

Natural Healing Express Weekly

Column 275 Antioxidants

Most folks have heard the term antioxidants and understand that they are generally good for the body. However, most do not understand how they really work. So, taking a complex internal chemical process and reducing it to one/two paragraphs might be a difficult task, but here goes.

Like antioxidants, most of us have heard of free radicals. Free radicals are essentially an electrically neutral group of atoms which are held together by a strong chemical bond, or in other words, molecules. In the case of “free” radicals, they are dangerous and unstable and they are looking to create tissue damage and all sorts of other havoc, including aging us faster.

They roam the body looking to take over or destroy stable molecules which may be weaker than them. They do this by attacking and killing the vitality of stable molecules, creating a chain reaction in the body.

There are many theories on the results of these attacks, but it has been proven that the results of these attacks are leading causes of heart disease and strokes. And, if not broken down and eliminated, free radicals will increase with age.

However, there is great news. Guess what is the Free Radicals MORTAL enemy? Come one, you have it! Yes, ANTIOXIDANTS...Antioxidants protect the stable molecules from these toxic, move on in, nasty Free Radicals!.

So, where do we get these wonderful fighters? Fruits and Vegetables!

One of the biggest antioxidants out there is beta-carotene, followed quickly by Vitamin C, A and E.

CUT and PASTE ALERT –

Helpful Antioxidants Sources

FRUITS-blackberries, blueberries, cherries, cranberries, strawberries, raspberries, pomegranates, grapes, oranges, plums, pineapples, kiwis, prunes, dates, apricots, lemons, apples and grapefruits.

VEGETABLES—Kale, red cabbage, carrots, peppers, parsley, artichokes, brussel sprouts, spinach and red beets.

NUTS AND SEEDS—pecans, walnuts, hazelnuts, sunflower seeds, pumpkins seeds, chia seeds and hemp seeds

SPICES-ginger, chili pepper, cloves, cinnamon, cumin, turmeric and oregano

And, a note to those cooking – the highest level of consumption to assimilate these beauties is by eating them as raw as possible. Cooking them loses some of their nutritional value.

CAFÉ UPDATE –We are open! Come see us this week! Café hours are 6:30 am – 2:00pm Tuesday through Friday. Saturday hours are 8:00am to 1:00pm.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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