



The Importance of Anti-Oxidation

We hear a lot these days about the threat of free radicals and oxidation on our body health. What are they and why do they occur? Free radicals are unstable molecules out of balance because they are missing an essential electron. They race around our cells like Pac-man, gobbling up electrons, trying to get back in balance, in a process called oxidation. An example of what oxidation can do to materials was graphically shown in pictures of the ocean liner "Titanic" lying at the bottom of the ocean.

Free radicals are a natural by-product of energy production. They are essential to the immune system. In a world full of oxygen, we could not survive without them. For, if we get too much oxygen at one time, we become out of balance. Trouble begins when we get out of balance chemically and bio-electrically. This produces free radicals to offset or attempt to bring about balance.

Doctors used to administer pure oxygen to premature babies to ease the load on their tiny lungs. This produced free radicals which often damaged the lungs and even caused blindness. When transplants were introduced, surgeons worried over how to avoid damage to the organs, while temporarily low on oxygen. Now they know that big damage could occur when they hook up a new oxygen supply and the oxygen is bombarded with a sudden burst of

free radicals. Again, the importance of balance.

The ancient Egyptians evidently knew this as they developed an embalming fluid with the unique ability to control the explosive reaction of free radicals. It works! Their mummies seem to last forever.

Free radicals can even damage the DNA in our genes. These control our very blood chemistry and determine who and what we are. Scientists estimate that our "oxidation hits" may occur as much as 50 to 60 quadrillion times a day! That is so fast we would call it going all the time. As can be expected, every oxygen-dependent animal, including man, has been supplied with elaborate defense systems to offset such bombardment. Our major protection comes in the form of certain molecules with the unique ability to muzzle the free radicals. These are appropriately called anti-oxidants.

Anti-oxidation is virtually synonymous with anti-aging! Every cell in your body benefits from the presence of such vital free radical scavengers as Vitamin C, Beta-carotene, and Vitamin E. In laboratory test, the life expectancy of mice can be increased by 20% merely by including more anti-oxidants in the diet to soak up the free radicals!

Today we need this protection more than ever, because the high toxic environment

factors increase free radical tissue and organ damage as well as disease. Sorrowfully, our junk food eating habits and the present manner of food processing, distribution and agricultural technology may produce massive damage. Many farmers are changing over to organic substance farming and finding better results in both cost and quality of product. Fortunately, we have a supply of essential nutrients and health products that we can use. Results are no longer dependent upon how much good, live food we can eat. There are, for example, a few unique products on the market that supplement between 100% and 200% of all the best anti-oxidants presently available. And many products are available that help with free radicals.

You can work against free radicals by balancing the minerals and vitamins you ingest. We cannot survive without oxygen, yet the very process of oxidation spawns threats from free radicals. Unless our cells contain a generous supply of anti-oxidants to mend the damage, our body will suffer. Sickness and disease eventually come. Such maladies as heart disease, stroke, Parkinson's disease, Alzheimer's disease, cancer, or just plain growing old is the result.

What we need every day is all the essential nutrients in assimilable organic form as our first line of defense against oxidation, stress and premature aging. Such things as magnesium and calcium in balance with each other, L-Tryptophan, Co-enzymes from raw food, Vitamin E, Vitamin C, Co-enzyme Q-10, selenium and zinc (trace elements) in proportion and balance.

Eating the right foods and supplements daily to obtain a balance is most important and requires at least a working knowledge

of natural nutrition. If you are not sure you are getting sufficient anti-oxidants, it is a smart idea to use a combined supplement that will do it for you, or begin a good juicing regimen, drinking at least 8 ounces of fruit or vegetable juice a day.

Keep healthy, robust and happy. It is really well worth the effort.