

The Antioxidant Miracle

While a whole foods plant-based diet provides a multitude of vitamins and minerals, the most important factor for me is nature's unbelievable anti-oxidant effect on free radicals. The anti-oxidant process is the name of the game for youthful vitality. A meal of fresh raw fruits and vegetables delivers more anti-oxidants in a single sitting than any supplement you can ever take.

What are Free Radicals?

To understand free radicals, think of your body at the cellular level. Each cell contains atoms: the center of an atom is surrounded by a cloud of electrons. Electrons are a form of energy which charge the cell with their power to keep it alive and healthy. Electrons are usually found in pairs, but occasionally an electron will fall out of place. When an atom loses an electron, it leaves the atom with an "unpaired" electron and a free radical is formed. Free radicals are also introduced to the body via household cleaners, bug sprays, fertilizers, pesticides, beauty supplies, laundry detergent, alcohol, soft drinks, cigarette smoke and many other common sources.

Free radicals are unstable and highly reactive and potentially harm anything they come in to contact with, including the cellular wall. Free radicals indiscriminately pick up electrons from other atoms, which in turn converts those other atoms into secondary free radicals setting up a chain reaction in your body which can cause substantial cellular damage.

As you read this, each one of your cells is utterly inundated by free radicals, receiving an average of 240,000 attacks a day. Constant free radical damage eventually kills the cells and is thought to add to the progression of cancer and cardiovascular disease and other age-related diseases. In fact, when free radicals kill or damage enough cells in an organism, the organism ages.

Now here's the kicker: *Heavy metals in your body multiply the chain reactions of free radicals by thousands and possibly even millions of times. It can be said that heavy metals actually cause free radicals; free radicals are increased in activity and quantity by bumping into toxic metals in the body; this is partly why it is so important to remove toxic metals from your body.*

Beyond that, the miracle of Mother Nature bestows us with an amazing array of anti-oxidants sourced naturally in the magic of plants from around the world. The anti-oxidants in whole fruits and vegetables essentially donate an electron to free radicals which basically neutralizes the free radicals allowing them to be safely removed from the body without causing any further injury. A whole foods plant-based diet is the quant-essential free radical defense and an imperative component to preventing dis-ease in the body and slowing the aging process.



Eliminate the threat of becoming ill in the future by making lifestyle choices to stay healthy now.