



PREVENT ILLNESS BY BUILDING A STRONG IMMUNE SYSTEM

By Dr. Bo M. Nielsen

Wherever we look nowadays, the words "rich in antioxidants" seem to be plastered everywhere. Whether these words are on a carton of fruit juice, a tub of anti-aging cream or on a supplement label, antioxidants are all the rave right now. Why all the attention?

In this newsletter issue find out why antioxidants are popular, how they can make your life better and which ones we think should be on your shopping list.

What are free radicals and oxidative stress?

In order to understand what antioxidants are and how they can help us, we need to shift our focus on free radicals first.

These are unstable, highly reactive chemicals that result from many things such as: when your body breaks down food (especially diets high in sugar); exposure to

pollution and toxins (tobacco, radiation, chemicals); excess exercise; pharmaceutical drugs; and the natural process of aging.

Why are free radicals harmful?

Because free radicals are missing an electron and are unstable, their mission is to steal electrons from normal cells in their quest to become stable. The problem is leaving a normal cell without an electron can cause major damage to that cell's structure and function (oxidation). A little bit of this is an inevitable part of our lives; but too many free radicals roaming around our body causes ongoing oxidative stress and in the world of chemistry, this process is the same as what happens to a piece of iron that rusts over time.

In essence as we age, we generate more free radicals and our body experiences this form of rusting. Externally this is evident in our

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wrinkles, skin texture and suppleness, and so on. Internally however, oxidative stress can silently be causing damage at a much earlier age.

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We now know that many of the diseases our society suffers from today are in fact caused by oxidative stress. These include:

- cancer
- heart disease
- arthritis
- Alzheimer's disease
- Parkinson's disease
- diabetes
- autoimmune diseases
- eye disorders (macular degeneration, cataracts)

While we cannot get rid of all free radicals, we can certainly help to minimise their numbers and negative impact. And this is where antioxidants come in.

ANTIOXIDANTS TO THE RESCUE!



Antioxidants are molecules that neutralise free radicals and prevent oxidation and sometimes even repair damaged cells. They do this by giving an electron to a free radical so that it becomes a stable molecule and cannot damage our body's cells. Some well known antioxidants are: vitamin C, vitamin E, beta-carotene, coenzyme Q10 and selenium.

Sources of antioxidants

Vegetables and fruits are the best sources of antioxidants; but sadly we cannot rely on getting all the antioxidants we need from food sources alone because of our manufacturing and agricultural processes and the poor nutrient content of our soils.

Complement a healthy lifestyle with antioxidant supplements

In order to make sure you are getting enough antioxidants to counteract free radicals, it is best to lead a healthy lifestyle in as much as possible - moderate exercise, varied diet low in sugar, no smoking - combined with antioxidant supplements.

NEUTRALISE FREE RADICALS AND PREVENT UNNECESSARY DISEASE WITH DOCTOR'S NATURAL MIX OF ANTIOXIDANTS!

SPECIAL LIMITED OFFER!
VITAMIN C + VITAMIN E + Q10 100mg + MULTI-VITAMINS + MULTI-MINERALS
FOR ONLY €61 - 1 MONTH'S SUPPLY
OFFER VALID WHILE STOCKS LAST, SO HURRY UP AND ORDER!

Call our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.co.uk

Which antioxidants do Doctor's Natural recommend?

Our top picks this season are vitamin C, vitamin E and coenzyme Q10.

Vitamin C:

- Helps protect against the common cold
- Anti-aging properties
- Anti-inflammatory effect
- Helps improve mood
- May protect against cancer

Vitamin E:

- Helps strengthen the immune system
- Supports cardiovascular health
- Helps lower LDL (bad) cholesterol
- May protect against Alzheimer's disease
- May protect against cancer

Coenzyme Q10 100mg:

- Boosts energy level
- Supports cardiovascular health
- Anti-aging properties
- May prevent diabetes
- Helps improve sperm count and quality



Why take vitamins and minerals as well?

By combining vitamin C, vitamin E and coenzyme Q10 with our multi-vitamin and multi-mineral supplement - which also contains beta-carotene and selenium - you will ensure you are arming your body with ideal dosages of all the antioxidants you need to battle free radicals and disease!

NB: if you are under 30 years of age, please call our health advisors on 0207 043 1256 for a lower dosage of coenzyme Q10.

THE HEALTH BENEFITS OF ANTIOXIDANTS

1. Heart health: According to scientific studies, daily supplements of vitamin C, vitamin E, coenzyme Q10 and selenium improve the elasticity of arteries and lower both systolic and diastolic blood pressure significantly. Blood vessel elasticity in study participants increased from 11 to 12.7 ml/mm Hg x100 and blood pressure decreased from 145.2 to 136.1 (systolic) and from 78.4 to 75 (diastolic). The results were observed with dosages of: 1000 mg of vitamin C; 400 IU of vitamin E; 120 mg of Q10; and 200 mcg of selenium a day.

2. Cholesterol: A mix of antioxidants containing coenzyme Q10, vitamin C and vitamin E lowers HDL cholesterol - good cholesterol that helps to remove LDL (bad) cholesterol from the arteries. Having high HDL cholesterol lowers the risk of heart disease. In another study, after only two

weeks of daily supplementation with coenzyme Q10, LDL cholesterol was lowered by over 12%.

3. Diabetes: Many studies attest to the fact that a diet rich in antioxidants may prevent diabetes - one of the many diseases caused by oxidative stress. Furthermore, in people with existing diabetes, antioxidants such as vitamins C and E, carotenoids and selenium, decrease insulin resistance.

4. Inflammation: Inflammation is

linked to many chronic diseases such as heart disease, arthritis and diabetes. Studies show that daily supplements of vitamin E lower blood levels of C-reactive protein (a marker of inflammation) by 53%. Better news still, when coenzyme Q10 is taken in conjunction with vitamin E, C-reactive protein is reduced by 70%.

5. Cancer: A study found that vitamins C and E and beta-carotene significantly lower the risk of developing uterine cancer.

Oral contraceptives strip the body of vitamin E and coenzyme Q10



A scientific study published in the American Journal of Obstetrics and Gynecology suggests that women on the pill could benefit from taking vitamin E and coenzyme Q10 supplements. This comes after the study found that women taking oral contraceptives have lower levels of these antioxidants compared to women who are not on the pill.



Vitamin C essential to eye and brain health

A new study has found that vitamin C is essential in order for nerve cells in the retina of our eyes (retinal cells) to work properly. Retinal cells are part of the central nervous system, which includes the brain. Thus, researchers believe that vitamin C is also vital for the proper functioning of the brain. Although more research is needed, this could be a breakthrough for treating diseases of the eye such as glaucoma.

So in the meantime, keep your eyes and brain sharp by taking lots of vitamin C!

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