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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!**

**Preventing Cellular Damage With Antioxidants!**

**By Jerry Hall Leo**

What are antioxidants?

Antioxidants are intimately involved in the prevention of cellular damage, the common pathway for cancer, aging, and a variety of diseases. The scientific community has begun to unveil some of the mysteries surrounding this topic, and the media has begun whetting our thirst for knowledge.

Why are athletes so keen on Antioxidants?

Athletes have a keen interest because of health concerns and the prospect of enhanced performance and/or recovery from exercise. The purpose of this article is to serve as a beginners guide to what antioxidants are and to briefly review their role in exercise and general health. What follows is only the tip of the iceberg in this dynamic and interesting subject.

What Causes Aging?

Scientists have discovered that the metabolic rate of animals is related to their life span. Therefore, larger animals do not consume as much oxygen per unit of body mass as smaller animals, and larger animals live longer. Consequently, researchers believe that aging is connected with oxygen metabolism and involves free radicals. Thus, the faster oxygen is consumed by an organism, the more free radicals it might make.

Antioxidant Role

Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Although there are several enzyme systems within the body that scavenge free radicals, the principle micronutrient (vitamin) antioxidants are vitamin E, beta-carotene, and vitamin C. Additionally, selenium, a trace metal that is required for proper function of one of the body's antioxidant enzyme systems, is sometimes included in this category. The body cannot manufacture these micronutrients so they must be supplied in the diet.

What Vitamins Contain High Antioxidants?

## Preventing Cellular Damage With Antioxidants!

Vitamin E: d–alpha tocopherol. A fat soluble vitamin present in nuts, seeds, vegetable and fish oils, whole grains (esp. wheat germ), fortified cereals, and apricots. Current recommended daily allowance (RDA) is 15 IU per day for men and 12 IU per day for women.

Vitamin C: Ascorbic acid is a water soluble vitamin present in citrus fruits and juices, green peppers, cabbage, spinach, broccoli, kale, cantaloupe, kiwi, and strawberries. The RDA is 60 mg per day. Intake above 2000 mg may be associated with adverse side effects in some individuals.

Beta–carotene is a precursor to vitamin A (retinol) and is present in liver, egg yolk, milk, butter, spinach, carrots, squash, broccoli, yams, tomato, cantaloupe, peaches, and grains. Because beta–carotene is converted to vitamin A by the body there is no set requirement.

So, remember to take the right vitamins in order to maintain optimum health! Antioxidant supplements is the easy way to ensuring that our body is getting sufficient supply of antioxidants!

Can Antioxidants Prevent Cancer and Aging? More Info at

<http://Antioxidants.eask.info>

### **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.

## Preventing Cellular Damage With Antioxidants!

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:

<http://www.work-at-home-business-opportunity-canada.com>



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