



**HEALTHWATCH**  
AMERICA'S PREMIER SOURCE FOR HEALTH INFORMATION

## Antioxidants and Health

Just like rust on a car, oxidation can damage our body's cells and may contribute to the breakdown of healthy immunity and speed up the aging process. Oxidation happens as the result of damaging free radicals. Free radicals are unstable oxygen molecules that form in the body as a result of normal body metabolism, over-exercise, stress, being exposed to dirty air and other environmental pollutants.

Antioxidants help prevent oxidation by counteracting free radicals.\* They do this by binding to them and transforming them into non-damaging compounds. Consequently, antioxidants are integral in supporting the body's natural defense system.\*

Powerful antioxidants include vitamins C and E, beta-carotene, selenium, Coenzyme Q10, and garlic. Fruits, vegetables, nuts, seeds and green tea all contain antioxidants as well. These important nutrients and foods support a healthy body in the production of healthy cells which is the best strategy for protection against free radical damage and consequently the development of serious health challenges.

As we age, free radical levels in the body increase so that a continuous intake of antioxidants is important to assure overall health and protection. Antioxidant intake along with exercise, a positive attitude and an overall healthful diet are invaluable tools to defend against cell damage and prolong a healthy life, full life.

\*These statements have not been approved by the Food and Drug Administration. These statements are not intended to diagnose, treat or cure or prevent any disease. This notice is required by the Federal Food, Drug and Cosmetic Act.



### ANTIOXIDANT SOURCES:



BLUEBERRIES



BROCCOLI



CRANBERRIES



ELDERBERRIES



MANGOSTEEN



POMEGRANATE



PEPPERMINT



VITAMINS A, C AND E



## Antioxidant Rich Green Tea May Reduce Prostate Cancer Risk

According to a recent study conducted by researchers at Japan's National Cancer Center in Tokyo, drinking green tea may reduce the risk of advanced prostate cancer. Prostate cancer is the most common form of cancer, other than skin cancer, among men in the United States. According to the details of the report, men who drank five or more cups of the antioxidant rich beverage might halve the risk of developing advanced prostate cancer compared with those who drank less than one cup a day. The study compiled data from 50,000 men aged 40-69 over a period of up to 14 years from 1990. Although the data is promising more research is needed to confirm these findings. For more information go to the American Journal of Epidemiology, January 2008.

<http://www.virtualhealthinfo.com/links/95.html>