

‘NUTRITIONAL TIPS’

TOMATOES & YOU

Men who eat 10 or more weekly servings of tomato-based foods reduce their ‘Prostate Cancer Risk’ by approximately 45% against those whose diet do not contain this nutritional component. This information is based on the Harvard study of 47,000 middle-aged male health professionals.

Tomatoes are rich in ‘Lycopene’ which is an ‘Antioxidant’. Antioxidants are important in the protection of our circulatory system from the build up of plaque and its damage to the circulatory lining and arterial wall. (atherosclerosis)

As a water soluble antioxidants, lycopene and vitamin ‘C’ are in a unique position to ‘Scavenge’ aqueous peroxy radicals before these destructive substances have a chance to damage the lipids. They work along with vitamin ‘E’, a fat-soluble antioxidant, and along with the enzyme glutathione peroxidase to stop free-radical chain reactions.

Vitamin ‘C’, ‘E’ and lycopene enhance the body’s resistance to an assortment of diseases, including infectious disorders and many types of cancer. These strengthen and protect the immune system by stimulating the activity of antibodies and immune system cells such as phagocytes and neutrophils.

These beneficial elements contribute to a variety of other biochemical functions. These include the biosynthesis of the amino acid carnitine and the catecholamines that regulate the nervous system. These also help the body to absorb iron and to break down histamine, the inflammatory component of many allergic reactions.

Fresh fruit juice, live natural salad greens (especially dark green in colour), wholesome soups (especially with lightly cooked vegetables), raw vegetables, ample supplies of roughage and plenty of good fresh water are excellent nutritional components.

**“Welcome Aboard!”
“Enjoy The Ride!”**

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