



ANTIOXIDANTS

Prepared by the CGO Wellness Team

The What:

Everyday we encounter toxic chemicals from our environment, our food supply, our household products and even beauty products. Unfortunately, our bodies also produce toxic, inflammatory compounds from things like stress, alcohol consumption, highly processed industrial seed oils and sugary foods. As you might guess, our bodies are not a fan of this, so free radicals are generated, wander our bodies and start to damage our cells.

The Why:

When these free radicals move around our body, they are greedy and try to steal from our healthy cells to become stable. Overtime, this process goes haywire in our body and our cells become damaged. Damaged cells that make up our organs will not create hormones efficiently, communicate with other organs effectively, and will lack overall function. [enter Superhero] Antioxidants are here and are SO powerful that they have the ability to *prevent* and *slow* the cellular damage from free radical production. Hallelujah!

The How:

Luckily, certain food provides information that allows our bodies to repair itself and heal. Specific nutrients, such as vitamin A, C, E, selenium and glutathione containing foods are powerful antioxidants that will neutralize the free radicals and prevent the cascade of damage on our cells. Other behaviors including exercise, quality sleep, and meditation can reduce and repair cellular damage. During sleep our brain has the power to act like a dishwasher - literally cleaning out the junky, toxic compounds. It is mind blowing!

So..? *Eat right and sleep tight* 👍

The Lineup...Vitamin A,C,E,Selenium, Glutathione

Asparagus
Avocado
Argula
Almonds
Berries
Brazil nuts
Beef
Bell Peppers
Broccoli
Brussels Sprouts

Cacao
Carrots
Cabbage
Cashews
Cumin
Cauliflower
Egg yolk
Garlic
Guava
Hazelnuts

Kiwi
Liver
Leafy Greens
Mango
Mushrooms
Oysters
Octopus
Papaya
Pine nuts
Pistachios

Pork
Poultry
Sunflower Seeds
Sweet Potato
Shrimp
Sardines
Tomatoes
Tuna
Turmeric
Walnuts

Did You Know?

Our body's MASTER antioxidant, *Glutathione*, needs certain amino acids (proteins) to produce. Why protein has certain amino acids to help glutathione production. Sleep and exercise also boost glutathione levels too!