

Antioxidants and Free Radicals

What do we need to protect our bodies from degenerative diseases like cancer, heart disease, stroke, Alzheimer disease, diabetes.... Before we continue on, we should be aware that 75% of people die from Degenerative disease. Medical research now tells us that the major cause of Degenerative disease is Oxidative stress caused by Free Radicals (FR).

FR are mainly oxygen molecules or atoms that have at least one unpaired electron in their orbit. If these FR are not neutralized by Antioxidants, they may create even more volatile FR.

When FR are on the attack, they don't just kill cells to acquire their missing molecule. "If FR simply killed a cell, it wouldn't be so bad...the body could just regenerate another one." The problem is, FR often injure the cell, damaging the DNA, which creates the seed for disease.

When a cell's DNA changes, the cell becomes mutated. It grows abnormally and reproduces abnormally...and quickly. With repeated FR attacks that the body cannot stop, that damage can lead to a host chronic diseases, including cancer, heart disease, Alzheimer's disease, and Parkinson's disease.



The cause of FR is:

Air - The air we breathe is polluted by cars and heavy industry.

Stress - Major factor for degenerative diseases.

Toxins - Growth hormones are fed to animals and insecticide, weed killers and many other poisons are sprayed on the field.

Food - Green harvesting increases shelf life but doesn't let the proper nutrients develop.

Processing of food destroys most of the goodness and replaces it with preservatives, colorings, artificial flavors, etc.

Water - Water authorities can add up to 50 different chemicals at water plants to "Disinfect" our water supplies. These include sulphuric acid, copper sulphate, chlorine, sodium hydrochloride and others.

Left unchecked, free radicals can cause extensive cell damage and contribute to a whole list of chronic diseases.

Luckily, the body does have a defense system against these FR that is antioxidants. But it can create some of the antioxidants and can not produce all that we need we must try and get the rest from our food.

The quality of our food is very important because according to Dr Michael Colgan, "Every year over 97% of our body is completely replaced, even the structure of the DNA of our genes; reconstructed entirely from the nutrients we eat. The quality of these nutrients

determines the quality of our renewed cellular structure, the level at which it can function, and its resistance to disease". So the expression, "You are what you eat" is very true.

These days we are not getting all the nutrients we need from our food. The reason is that the farmers cannot afford traditional methods of farming like (mulching, manuring and crop rotation). They use intensive farming techniques and no longer replace all the nutrients in the soil. In fact, fertilizers used today only provide three nutrients to the soil - nitrogen, phosphorus and potassium.



Our body needs 59 nutrients including selenium, calcium, magnesium, chromium, iron, copper, etc. If we only replenish 3 nutrients in the soil, the other nutrients that we need are being depleted year by year. Plants cannot create minerals, they can only obtain them from the soil. The food quality is getting worse and worse.

Most of us are suffering dietary deficiency and that's why there is so much degenerative disease.

The only way to get the nutrition we need to protect ourselves from degenerative disease is take a high quality nutritional supplement.

Antioxidants are substances that have the ability to give up an electron to FR and balance out the unpaired electron, which neutralize FR, or simply antioxidant are like 'anti-rust' agent we put in our radiators.

When we have too few antioxidants to counteract our FR, significant damage can occur, leading to a variety of chronic degenerative diseases, ranging from stroke to fibromyalgia, to sinusitis, arthritis, vision problems, and even Parkinson's and ultraviolet (UV) radiation from the sun also increase the FR load, creating a situation known as "oxidative stress". Antioxidants produced by the body itself, include glutathione, alpha-lipoic acid, and coenzyme Q-10.

Antioxidant supplements are best taken in the form of combination products because multiple antioxidants appear to work together synergistically far more effectively than a single antioxidant, no matter how high the dose. In addition, some supplements, such as zinc, copper, and selenium, are necessary to actually strengthen the body's own antioxidant protection system.

Benefits; Ongoing research, however, indicates that a high antioxidant intake does help these illnesses.

Antioxidants; What you should do - Take a high potency multivitamin/mineral and a well balanced antioxidant complex every day. It may be necessary to adjust the dosages to account for your own daily vitamin regime and lifestyle. All of these supplement recommendations also assume you are eating a healthful diet. Take an antioxidant combination rather than a single antioxidant supplement. The latest studies indicate that a single antioxidant at high doses will not provide the same degree of protection as a combination of antioxidants. In fact, a single antioxidant used by itself may be harmful, becoming a FR itself. When other antioxidants are present, they all help recycle each other.

Should you be taking antioxidants?

Eating right, getting regular exercise and managing stress are all vital to achieving optimum health, but sometimes it just isn't enough. While vitamins and supplements shouldn't be taken as substitutes for a healthy diet, they can be beneficial by filling in any gaps. A high-quality antioxidant can help reduce FR damage to the body, boost immunity, help reduce stress-related fatigue, and increase musculoskeletal and skin integrity. In short, antioxidants can provide an extra layer of protection for your health. Look for an antioxidant formula that provides mixed carotenoids, lots of the B group vitamins, Vitamin C, selenium and Coenzyme Q-10 Vitamin E, ALA

The best way to take the antioxidants is in the morning and night with a big glass of water. don't take them with tea, because it binds some of the iron and you won't get the absorption. When you are taking the antioxidants it is very important that you have the key ingredients, they are well absorbed and you have got them in the right combination because unless the ratio of specific micro-nutrients were precisely correct, the cells begin to degenerate.

The USDA surveyed 21,500 people and discovered that only 3% actually ate healthful, balanced diets daily. And not a single person received that daily recommendation of the 10 most important vitamins and minerals (USDA Food Consumption Survey)

Article by Equinox Energy Balance - Just Health Solutions

Email: betipetka@hotmail.com