



Academy Health Services of NJ, USA

Nationally Certified "**Mobile Medical Massage**",
Aromatherapy, Reflexology, Reiki & Nutritional Services.
A Marketing Development and Support Team

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Antioxidants vs. Free Radicals

Our bodies are bombarded daily by the damaging effects of free radicals created through normal metabolic functions. In fact, Dr. Bruce Ames of the University of California at Berkeley estimates that the DNA of each of our cells is attacked by free radicals over 10,000 times per day. Add to this the polluted environment of today's world, and the scope of the problem increases.

But why are free radicals so damaging?

Uninterrupted, free radicals can wreak havoc with DNA, enzymes, and cells. They make it impossible for the cells to function properly. Many chronic conditions – including aging – are believed to result from accumulated damage caused by free radicals.

Fortunately, antioxidants have proven an effective weapon against them.

Antioxidants help neutralize the effects of free radicals, allowing the body to restore itself to proper balance leading to health and well-being.

Continued:

Antioxidants can fight free radicals in three ways:

1. They can prevent a free radical from forming.
2. They can interrupt an oxidizing chain reaction to lessen the effects of the free radical.
3. Antioxidants can reduce the free radical's impact.⁷

Drinking a single ounce of antioxidant-rich Berry Young Juice every day can help you combat the damaging effects of free radicals. Simply take a single serving (one ounce) of Berry Young Juice. It supplies 267 percent of the Daily Value of the antioxidant vitamin C, along with a host of other nutrients. What a delicious way to protect your health!

"Young and middle-aged people may be able to reduce risk of diseases of aging – including senility – simply by adding high-ORAC foods to their diets," states Floyd P. Horn, Administrator of the Agricultural Research Service, the chief scientific agency of the U.S. Department of Agriculture.

"I have no doubt that the Ningxia wolfberry and Young Living's Berry Young Juice will revolutionize how we treat premature aging. Since I have incorporated it into my daily regimen, my stamina has improved markedly. And it has been an important factor in allowing me to still perform long-distance running -- even at the age of 76."

Ronald Lawrence, M.D.

Former faculty member of the UCLA School of Medicine and
England's Royal London Homeopathic Hospital

For information or ordering of Oils, Blends, Supplements, please contact:

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