

ANTIOXIDANTS and FREE RADICALS

Antioxidants are nutrients found in foods that can slow or prevent damage to our body caused by *free radicals*. Free radicals are produced when the cells of our body use oxygen. Antioxidants act like “free-radical scavengers” and go throughout the body preventing and repairing damage.

Causes of Free-Radicals

- Pollution
- Radiation
- Herbicides
- Excessive Sunlight
 - Sunburns
- Cigarette Smoke
 - Including 2nd hand smoke.
- Eating Processed Foods
 - Instead, choose fresh, raw foods. They contribute little free-radical damage and provide antioxidants.

Health Problems Related to Free-Radical Damage

- Heart Disease
 - Macular Degeneration
 - Diabetes
 - Cancer
 - Skin Damage/Wrinkles
 - Stroke
- Some diseases like strokes and heart attacks also produce free-radical damage.

Antioxidants

Vitamin A

~ Carrots, Squash, Broccoli, Sweet Potatoes, Tomatoes

Vitamin C

~ Oranges, Limes, Green Leafy Veggies, Strawberries

Vitamin E

~ Nuts/Seeds, Green Leafy Veggies, Whole Grains, Oils.

OTHERS – Selenium, Flavanoids, Lycopene, Lutein, Lignan, etc.