

Most antioxidant products are helpful

Question: Are the juice and powder supplements that claim to be super antioxidant products the same and why are they supposed to help your overall health so much?

Answer: The purpose of antioxidants is to prevent oxidation of our cells. Oxidation is a chemical reaction that causes the release of free radicals, which can cause a chain reaction that damages cells. The initial research of antioxidants was on their ability to stop rancidity of fats. The most recent studies have determined the importance of antioxidants in the biochemistry of living organisms. They specifically help in the prevention of human diseases such as stroke and neurodegenerative diseases.

There is a lot of hype over the importance of taking adequate amounts of antioxidants in your diet. It is of more critical importance in this day and age than ever before because we have depleted a great volume of our natural nutritional resources to over farming, population growth, global warming, and simple lack of nutrients in our soils. The same intake of fresh fruits and vegetable eaten today compared to 25 years ago will demonstrate a loss of greater than 25-percent of the present foods nutritional value. These percentages will only escalate proportionally with time. Supplementation of vitamins, herbs and dietary supportive products will help but nothing beats the real thing when it comes to wholesome food. This is where and why the market is being flooded with all natural super high-enriched antioxidant products. They compliment our lack of natural resources for these antioxidants. Couple the fact that our society is

getting sicker and sicker with atrocious fat-food style dieting and lifestyles it is very convenient to get your required antioxidants in two shots of juice or powder daily

I want to make it clear that I am a proponent of antioxidant supplementation, but you can get most of what you require dietarily by eating a healthy, mainly organic, raw food diet. Increase your berries, nuts, fresh juices, green leafy veggies and you will have as strong an immune system as someone spending \$75 a month on their antioxidant bars, juice or toddy. I have personally tried just about every one of the antioxidant products to come down the line and I love all of them and suggest patients continue using them if they can afford them.

Health goes well beyond taking antioxidants and they are not the cure-all for all disease. A balance of mind, body, chemistry, and spirit that is nurtured daily leads to a happy fulfilling life.

Quote of the week: *“Ingenuity, plus courage, plus work, equals miracles.”* – Bob Richards