

‘NUTRITIONAL TIPS’

ANTIOXIDANTS & AGING

Just like rust on a car, oxidation can cause damage to cells and may contribute to aging. This affects your entire body (all organs) including your ‘Neuro-Muscular’ system and especially your ‘Auto-Immune System’.

Antioxidants help prevent oxidation, may help increase immune function and possibly decrease risk of infection and cancer. Antioxidants exist as vitamins, minerals and other compounds in foods.

A few of the better known antioxidants include carotenoids (the substance that gives fruits and vegetables their deep rich colors). Apricots, broccoli, pumpkin, cantaloupes, spinach, grapes and sweet potatoes, are some good choices. Lycopene in tomatoes is a good consideration as it is known to be an auto-immune agent against ‘Prostate’ and other Cancers.

Vitamin C and E are also good antioxidants, as well as, magnesium, copper and zinc.

Increasing the good foods you eat is the first step in getting more antioxidants. If you’re struggling, contact a [registered dietitian](#) for a nutrition check-up.

Remember, strive to keep your ‘Daily Stress Levels’ minimized as stress lowers your ‘pH’ which compromised ‘Cellular Vitality’. Cells that are forced to exist in an ‘Acidic’ rather than an ‘Alkaline’ environment, succumb to viral invasion and simply cannot fend off outside agents. Immunity is very much about ‘pH’ and this ‘Cellular Frequency’. Keep your ‘Feelings’ high and your environment well balanced.

“We Are What We Eat And Where We Live!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7