

# Antioxidants

Research has shown that many degenerative diseases, including heart disease, cancer, auto-immune disorders, and symptoms of aging are caused by free radical damage to tissues. Free radicals are molecules with an electric charge that causes oxidative reactions that chemically damage tissues. Free radicals are created in response to environmental pollution, toxins, infection, and stress.

*Antioxidants* clean up free radicals, reducing tissue damage and stress. They not only have a protective effect against degenerative diseases and aging, they can even be used to help reverse these conditions. Almost any immune disorder can be improved by using antioxidant nutrients.

Thai-go, a blend of juices, including mangosteen, is an excellent source of antioxidants. Nutrients with antioxidant effects include vitamins A, C and E, zinc, selenium, bioflavonoids, chlorophyll, CoQ-10, and carotenoids.

Another product we're carrying now is Nutra-Rev. This is a combination of high-antioxidant fruits, including acai, goji, mangosteen, pomegranate, cranberry, tart cherry, and blueberry, and other antioxidants (d-Ribose, Alpha Lipoic Acid, Acetyl-L-Carnitine, and CoQ-10).

A bit about foods: Many foods contain valuable antioxidants and should be part of our regular diets. Fruits and vegetables hold some of the highest: pears, beans, berries, carrots, broccoli, apples, walnuts, whole grains, tea, the list goes on! Even some spices, including

But we're not just limited to fruits and vegetables. Did you know coffee has some antioxidant benefits? Having just one to two cups a day is enough! And if you don't want the caffeine, it appears decaf coffee has about the same benefits!

Of course, dark chocolate is also beneficial! Studies show that participants who ate dark chocolate had more antioxidant levels in their blood about an hour after eating it as compared to those who ate white chocolate or milk chocolate.