



## Focus: Nutritional Healing

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### Spotlight: “Food for Thought – Antioxidants”

**Nutritional healing** works on a principle that is quite simple --- what you absorb into your body affects how it functions ---- “You are what you eat” is clearly not the entire truth, but what you eat does influence your state of health and well-being.

Over the past couple of decades, research has confirmed that many common diseases are associated with low dietary levels of these compounds.

#### What are antioxidants?

First be reminded that life would not exist without the presence of oxygen, the basis of all plant and animal life on earth. Oxygen uptake allows the release of energy from our food. Oxidation is the process that allows such survivalist processes but unfortunately leaves behind damaging byproducts, much as oxidized metal leaves rust in its path. These oxidized molecules called free-radicals accumulate and would cause bodily harm if not for antioxidants provided by healthy tissue and blood, which deactivate or “mop up” the debris, preventing ”havoc”.

The result would otherwise be arterial inflammation, the basis for many diseases, or cellular damage that can cause rapid aging or even tumor growth. Bypassing a chemical explanation let it suffice to say that excess free-radical activity can destroy more cells than can be created.

Evidence demonstrates that in addition to antioxidants made by the body, many foods contain these compounds and when consumed, can minimize cell destruction.

While available in supplemental form, colorful wholesome foods are ideal sources of antioxidants. It is not so important that names are memorized, but that a large variety of wholesome foods are routinely consumed to “fill the gaps” with beneficial antioxidants. .... *“wishing these benefits to all”*



#### Notable Antioxidants and their Whole Food Sources:

- **Anthocyanins:** berries and grapes (particularly in the skins)
- **Carotene:** from orange-colored plants such as apricots, pumpkin and carrots.
- **Bioflavonoids:** from citrus and garlic
- **Curcumin:** from mustard, turmeric, corn
- **Lutein:** from spinach and other dark green vegetables
- **Lycopene:** from tomatoes (especially when cooked)
- Plus “**hundreds of other**” such chemicals from the plant kingdom!



#### Other resources about Nutrition and antioxidants:

American Dietetic Association [www.eatright.org](http://www.eatright.org)

[www.kidseatright.org](http://www.kidseatright.org)

[www.vegetariannutrition.net](http://www.vegetariannutrition.net)

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