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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!

Sources Of Concentrated Antioxidants!

By Darry J.Oswald

Every day we hear of the benefits of Antioxidants. I know most of us are already well aware of

what antioxidants are, and the benefits it has on our health in general. However, few of us actually know the sources of antioxidants. Our standard meal does not always provide the sufficient antioxidants our body needs to maintain optimum health. This article will show you exactly where these super high concentrated antioxidants are in our everyday food!

Quick into on the benefits of Antioxidants Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause. Examples of antioxidants include beta-carotene, lycopene, vitamins C, E, and A, and other substances.

Fruits and Vegetables: Great source of Antioxidants! Antioxidants are abundant in fruits and vegetables, as well as in other foods including nuts, grains and some meats, poultry and fish. The list below describes food sources of common antioxidants.

Beta-carotene is found in many foods that are orange in color, including sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, and mangos. Some green leafy vegetables including collard greens, spinach, and kale are also rich in beta-carotene.

Lutein, best known for its association with healthy eyes, is abundant in green, leafy vegetables such as collard greens, spinach, and kale.

Lycopene is a potent antioxidant found in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges, and other foods. Estimates suggest 85 percent of American dietary intake of lycopene comes from tomatoes and tomato products.

Selenium is a mineral, not an antioxidant nutrient. However, it is a component of antioxidant enzymes. Plant foods like rice and wheat are the major dietary sources of selenium in most countries. The amount of selenium in soil, which varies by region, determines the amount of selenium in the foods

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grown in that soil. Animals that eat grains or plants grown in selenium-rich soil have higher levels of selenium in their muscle. In the United States, meats and bread are common sources of dietary selenium. Brazil nuts also contain large quantities of selenium.

Antioxidants are in Vitamins too! Supplement your diet! Vitamin A is found in three main forms: retinol (Vitamin A1), 3,4-didehydroretinol (Vitamin A2), and 3-hydroxy-retinol (Vitamin A3). Foods rich in vitamin A include liver, sweet potatoes, carrots, milk, egg yolks and mozzarella cheese.

Vitamin C is also called ascorbic acid, and can be found in high abundance in many fruits and vegetables and is also found in cereals, beef, poultry and fish.

Vitamin E, also known as alpha-tocopherol, is found in almonds, in many oils including wheat germ, safflower, corn and soybean oils, and also found in mangos, nuts, broccoli and other foods.

Like any other food, we cannot overdo, or overeat what we think is healthy. Take the moderate path! It is advisable to eat all natural fruits and vegetables, and at the same time take a few supplements to ensure our body gets the essential antioxidants it needs to maintain optimum health levels! Live life to the fullest today!

Can Antioxidants Prevent Cancer and Aging? More Info at

<http://Antioxidants.eask.info>

Sources Of Antioxidants

By Carrie A.Hall

What exactly are antioxidants? And why is it so vital to our core health?

At the molecular and cellular levels, antioxidants serve to deactivate certain particles called free radicals. In humans, free radicals usually come in the form of O₂, which is the oxygen molecule. The oxygen molecule wants to be oxidized, and this oxidation process can sometimes be carcinogenic. Free radicals are the natural by-products of many processes within and among cells. They are also created by exposure to various environmental factors, tobacco smoke and radiation, for instance.

Antioxidants have become synonymous with good health. They are a class of compounds thought to prevent certain types of chemical damage caused by an excess of free radicals, charged molecules that are generated by a variety of sources including pesticides, smoking and exhaust fumes. Destroying free radicals may help fight cancer, heart disease and stroke, researchers believe.

Why Fruits and Vegetables are Important!

Fruits and vegetables have long been viewed as a rich source of antioxidant compounds. Health officials have been urging consumers for years to eat more fruits and vegetables in order to gain the

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health benefits of antioxidants, but progress has been slow, according to researchers. Westerners still tend to favor diets that are rich in fats and carbohydrates, they say. More recently, researchers have begun to formally study the health benefits of herbs and spices. The two differ mainly by source. Herbs typically come from the leaves of plants. Spices come from the bark, stem and seeds of plants. Both have been used for thousands of years to flavor foods and treat illness.

Does Herbs have Antioxidants?

Yes! Recently, herbs have emerged as a quick and easy way to get a concentrated source of antioxidants, without all the extra calories of whole foods. Researches recently compared the antioxidant activity of herbs to a few select spices, including paprika, garlic, curry, chili, and black pepper. Herbs came out on top!

Herbs can be consumed in a variety of ways. Some people prefer to drink herb extracts, which can be made by adding herbs to hot water to make potent antioxidant teas. Others use concentrated herbal oils available in some health food stores. Most of us prefer a little dash and sprinkle of the familiar leafy or powdered versions to add flavor to our favorite meats and vegetables. This is a great reason to head to your nearest herb store for a boost of antioxidants!

In general, fresh herbs and spices are healthier and contain higher antioxidant levels compared to their processed counterparts. For example, the antioxidant activity of fresh garlic is 1.5 times higher than dry garlic powder!

Natural or Supplemented Antioxidants?

And of course, it is always best to take the all natural antioxidants from your food! But many times, too many of us do not really stick to a all well balanced diet, and this is why it is essential that we take

antioxidant supplements to ensure we have all the proper balance of nutrients!

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