

How can we protect our bodies from Degenerative Diseases?

Many people die from degenerative diseases like cancer, heart disease, stroke, diabetes, etc. A major cause of degenerative disease is oxidative stress caused by free radicals.

What are Free radicals?

Free Radicals are highly reactive oxygen molecules that damage normal cells. These free radicals are continuously produced within the body by our normal metabolic processes and are an essential part of energy production. The majority of these free radicals are short-lived and do no harm however, with excessive production they pose a problem.
The Cause of Free Radicals:

AIR: The air we breathe is polluted with various dangerous chemicals.

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, use of herbicides and other chemicals, food processing, preservatives, colorings, artificial flavors destroys most of the goodness in food.

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 other.

SMOKING: Cigarette smoke, for instance, is one of the most concentrated sources of free radicals and pollution in general.

As free radicals accumulate in the system, health deteriorates and become more susceptible to infections and a variety of degenerative diseases. It is thought that free radical damage is a major contributing factor to the aging process.

In order to keep the number of free radicals under control, the body produces different types of antioxidants.

What are antioxidants?

Antioxidants are substances that help protect cells from the damage caused by oxidants known as free radicals. They fight free radicals by supplying them the electrons they lack, and thus neutralize them. There are various types of antioxidants that your body needs to operate optimally. Different antioxidants scavenge different free radicals, some work directly, while others work indirectly as catalysts to boost your own body's production of antioxidants.

What Antioxidants can do for us?

Antioxidants have the ability to slow the aging process, reduce cholesterol levels, provide protection against heart disease and stroke, decrease the risk of cancer, slow the progression of Alzheimer's disease, and protect against the damaging effects of tobacco smoke and environmental pollution.

The most important antioxidants are Coenzyme Q10, Glutathione, Beta-carotene, Vitamin E, Vitamin C, Bioflavonoids, Lipoic acid, Zinc, Selenium and Grape Seed extract. St. Mary's Thistle, Bilberry and Ginkgo biloba are also powerful antioxidant herbs that provide invaluable protection against free radical damage.

Most people do not obtain sufficient antioxidants through their diet to counteract the amount of free radicals generated, and may therefore require additional dietary supplementation. Antioxidants appear to work together synergistically in providing overall protection to various body systems. It is therefore more beneficial to take a combination of high quality antioxidants, because multiply antioxidants appear to work far more effectively than a single antioxidant, no matter how high the dose.

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 free radical 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 free-radical 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.
Important Antioxidants

Vitamin C

Vitamin C is an antioxidant essential for tissue growth and repair. The body cannot produce Vitamin C, and since it is water-soluble, it is not stored; it must be obtained from food and supplements.

Large concentrations of vitamin C can be found in fruits such as oranges, grapefruits, tangerines, lemons, limes, papaya, strawberries and cantaloupe. Vitamin C and bioflavonoids - the water soluble substances that help to protect your capillaries - are found in the white linings of these and other plants. Many vegetables also pack in vitamin C including tomatoes, broccoli, green and red bell peppers, raw lettuce and other leafy greens.

Vitamin E

Vitamin E is a powerful, fat-soluble antioxidant that helps protect cell membranes from damage by free radicals and prevents the oxidation of LDL (“bad”) cholesterol. It is necessary for structural and functional maintenance of skeletal, cardiac, and smooth muscle; assists in the formation of red blood cells; helps to maintain stores of vitamins A and K, iron, and selenium; and may play a protective role against heart disease, cancer and Alzheimer's disease.

Coenzyme Q10

Coenzyme Q10 is a powerful antioxidant that makes the heart strong and produces energy. Numerous researches and clinical trials have been conducted that demonstrate the health benefits of taking CoQ10 some of which are, improved cardiovascular function and blood circulation, reduced problems associated with poor heart function, increased energy level and less fatigue, lowered blood pressure, reduced angina, and it is a strong anti-oxidant and anti-aging nutrient. Coenzyme Q10 may also help prevent or slow Alzheimer's and Parkinson's diseases.

Coenzyme Q10 is found in fish and meat. Our bodies are able to produce some of the CoQ10 that we need. The rest is synthesized from the foods we eat. The highest dietary

sources of Coenzyme Q10 come from fresh sardines and mackerel, the heart, liver and meat of beef, lamb and pork along with eggs.

Selenium

Selenium is an essential trace mineral found in fruits, and vegetables, selenium helps the body produce functional glutathione peroxides, an enzyme essential for detoxification. Low dietary levels of selenium have been correlated with a higher incidence of cancer; accordingly, supplementation of this nutrient acts as a deterrent against cancer in general.

Milk Thistle for Liver Health

Milk has long been used to prevent or improve a wide number of liver disorders, including problems caused by excess alcohol, hepatitis A, drugs or work-related toxins. Milk thistle extract may protect the liver from a variety of harmful substances. It prevents toxins from penetrating the interior of the liver cells, while promoting the growth of healthy new cells to repair liver damage. Other compounds in milk thistle extract are believed to have a similarly renewing effect on the kidneys, and may even offer some benefit to the prostate gland. As with other bioflavonoids, silymarin is a powerful antioxidant.

Grape Seed Extract

Grapes have been used as medicine for thousands of years and red wine has been shown to have many beneficial effects. It is now thought that the seeds of the red grapes (together with the skin) are the parts of the grapes which have the most potent antioxidant and health benefits.

Grape seeds are rich in procyanidins, which are potent free radical scavengers.

Grape seed extract is both water and oil soluble, so it can penetrate through cell membranes, and can cross the blood-brain barrier, so it has the potential to protect the brain from free radical damage.

Grape seed extract activates natural mechanism to kill laboratory leukemia cells - while leaving normal cells alone

While grape seed extract has shown activity in a number of laboratory cancer cell lines, including skin, breast, colon, lung, stomach and prostate cancers, no one had tested the extract in hematological cancers nor had the precise mechanism for activity been revealed.

Prepared by

“Equinox Energy Balance”- Just Health Natural Solutions

E-mail: healthsolutionons@netspace.net.au