

Are you taking Antioxidants?

By consuming antioxidants we protect our bodies from 'free radical' damage.

WHAT ARE FREE RADICALS?

- Free radicals occur when healthy oxygen molecules are transformed into a highly reactive, unstable form of oxygen.
- Free radicals are molecules that have only one electron instead of two — this makes them unstable.

SOME CAUSES OF FREE RADICALS:

- Sunlight, the air we breath, the food we eat, exercise, the metabolization of food
- Compounded by environmental pollution, food additives, cured meats, tobacco smoke, alcohol, infection, stress, chemotherapy, asbestos, X-rays, pesticides, and other man-made pollutants, free radicals can multiply geometrically.

SPECIFIC DISORDERS TO BE CAUSED OR PROMOTED BY FREE-RADICAL DAMAGE:

- Free radicals degrade collagen, re-program DNA and are implicated in more than 60 diseases, including alzheimer's, parkinson's, cancer, arthritis, cataracts, kidney and liver disorders, AIDS, tumors, varicose veins, rheumatism, stress, jet lag, phlebitis, hemorrhoids, heart attacks, strokes, swollen extremities, senility, skin disorders, multiple sclerosis and many others.

HOW CAN YOU PROTECT YOURSELF?

- Antioxidants are molecules that have an extra electron that they give to free radicals and stabilize them. Without the protection of antioxidants, free radicals can cause damage on several different levels.
- Bioflavonoids are antioxidants and are classed in families. One of these is called the Proanthocyanidins family. Proanthocyanidins are found in very high concentrations in grape seeds. Proanthocyanidins have been found to be the most powerful antioxidant free radical diffusers ever studied.

POTENTIAL HEALTH BENEFITS OF PPROANTHOCYANIDINS:

- Helps to Prevent: Cancer, oxidation caused by stress, accelerated aging, PMS
- Directly affects blood/mucous membranes: strengthens blood vessels, reduces varicose veins and arteries, reduces the chance of heart disease
- Promote Healthy Skin: improve skin smoothness, improves skin elasticity, the wrinkling of the skin, helps protect against and reduce psoriasis, acts as a natural sun screen
- Reduces certain allergic reactions: Hay fever, reduces levels of histamine
- Inflammatory Disorders: reduces the pain due to swollen joints, reduces Arthritis, improves joint flexibility
- Diabetes: reduces and improves diabetic retinopathy
- Immune System Enhancement: enhances the immune response, reduces frequency and severity of colds & flus
- Gastrointestinal Disorders: protects against stomach ulcers

Begin supplementing your diet with Liquidity's antioxidant nutrients today!

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