

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

## What Is An Antioxidant?

By Heather Colman

An antioxidant is a chemical that reduces the rate of particular oxidation reactions in a specific context, where oxidation reactions are chemical reactions that involve the transfer of electrons from a substance to an oxidising agent.

Antioxidants are particularly important in the context of organic chemistry and biology: all living cells contain complex systems of antioxidant chemicals and/or enzymes to prevent chemical damage to the cells' components by oxidation. The importance and complexity of antioxidants in biology is reflected in a medical literature of more than 142,000 scholarly articles.

A diet containing antioxidants from plants are required for good health since plants are an important source of organic antioxidant chemicals. Antioxidants are widely used as ingredients in dietary supplements that are used for health purposes such as preventing cancer and heart disease. However, while many studies have suggested benefits for antioxidant supplements, several large clinical trials have failed to clearly demonstrate a benefit for the formulations tested, and excess supplementation may be harmful.

Antioxidants are chemicals that reduce oxidative damage to cells and biochemicals. Researchers have found high correlation between oxidative damage and the occurrence of disease. For example, LDL oxidation is associated with cardiovascular disease. The process leading to atherosclerosis, arteriosclerosis, and cardiovascular disease is complex, involving multiple chemical pathways and networks, but the precursor is LDL oxidation by free radicals, resulting in inflammation and formation of plaques.

Research suggests that consumption of antioxidant-rich foods reduces damage to cells and biochemicals from free radicals. This may slow down, prevent, or even reverse certain diseases that result from cellular damage, and perhaps even slow down the natural aging process.

Since the discovery of vitamins, it has been recognized that antioxidants in the diet are essential for healthful lives. More recently, a large body of evidence has accumulated that suggests supplementation of the diet with various kinds of antioxidants can improve health and extend life.

## What Is An Antioxidant?

Many nutraceutical and health food companies now sell forms of antioxidants as dietary supplement. These supplements may include specific antioxidant chemicals, like resveratrol (from grape seeds), combinations of antioxidants, like the "ACES" products that contain beta carotene (provitamin A), vitamin C, vitamin E and Selenium, or specialty herbs that are known to contain antioxidants such as green tea and jiaogulan.

**Disclaimer** The information presented here should not be interpreted as medical advice. If you need more information about Antioxidants, please consult your physician or a qualified specialist.

Permission is granted to reprint this article as long as no changes are made, and the entire resource box is included.

This article is Copyright © 2006, Heather Colman. Find more antioxidant resources at:

<http://www.antioxidant-centre.info>

### **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.

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

## What Is An Antioxidant?

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

**This PDF eBook is for free information distribution/sharing only, it cannot be sold.**



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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