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ANTIOXIDANT *Guide*

KICK FREE RADICALS TO
THE CURB WITH THESE
ANTIOXIDANT-RICH FOODS,
SPICES, AND
SUPPLEMENTS.

ANTIOXIDANTS 101

How they help

Antioxidants act as bodyguards, protecting your cells from free radicals.

Free radicals are unstable molecules that can harm the body. They happen when an atom gains or loses an electron.

Electrons don't like flying solo. So when unpaired, they roam the body searching for a spare electron to buddy up with.

This damages the cells they steal the electron from. And over time, this can lead to oxidative stress.

Oxidative stress is linked with:

- Heart disease
- Cancer
- Stroke
- Arthritis
- Asthma
- Diabetes
- Alzheimer's disease
- Parkinson's disease
- Chronic inflammation

Free radicals can be caused by:

- Smoking
- Pollution
- Chemicals
- X-rays
- Poor diet
- UV light
- Chronic stress
- Certain medications
- And even natural processes like digestion!

Luckily, that's where antioxidants come in...

Antioxidants are substances that donate an electron to free radicals.

This stabilizes them, so they don't go around stealing electrons and damaging healthy cells.

You can turn down the volume on free radicals by not smoking, avoiding chemicals, and eating a healthy diet.

That said, even if live a super clean lifestyle -- you can't avoid free radicals altogether.

But you CAN boost your antioxidant intake to keep free radicals in check.

By adding more antioxidant-rich foods, spices, and supplements to your diet, you can fight off harmful free radicals *before* they do any damage.

So read on to learn the best foods, spices, and supplements to boost your antioxidant levels...

ANTIOXIDANT RICH FOODS

Eat your antioxidants



Blueberries



Kidney beans



Goji berries



Cranberries



Raspberries



Dark chocolate



Artichokes



Pecans



Strawberries



Blackberries



Red cabbage



Kale



Fresh Beetroot



Spinach



Apples



Prunes

ANTIOXIDANT RICH SPICES

For an extra antioxidant kick



Cloves



Cinnamon



Allspice



Peppermint



Oregano



Rosemary



Turmeric



Sage



Basil



Saffron



Thyme



Cumin



Cocoa



Garlic



Ginger



Cayenne pepper

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