

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!

Why The Elderly Must Take Antioxidants

By James C.Cameer

Antioxidants are substances that are capable of counteracting the damaging, but normal, effects of

the physiological process of oxidation in animal tissue. Antioxidants are nutrients as well as enzymes (proteins in your body that assist in chemical reactions). They are believed to play a role in preventing the development of such chronic diseases as cancer, heart disease, stroke, Alzheimer's disease, Rheumatoid arthritis, and cataracts.

Why the Elderly Must Take Antioxidants Many researchers claim that elderly people, especially those who have reduced their food intake, frequent aspirin users, heavy drinkers, smokers, and people with impaired immune systems may benefit from taking antioxidant supplements daily. In terms of heart disease and stroke, it is possible that higher levels of antioxidants slow or prevent the development of arterial blockages, a complicated process involving the oxidation of cholesterol. Moreover, antioxidants may deter the collection of plaque on arterial walls.

Exercise and Free Radicals Exercise in untrained individuals overwhelms defenses resulting in increased free radical damage. Thus, the "weekend warrior" who is predominantly sedentary during the week but engages in vigorous bouts of exercise during the weekend may be doing more harm than good. To this end there are many factors which may determine whether exercise induced free radical damage occurs, including degree of conditioning of the person, intensity of exercise, and diet.

Because Free Radicals have one or more unpaired electrons, free radicals are highly unstable. They scavenge your body to grab or donate electrons, thereby damaging cells, proteins, and DNA (genetic material). The same oxidative process also causes oils to become rancid, peeled apples to turn brown, and iron to rust.

Sources of Antioxidants! Consuming more antioxidants helps provide the body with tools to neutralize harmful free radicals. It's estimated that there are more than 4,000 compounds in foods that act as antioxidants. The most studied include vitamins C and E, betacarotene and the mineral selenium.

Can Antioxidants Prevent Cancer and Aging? More Info at

<http://Antioxidants.eask.info>

Eye Cream: Believe It Or Not?

By Leon Chaddock

Does eye cream really work? While we cannot say for every brand out there, but what we do know is that many do, in fact they help you lose those crows feet and help provide you with more skin tone that you can be proud of. What most people do not know, though, is that eye cream works because of what is inside of it being as natural as you will find. The products that defy age work because they are filled with great quality ingredients that would make anything do well.

So, what magical product is inside an eye cream that makes it work so well? It is not the ingredient per say but the vitamins that are in it instead. For example, those ingredients that are full of natural antioxidants are full of all the good stuff our bodies need. Many eye cream products are full of just that – antioxidants. These vitamins are super tough. They can help clean out your arteries and help you to fight disease as well as just helping to keep your skin healthy looking. In fact, many antioxidants are able to help rejuvenate various types of elements within the body including the eyes and skin. So, antioxidants that are in eye cream can, in fact, help to improve your look.

When you are out and about looking for the eye cream that you will use, flip it over and find out which natural ingredients are in the product. If you cannot tell, you'll want to look for those products that have a lot of vitamins especially your vitamin E's. These are full of the antioxidants that your body needs anyway. A hint here; foods that are rich in antioxidants are usually very brightly colored greens, oranges, and other bright or dark colors. These are foods that you want to include in your diet anyway. Eye cream with antioxidants is just what you need.

For more information please see

<http://www.eye-cream-deals.co.uk>

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.

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