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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!

Do You Need Antioxidant Tablets?

By Carl Graeber

For many years since perhaps the dawn of mankind, our diets have always been rich in fruits and vegetables.

Man depended on nature for his source of food and man relied on nature to cure him of any disorders or illnesses.

Today, we still eat our fair share of fresh produce not just because doctors say they're healthy but because they are said to prevent the onset of various illnesses.

Ever since the presence of free radicals in the body was linked to the onset of diseases, scientists and researchers have been trying to find out why people who had more fruits and vegetables in their diets were less vulnerable to illnesses that are said to be caused by harmful free radicals.

Their hard work and labor finally paid off when they discovered the presence of beneficial, disease-fighting substances found in most fruits and vegetables.

Antioxidant Tablets: Neutralizing Free Radicals

One group of plant chemicals that have been suggested as being beneficial are the antioxidants. These natural substances remove free radicals, those harmful chemicals produced during the process of oxidation in the body.

Free radicals can damage the DNA in the cell's nucleus and this might lead to cancer formation. Now that we know how beneficial antioxidants can be, the focus of the study now is how to get as much antioxidants as a person possibly can in order to prevent the onset of diseases.

Unfortunately, scientists have found that human beings are one of the few animal species that are unable to produce their own antioxidant content. As a result, they would have to depend much on their diets for their source of antioxidants. Antioxidants are found in vegetables like broccoli, cauliflower, Brussels sprouts, and cabbage. They can also be found in fruits such as cranberries, blueberries,

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blackberries, apples, citrus fruits, and the like.

Antioxidant Tablets: A study

Clinical trials are underway in a number of countries to see whether giving supplements in antioxidant tablets in the diet might help increase the benefits of these helpful substances. In one of the many studies aiming to come up with effective, disease-fighting antioxidant tablets, over 20,000 people between the ages of 40 to 80 were used.

These people were divided into two groups with one group receiving daily doses of three antioxidant tablets in the form of vitamin C, vitamin E, and beta-carotene. The other group on the other hand was merely given placebo tablets with no antioxidants. The study on antioxidant tablets lasted for a period of five years after which the results were tested and analyzed.

Although the study did not necessarily highlight the benefits of antioxidant tablets, it did however show that antioxidant tablets have no harmful side effects on the body.

If you want to know more about antioxidants you may visit the international website (in german) by the author at:

<http://www.antioxidantien-beratung.com>

Antioxidant Food Sources

By Jason Dunn

Antioxidants are substances that help our bodies fight free radicals—natural but toxic chemical reactions that occur in our bodies and damage our cells. Different antioxidants combat different free radicals, so it's wise to know and use a wide range of antioxidant foods and vitamins that help preserve health and vitality.

Vitamin C is a well-known antioxidant vitamin. Foods that contain the antioxidant properties of Vitamin C include oranges, lemons, grapefruits, cantaloupe, many leafy greens, broccoli and peppers. Beta carotene, found in carrots, is another antioxidant nutrient.

Garlic is another food known for its antioxidant properties. Garlic actually has many healthy properties and can even be used as an antibacterial.

Berries of almost every type are excellent antioxidants. Blueberries, strawberries, raspberries and blackberries all have antioxidant properties.

Although cooking can dilute the nutrients in food, most foods have more than enough to last. The antioxidant properties of red grapes are even found in wine, so it's not necessary to eat raw foods in order to get antioxidant benefits.

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And speaking of antioxidants that you can drink, don't forget about tea. All different kinds of tea have these good-for-you properties, not just green tea, as was originally thought.

While nutritional supplements are available to help us get the nutrients we aren't getting from food, the recommended five servings of fruits and vegetables a day (especially if those vegetables are broccoli and spinach) should provide most of the antioxidants you need. Especially for children, it's wise not to get in the habit of relying on supplements when a naturally varied diet can provide for most nutritional needs. As we get older, however, it may become necessary to supplement certain vitamins and minerals; for example, some older people lose the ability to naturally synthesize enough Vitamin B12. Vitamin D is another vitamin that may need to be supplemented in older people. Your doctor can do blood tests to determine if you could benefit from vitamin supplementation.

<http://www.foodhighinantioxidant.com>

The Antioxidant Benefits Of Coffee

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