

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Turn Back The Clock - Antioxidant Best Food That Slow The Aging Process

By Petter Rogstad

As we grow older, we often wish we could turn back the clock and have the vitality of your younger days. In this article you will learn what is the best food that slows down the aging process, but first you have to learn what happens to your body when you grow older.

Free radicals pose one of the greatest threats to our health, as we grow older. Free radicals are renegade, unstable oxygen molecules that collide with other particles and tissues in our bodies. When there are too many free radicals in your body, they run wild attacking not only unhealthy but also healthy parts of the body. This causes such diseases as heart disease and cancer.

Antioxidants have been found to be a successful shield against these free radicals. They alter cancer growth and act as anticarcinogens. Antioxidants are chemical substances that donate an electron to a free radical and convert it to a molecule that is harmless. Antioxidants intercept free radicals to keep them from damaging blood vessel membranes. This helps the flow of blood to the heart and brain and can against cancer causing damage.

Now to the good news – the best antioxidant food is normally consumed for enjoying life. So why not get started today with a healthier eating lifestyle.

There are various types of antioxidants. So it is important to balance all the following foods to reap the healthy rewards as part of your everyday diet.

Two glasses of red wine a day provides a great source of antioxidant. If you don't drink wine you need to drink 7 glasses of orange juice to get the same effect.

Dark chocolate provides one of the richest sources of antioxidants. What you must not forget is that chocolate is high in fat and if you are on a diet - be careful.

Apple juice is rich on antioxidants and has some pleasant side effects. Apple juice helps prevent against heart disease, as it helps stop fat turning into cholesterol.

Turn Back The Clock – Antioxidant Best Food That Slow The Aging Process

Many people eat carrots. What they don't know is that carrots are a valuable antioxidant. Five or more servings on a week is recommended to take the strain of the immune system.

Green tea is a much healthier choice than black tea. Drinking green tea is can cut hypertension by 65% or more.

You have in this article learned about some of the best antioxidant food that slows the aging process. You have no excuse not to start today. Make smart food choices while still enjoying your life and your family.

Petter Rogstad is a home business entrepreneur that quit a secure job to have more time with his family and find balance in life. Please visit

<http://antioxidantfood.article-directory-pro.com/>

to learn

more.

The New #1 Superfood: The Most Powerful Antioxidant Known In The World

By Carina MacInnes

There has been a groundbreaking discovery in the field of health and nutrition. Though it has been featured in the media and become an underground buzz, it is still generally unknown. It is the anti-aging and health re-vitalizing power of a little Brazilian fruit, now declared the new #1 superfood: the acai berry.

Before this recent finding the blueberry was acclaimed as the most nutrient rich food. It had been recognized for its extremely powerful antioxidant properties.

Antioxidants are essential for full body health. In the natural process of the body's workings, cells are constantly metabolizing. This creates byproducts called free radicals. Free radicals are molecules missing an electron. A free radical will seek to stabilize itself and by stealing an electron from a healthy cell. This creates yet another free radical, causing more cell damage. The process snowballs as we age and eventually we begin to feel its effects at around age 35 or 40 – the domino effect of untreated massive cell damage. Things begin to go wrong.

As the unchecked flow of free radicals damages cells we begin to see degeneration, aging and disease. Free radicals can invade a cell wall, damage the DNA, and begin the process that can start cancer. They can invade the cell and cause the mitochondria, the powerhouse of the cell, to slow down or stop working altogether. Depending on where this happens, it can disrupt many of the body's natural systems – from neuronal firing to hormonal balance.

Turn Back The Clock – Antioxidant Best Food That Slow The Aging Process

Antioxidants are molecules loaded with extra free electrons. By providing the body with a powerful source of external antioxidants, the free radicals are now able to stabilize themselves by getting their electron from the antioxidants instead of from your cells. This prevents further cell damage.

The blueberry is packed with anthocyanins, an antioxidant phytonutrient which is a far more powerful source of antioxidants than Vitamins A and E. Anthocyanins have been shown to neutralize free radical damage which can result in so many health conditions, such as cataracts, varicose veins, peptic ulcers, heart disease, cancer – the list goes on and on.

Blueberries have been recognized as being far more powerful in supplying antioxidants than wine. Now they have been replaced as the #1 nutrient rich, antioxidant packed anti-aging superfood by the acai berry (pronounced ah-sigh-ee).

The acai berry contains the same antioxidant phytonutrients as blueberries, anthocyanins, except in FAR greater amounts. Blueberries have been shown to deliver 38% more anthocyanins than red wine. The acai berry has been shown to be an antioxidant 33 times more powerful than red wine and 5 times more powerful than ginko biloba.

Dr. Nicholas Perricone in his new book the Perricone Promise calls the acai berry the most perfect food on the planet. It rates #1 on his list of recommendations of the top ten ingredients to look and feel younger, enjoy revitalized health and decelerate the aging process.

The acai berry is also very unique, being packed with so many nutrients. It has amino acids, which is unheard of in fruits and vegetables in North America. It has the protein content of an egg, the essential fatty acids of olive oil and is rich in the A and B vitamins. It is a 'multivitamin' food!

Ingesting it has incredible health benefits. Even if you are healthy you will probably notice positive effects as you introduce a more balanced nutrition to your body, including increased energy and mental clarity.

Antioxidants have been recognized as an essential part of our diet in order to restore our health and prevent future disease. Now we have access to the most powerful antioxidant ever discovered. This can take our health to whole new levels.

What is the best way of adding the exotic acai berry to your diet? The best delivery of an antioxidant is ideally in liquid form, so look for a juice product. Look for a company that responsibly helps to conserve the Brazilian rainforest. Ideally the company is one that is closest to the source, harvesting and processing in Brazil. Make sure the company has the highest quality pharmacological processing in order to ensure that you are getting the best product, and the best results.

Carina MacInnes is a health-conscious writer and entrepreneur, who uses a powerful antioxidant packed juice containing vital amounts of the acai berry and 2 other essential nutrients from the Brazilian rainforest. Try it yourself:

<http://drinkacai.com>

– For information on how to make a living
distributing this top-quality superjuice, visit
<http://imagineacai.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!