

CELLULAR HEALTH AND ANTIOXIDANTS



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Why is Cellular Defense Important?

When we think of our health, sometimes it's easy to forget that it all starts at the cellular level! Our body generates free radicals every day in response to normal cellular reactions, like breathing and metabolizing the food we eat, as well as exposure to pollutants and high levels of stress.

Just like metal becomes rusty when oxidized, our cells, muscles, and organs are oxidized, or damaged, by free radicals. This process can harm and even age the body over time, which is why antioxidants are so important! Taking an antioxidant is an important step in defending your cells from damage.

What are Antioxidants?

Antioxidants are molecules in your body that help to neutralize free radicals that would otherwise damage cells and organs. In addition to being made by your body, antioxidants are found naturally in many plants and foods, including:

Vitamins

- Vitamins C – Green vegetables, tomatoes, and citrus fruits like oranges and grapefruits

- Vitamin E – Whole grains, vegetable oils (olive, sunflower, canola), nuts, and green leafy vegetables
- Beta-carotene – Fruits, grains, carrots, squash, spinach, and other green vegetables

Minerals

- Selenium – Grains, onions, garlic, nuts, soybeans, seafood, meat, and liver
- Manganese – Almonds, pecans, lima and pinto beans, oatmeal, brown rice, spinach

Plant nutrients

- Flavonoids – Green tea, grapes, red wine, apples, chocolate, and berries

Because most of us don't get enough of what we need from diet alone, supplements are a great way to get the antioxidants that we need. Two powerful antioxidants are OPC and Astaxanthin; both provide protection against the harmful effects of free radicals.

What is OPC?

Oligomeric proanthocyanidins (OPC) is a group of powerful antioxidants prepared from grape seed, red wine, pine bark, and citrus fruit. OPC has been shown to provide a variety of health benefits including, but not limited to:

- combating and scavenging free radicals
- demonstrating anti-inflammatory activity
- helping maintain healthy cholesterol and blood glucose levels
- helping maintain healthy circulation by strengthening capillaries, arteries and veins
- helping maintain joint flexibility
- helping promote/support cardiovascular health
- helping support visual health/visual acuity

What is Astaxanthin?

Astaxanthin is a carotenoid, or plant pigment, that gives the reddish color to salmon, crab, krill, and lobster and is known as an extremely powerful anti-aging antioxidant for the organs and system. It is especially beneficial for those over 40-years-old that may be concerned with issues such as cardiovascular health, cholesterol, vision and skin, and muscular health.