



HOW IMPORTANT IS YOUR HEALTH TO YOU? If you're like most people, it is extremely important, but you would prefer to expend very minimal time and effort to reach and maintain your dream of optimal health. Obviously, there is no single pill or action that can guarantee excellent health when living a lifestyle that does not encourage one. Maintaining and improving your health requires numerous constructive choices and actions. However, most people find that once they make their health a top priority, the benefits of feeling great (or feeling better), along with mental clarity and self-esteem, far outweigh the efforts.

HOW TO Neutralize Free Radicals and Obtain Optimum Health



by Dr. James Chappell

Many behaviors that are considered “normal” and to some degree “expected” in our society help to bring on the “dis-ease” state. Eating junk food and refined sugar, smoking, not exercising, leading a high-stress life, and putting health as a low priority may be socially acceptable but eventually can take a terrible toll. One pathway is through free radical damage. Sadly, there is no one magic bullet that will completely reverse the cumulative effects of these detrimental life choices. But never underestimate the power of nature! As you will soon discover, there are natural elements that can destroy or neutralize free radicals, thereby helping the body achieve optimum health. Here's how...

Step #1—HEALTH DISCIPLINE: STOP AND START

The first step to increasing our health and longevity is to *stop* doing the things we know lead to disease and to *start* doing those things we know promote health. Your goals should be to replace all junk “food” and “beverages” with organic whole foods, to breathe more fresh air, to stop smoking, to drink more water (preferably distilled water charged with electrolytic minerals), to exercise and to relax daily (both are essential), and not to take

life so seriously that everything becomes a stressor. It is also advisable to wear only organic natural fibers, to use organic natural fibers in your home, and to live, work and play in nontoxic environments. Of course, most people won't be able to make all of these changes immediately or do them perfectly (so no need to raise your stress level!), but it is essential that you commit to these goals and work towards them if you sincerely desire the highest quality of life and health.

Step #2—DETOXIFICATION

The next essential step is detoxification. Not unlike changing the sheets on a bed, washing the dishes after a meal or pulling weeds in the yard, we need to rid ourselves of the toxins we acquire from our food and beverages, from the air, from water and lotions that touch our skin, and from the environment. If we don't detoxify on a regular basis, our bodies do it for us in the form of a “toxic crisis,” better known as a cold or flu, which may also lead to more serious dis-eases.

During a cold or flu, we are actually getting rid of accumulated toxins. An overabundance of toxins suppresses the immune system and lowers our defenses against scavengers, including bacteria, viruses and parasites. As these opportunistic pathogens invade and proliferate, they cause such symptoms as aches, pains, fever, runny nose, diarrhea, nausea and sweating—all of which are the body's efforts to eliminate the invaders, as well as the toxins.

There is a true saying that “Only sick people get sick.” If you are not full of toxins, you will not attract pathogens or the symptoms that result from their growth. The important news is that regular detoxification acts as a preventive measure, and that with it you may never need to experience a cold or flu again. The best ways to detoxify include abstaining from food (perhaps one day per week if your health professional hasn't precluded you from fasting), doing either IV or oral chelation therapy (which binds and draws out toxic metals and chemicals), maintaining healthy bowels (to avoid constipation), and re-colonizing your intestines with healthy bacterial flora.

Note: Today, there are many products that can help the detoxification process including *drawing compounds* for chelation, *colon cleanses* to restore regularity and *probiotics* for building up beneficial bacteria. As a 35-year veteran formula-

tor of nutraceuticals and botanicals, I know what works and what doesn't. (For instance, I recommend Earth Force Products' Tri-Action Cleanse.)

Step 3—THE HIGH COST OF FREE RADICALS

Another major cause of sickness and premature aging is the suppression of the immune system and/or the compromising of cellular functioning due to oxidative decomposition, otherwise known as "free radical" damage. Free radicals are molecules that are highly reactive because they have unpaired electrons. In the body, free radicals tend to damage cellular constituents, including DNA, lipids and proteins. Toxins from any source, such as cigarette smoke, drugs (including medical drugs), and alcohol, or from chemicals in our food, beverages, air, water, clothes and environment, can contribute to free radical accumulation in the body. The destructive actions of free radicals upon cells contribute to a variety of life-threatening diseases, including but not limited to cancer, arteriosclerosis, liver disease, arthritis, diabetes, Parkinson's disease and Alzheimer's. According to the Free Radical Theory of Aging, first presented in 1956 by Dr. Denham Harman of the University of Nebraska and still studied today, cellular damage from free radicals is also believed to be the underlying cause of all aging.

Clearly, one of our goals must be to reduce cellular damage from free radicals and to begin the process of cell reparation. Fortunately, we know that antioxidants neutralize or deactivate free radicals. So our next question is, what are the best sources of antioxidants and how can we make sure to get an adequate supply?

The oxygen radical absorption capacity (ORAC) rating system measures the antioxidant effects of specific foods. The higher the rating the better the substance is able to neutralize free radicals and their damaging effects. To answer this important question, I am going to give you a list of natural substances, abundant with antioxidants, which can help to heal and repair your damaged tissues, and can help to slow down and reverse the aging process at the organ and cellular level. These substances support and protect your body's cardiovascular health, particularly your cholesterol levels and blood flow (healthy arteries); cell health, especially the genetic materials involved in replication; reproductive and sexual function; eyesight; outer appearance (skin tone

and texture); mental cognition; memory; and many other bodily functions.

Just after I finished formulating the wildly popular and beneficial Cinnamon 6 formula (for blood sugar control), I began formulating specific compounds, such as Proxacine® and Flexacine®, for Superfoods Distributors, Inc., of Santa Clara, Utah. One formula is the most powerful antioxidant on the market today. It is called Resveracine®.



The small Brazilian berry called acai (pronounced ah-sigh-ee) comes from the acai palm. For over 500 years, natives of the Brazilian Amazon rain forest have used acai for food and medicinal purposes. The grape-sized berry is rich in vitamins, minerals, fiber, proteins, essential fatty acids and anthocyanins (powerful antioxidants). On the ORAC scale, acai outperforms almost every fruit, vegetable, herb, or nutrient.

Resveratrol is a polyphenol flavonoid (a class of plant pigments high in antioxidants) found in common red wine grapes. Resveratrol's antioxidant action helps to stop free radical damage, healthfully dilate the arteries and increase blood flow. Resveratrol has also been shown to stimulate the "longevity gene" and reduce the frequency of DNA destruction from free radical damage by 60 percent.



Quercetin has been the most studied of the flavonoids, demonstrating significant anti-inflammatory and antioxidant activity. Quercetin has been shown to help combat or prevent cancer, heart disease, prostatitis, cataracts, allergies, inflammation and respiratory diseases, such as bronchitis and asthma. Quercetin is not only found in fruit such as berries, cherries, apples and grapes, but is found in green and black tea, onions, broccoli and leafy green vegetables. As with many antioxidants, reaching a therapeutic dose requires supplementation.

Pine tree bark (Pycnogenol®) contains vitamin C and at one time was a remedy for sailors with scurvy (vitamin C deficiency) when they didn't have fruit or vegetables to eat. Pine tree bark extract has particularly potent anti-inflammatory effects, is a potent antioxidant,



