidants come to the rescue, because they significantly delay, inhibit, or prevent oxidation.

Your first line of defence is a natural diet full of a variety of fruits, vegetables and whole grains. For all those times when your diet isn't perfect, make sure you have a safety net in place. Think of antioxidants as Rustoleum for your insides! and be sure to have a supplement in your medicine cabinet.

Best of health to you!

Glenn Beach is a poet, writer and home business entrepreneur in Nova Scotia, Canada. Free newsletter, more articles, and products you can trust at:

Eye Cream: Believe It Or Not?

By Leon Chaddock

Does eye cream really work? While we cannot say for every brand out there, but what we do know is that many do, in fact they help you lose those crows feet and help provide you with more skin tone that you can be proud of. What most people do not know, though, is that eye cream works because of what is inside of it being as natural as you will find. The products that defy age work because they are filled with great quality ingredients that would make anything do well.

So, what magical product is inside an eye cream that makes it work so well? It is not the ingredient per say but the vitamins that are in it instead. For example, those ingredients that are full of natural antioxidants are full of all the good stuff our bodies need. Many eye cream products are full of just that – antioxidants. These vitamins are super tough. They can help clean out your arteries and help you to fight disease as well as just helping to keep your skin healthy looking. In fact, many antioxidants are able to help rejuvenate various types of elements within the body including the eyes and skin. So, antioxidants that are in eye cream can, in fact, help to improve your look.

When you are out and about looking for the eye cream that you will use, flip it over and find out which natural ingredients are in the product. If you cannot tell, you'll want to look for those products that have a lot of vitamins especially your vitamin E's. These are full of the antioxidants that your body needs anyway. A hint here; foods that are rich in antioxidants are usually very brightly colored greens, oranges, and other bright or dark colors. These are foods that you want to include in your diet anyway. Eye cream with antioxidants is just what you need.

For more information please see

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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