



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Fight Free Radicals By Increasing Antioxidants

### Benefits Include:

- ✓ Reducing Inflammation
- ✓ Protecting Cells From Damage
- ✓ Anti-Aging
- ✓ Disease Prevention
- ✓ Healthier Heart

## The Importance of Antioxidants

**“One free radical will destabilize a million other molecules before it is quenched or equalized by an antioxidant.”**

With certain food products or cosmetic products, the label may read “contains antioxidants” or “high in antioxidants.” We see it. We know it's good. We need antioxidants, but what exactly are antioxidants? How many do you need?

You may have heard that antioxidants are molecules that fight damage by free radicals. Everybody knows free radicals are the bad guys, but let's look at antioxidants and free radicals and how you can step up your “antioxidant game.”

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 electron. 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 antioxidant systems in our body naturally. BioProtect contains mineral antioxidants, enzyme antioxidants, amino acid antioxidants, and a full range of vitamin antioxidants. BioProtect 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. Poly-

phenols 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, then reduce to 1 twice a day.

If you missed the Wellness Minute where Dr. Berglund shares that antioxidants can greatly help people who feel chronically tired after being in the sun or people who always feel worse after exercise, there's a link on this page to the "Antioxidant" interview with Dr. Berglund.

The truth is, everyone needs to ramp up their antioxidant level. Let's keep antioxidants on our radar for a host of benefits which include: reducing inflammation, protecting cells from damage, anti-aging, disease prevention, and a healthier heart.

Contact your wellness clinician, ask about antioxidant foods and the antioxidant supplements that are best for you.