

Antioxidant Recommendations

Antioxidants to Consider for Sun Exposure and Exercise Fatigue

Too much sun exposure or over-exercise will create free radicals. Free radicals are extremely common in our body as they are a byproduct of normal metabolism. Free radicals are simply molecules that are short one negative charge. One free radical molecule will steal a negative charge, called an ion, from a neighboring molecule, which in turn will steal one from its neighbor. Each time a molecule is short a negative charge, it becomes unstable. One researcher told me when you have one free radical it will destabilize a million other molecules before it is quenched or equalized by an antioxidant. Antioxidants are compounds that donate electrons or negative charges to molecules to stabilize them.

Free radicals are common in our body and we have many systems in our body to refresh or recharge the unstable molecules. But when ongoing chronic exposure occurs, our normal antioxidant systems become depleted. That is when free radicals create inflammation and we see redness, experience soreness and ultimately pain. Antioxidants are most commonly found in the bright colors in food. Deep greens, purples, dark blue, red, orange are examples. So always eat with the rainbow in mind. Berries, colored vegetables like red bell peppers, carrots, beets; Swiss chard, etc. are all foods loaded with natural antioxidants and should be eaten as often as possible. Researchers are suggesting 10 servings of fruits and vegetables a day. By the way we're not considering corn or potatoes in that list of 10.

Supplements should supplement a good diet not be used in place of a good diet. When choosing an antioxidant supplement use a combination antioxidant that helps recharge itself once it donates an electron or negative charge. For example when vitamin C donates an electron, vitamin E refreshes it so it can donate another one, the mineral selenium refreshes vitamin E. It's an amazing system. Here are some suggestions to support your antioxidant system.

BioProtect is a combination of antioxidants designed to refresh all the anti-oxidants systems in our body naturally. **BioProtect** contains; mineral antioxidants, enzyme antioxidants, amino acid antioxidants and a full range of vitamin antioxidants. For example, it provides a full spectrum blend of the natural carotenoids (beta-carotene, alpha carotene, lycopene, zeaxanthin, cryptoxanthin and lutein. The suggested dosage is 2 capsules three times a day for 60 days then reduce to 1 capsule three times a day.

Bio-Cyanidins contains polyphenols extracted from European pine and grape seed. Polyphenols are an amazing source of antioxidants because they quench tens of thousands of electrons before they have to be recharged. Use 2 capsules twice a day for 60 days and cut to 1 twice a day.

NitroGreens is a combination of organic sprouted heirloom seeds and vegetables. It is a deep green and is loaded with polyphenols and will help the body make more nitric oxide as well in addition to its role as a food source of antioxidants. Use one scoop before sunning or exercise and if either sunbathing or exercise is extreme add another scoop after the workout. Mix with water or juice to taste.

NitroGreens is a deep green powder that is mixed with water or juice. It is loaded with polyphenols and will help the body make more nitric oxide in addition to its role as a food source of antioxidants. It is a 100 percent organic proprietary blend of juices, extracts and concentrates from the following sources: grass juices from barley, wheat oat, alfalfa and kamut (these grasses are gluten free), vegetable sprout concentrates from broccoli, cauliflower and kale, vegetable juices from beet and carrot, acerola berry extract, peppermint leaf and stevia leaf extract. The majority of the components are sourced from heirloom seeds (old, genetically-unaltered plant varieties which reproduce through open-pollination). **NitroGreens** is an excellent alkalinizing drink (refined foods are acidic) and should be used with systemic acidity, rheumatoid arthritis, other inflammatory problems and as a supplemental source of grain and vegetable juices. 1-3 scoops per day.