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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!**

**Reduce Free Radicals: Antioxidants And The Health Benefits Of Olive Oil**

**By James Zeller**

Nutrition used to be something like: "eat fresh food and stay away from potato chips"... now we are told beware of `free radicals' in the body. Antioxidants are supposed to be good for you, but how do we encourage one and fight the other?

"If I'd known I was going to live so long, I'd have taken better care of myself." -- Leon Eldred

We live in an age where we are beginning to see an awareness developing between eating habits and good health. Several buzz phrases like low carb, high protein, and Hoodia are mentioned as a means to gaining a better life while honing a better physique.

Another phrase that is repeated often is `antioxidants".

What exactly is an antioxidant and why is it important?

Everyone has what is called `free radicals' that roam throughout the body. These free radicals have the potential to attack the body, primarily in the form of cancer. Antioxidants fight back. A nutrition plan that includes antioxidants can assist in staving off the potential for acute illness due to free radicals.

Drinks such as coffee and tea often have a certain amount of antioxidants, but it is fresh fruit that is especially rich in antioxidants. Fruit, of course, remains high on the list of recommended foods by the U.S.D.A., but it may surprise you to know that extra virgin olive oil as part of a balanced diet can provide as much antioxidant as a piece of fruit.

The health benefits of olive oil remain a delightful discovery for many. It's not often something that adds significant good taste to a gourmet meal and can also be an extremely healthy choice.

A diet that is lean in saturated fats (red meat) balanced with a healthy dose of fatty acids has pointed to a number of health benefits. Most of the fatty acids that your body may need can be found in extra virgin olive oil.

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The health benefits of olive oil extend to the reduction of LDL (bad cholesterol) while increasing the amount of HDL (good cholesterol).

### Case Study

The University of Barcelona conducted a controlled study that followed 16 individuals that were advised to refrain from certain foods that contained phenols (an antioxidant designed to attack free radicals). After abstaining for four days the test group was given extra virgin olive oil to determine if this alone could increase the levels of phenol in the body.

50ml of olive oil was provided to test subjects while they refrained from things like butter, nuts, eggs and margarine. After the first day the total intake of olive oil was cut in half. One week later, blood samples indicated elevated amounts of the antioxidants vitamin E and phenols. Oleic acid and monounsaturated fatty acids were also seen at higher levels – both acids are indicative of lower LDL

(bad cholesterol) oxidation.

Some researchers believe that the health benefits of olive oil may still be untapped, and many have indicated regular ingestion of olive oil may be one of the best kept health secrets available.

Beyond its antioxidant properties, extra virgin olive oil has provided significant data to indicate it may also lower blood pressure, reduce the risk of heart disease and aid in the fight against colon cancer specifically.

Isn't it time to discover the virtues of olive oil for yourself?

James Zeller writes for culinary and gourmet gift related websites such as

<http://www.cruets.com>

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### **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.

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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:

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

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