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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!

Careening Radicals are Bouncing Around

By Lena Sanchez

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Are you practicing prevention? Prevention is always better than spending thousands of dollars because of ill health!

Prevention starts with Vitamins along with liquid or powdered minerals! Without the proper amounts you are opening yourself up to free radicals! Reason why was noted as far back as 1936... See US Congress messaged at http://www.envirodocs.com/1936_excerpt.htm

Free radicals careen around wildly like unguided missiles, damaging everything they touch and causing a chain reaction of trauma. It is now well established that free radicals are a critical factor in many health problems, including hardening of the arteries, which can lead to conditions involving the heart, eyes and bone/joint health (Knight 1995) & (Cures, Robert Willix, M.D. 1994)

A most interesting fact about free radicals is that they cause the same reactions within cells that occur during exposure to radiation, and the results of these reactions are indistinguishable from those of natural aging (Riley 1994). Consequently, it has been suggested that certain compounds known to protect against radiation damage also would be useful antioxidants and may even be beneficial for increasing life span.

Free radicals are even suspect to be an important mechanism of aging; the more of them that are running amok, the greater the vulnerability of healthy cells. However, there's a way to take back your power, up the odds in your favor and defeat this deadly force.

Free radicals are not always harmful; they're used by the immune system to destroy many invading microorganisms. In bone and joint problems the body's own antibodies begin to attack the joints, causing cellular damage, as they are unleashed by the body upon itself (Barber 1994).

But free radicals tend to react with cellular DNA, often causing the DNA strand to actually break. There is also strong evidence that FREE RADICALS may not only initiate DNA mutations, but also encourage damaged cells to multiply.

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Dr. Denham Harman, M.D. PhD founder of Free Radical Theory of Aging feels that the free radical reactions play a significant role in the age-related deterioration of the cardiovascular and central nervous systems. Free radical reactions also may be significantly involved in the formation of the neuritic plaques associated with senile dementia of the Alzheimer type. In studies, these plaques were more prevalent in senile people than in those who were not senile. Studies are ongoing in that department.

Oxygen free radicals released in our bodies also destroy the proteins that are essential constituents of the body, regulate our hormones and enzymes and compose our nerves, muscles, skin and hair. In other words, those wrinkles that we fear are also the dirty work of oxygen free radicals. Created by both internal consumption of processed foods and external use of chemical laden products on our

body.

Antioxidants can protect against free radical damage in the body. In fact, unusually low levels of such antioxidants are linked to an increased risk of damaged cell growths and heart problems. As a result it is believed that taking antioxidant vitamin supplements that "scavenge" free radicals can potentially decrease this risk.

Are you practicing prevention? Prevention is always better than spending thousands of dollars and ill health after the fact! Daily prevention includes taking a quality liquid, powder or capsule antioxidant compound twice daily or pick up each individual antioxidant form.

Antioxidants are Selenium, Vitamin A, Vitamin E and Beta-Carotene. These are found in small amounts in fruits and vegetables of which we are unable to get in sufficient quantities in our fruits and vegetables to keep our immune systems tuned up and keep us as well as we can be, according to the Congressional study done in 1936. See excerpt of Congressional report at http://www.envirodocs.com/1936_excerpt.htm

"Without your health you are nothing," is a phrase often repeated to me by patients over the years and I believe them. You should too! So I wish you good health and success in all things.

Lena Sanchez a retired Medical office nurse/administrator/consultant's Short bio at http://www.envirodocs.com/lena_health_story.htm Lena also is an online consultant in both business and alternative health matters building healthy business, minds and bodies <http://www.envirodocs.com> Editor of "Natural Environmental Health & Business Facts," newsletter subscribe at <http://www.envirodocs.com/newsletter.htm>

Retired Medical office Administrator/Nurse/Consultant, author of "Dangers & Secrets Doctors Refuse To Tell You" and "Antibiotic Alternatives To Preventing Mega Bacteria." A person who wants to help others in health and business. Brief bio at http://www.envirodocs.com/lena_health_story.htm

Great Party Ideas - Bouncing Houses And Moon Jumps

By Lucy Bartlett

So you are planning to throw a party for your Childs birthday, now you need to work out how you plan to entertain them.

>From my own experience I have learnt that for most children between the ages of two and ten an inflatable bouncing house or moon jump is a fantastic party idea!

For those of you that don't know what they are or have never come across this concept I will explain. An inflatable bouncing house is a large inflatable structure generally with an area for bouncing on. In the UK they are called bouncy castles, they are so called because the first bouncing houses in the UK were actually shaped like castles with turrets and towers. Nowadays the shapes and designs are very varied, you can find bouncing houses with inflatable slides attached to them, or with other inflatable structures inside for climbing on.

The artwork themes of bouncing houses can really thrill a child who is fanatical about a television character, as you can find many units with specific themes.

The great thing about having a bouncing house at your party is that while you are busy preparing food and decorating your home, the rental company will come and erect the structure for you, so all you need to do is switch the electric plug on and you are ready to go.

No need to worry about party games as once the children get on the bouncer you will have a hard job getting them off!

At the end of the party the rental company will come back and take the structure away.

Rental rates for bouncing houses are not very expensive, but when you are selecting a rental company there are a couple of things to find out first.

Make sure that the units they use are clean and regularly maintained, and ask whether they have insurance. It is likely that you will be asked to sign a responsibility waiver, which basically states that you will be responsible for the safe use of the children using the bouncing house.

Moon jumps and bounce houses are not just for the enjoyment of children either, you can rent them for adult parties too. Now there's an idea!

Lucy Bartlett is a proud contributing author. Find more articles at

<http://mindbodyandsoulportal.info/>

For

more info visit

<http://bouncyfunforall.info/sitemap.html>

or

<http://bouncyfunforall.info/moon-jumps.html>



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