Strengthen Your Immune System with Antioxidants by Treeves

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Diet rich in nuts, grains, fruits and vegetables with plenty of antioxidants is one of the best ways to keep your immune system strong. It also helps you ward off infections like colds and flu and chronic diseases like cancer and arthritis. Lot of times we have come across antioxidants in conjunction with good health or avoiding diseases, being suggested by friends or doctors. What is an antioxidant that is a vital in boosting the immune system? How do they help in eradicating diseases in a human body? What action and reaction happens once theyâ€™re inside our bodies? What foods are the sources of antioxidants? Hereâ€™s an insight on some of the interesting facts that answers these questions.

Antioxidants are the vitamins or minerals or even you can term it as nutrients that protect and repair cells from damage caused by free radicals. Free radicals are electrons formed when oxygen interacts with certain molecules formed during normal metabolism or through external factors such as x-rays, ultra-violet radiation and pollution. Though oxidation is a normal process for energy production and many chemical reactions in the body, excessive oxidation of fats and cholesterol creates molecules harmful for the body. Because of oxidization, these highly reactive radicals form inside the body and create a chain reaction by attacking other healthy cells to get stable themselves. If our body has less healthy cells, it is natural that our organs, tissues, skin of the body weaken and likewise weakening the immune system. Apart from damaging the cell by reacting with important cellular components such as DNA, or the cell membrane they also interfere with your immune system leading to the development of several diseases including cancer, arthritis, diabetes, heart disease, Alzheimerâ€™s disease, Parkinsonâ€™s disease and degenerative conditions.

The only defensive system our body owns to fight against these ravaging radicals is antioxidants that help to neutralize free radicals and protect the body. Antioxidants are naturally occurring chemicals infused in body by the foods we consume and tries to maintain the metabolism of our body. These free-radical scavengers play a vital role in preventing and repairing the oxidative damage to our body thereby lowering the risk of infection. They protect the protecting white blood cells from oxidation and delay development of atherosclerosis. Apart from this, antioxidants protect the body from numerous diseases like is retards the aging process by minimizing wrinkles and protects our skin from sunburns and preserve the skinâ€™s natural glow.

The most commonly know antioxidants are Vitamin A and Carotenoids, Vitamin C, Vitamin E, Selenium, Flavonoids / polyphenols, Lycopene, Lutein and Lignan. These vitamins and minerals are found as supplements or can be absorbed from our daily intake of food. Vitamins A, C and Carotenoids such as beta-carotene, minerals and chemicals with antioxidant properties are abundantly found in vegetables and bright-colored citrus fruits. The best sources of Vitamin E are vegetable oils, cereals - particularly in the germ of whole grains, nuts, seeds, green leafy vegetables, vegetable oil and liver oil. Selenium is found in fish & shellfish, red meat, grains, eggs, chicken and garlic. Tea is a rich source of antioxidants called flavonoids, and wine contains beneficial phenolic compounds.

Antioxidants that help to counter free radicals are the nutritional equivalent of man's best friend. They are the loyal protectors and nurturers of our cells, repelling disease, and promoting good health. A recent study suggests that the amount of antioxidants in our body is directly proportional to your life span. I often watch health shows on my television spruced with Dish Network Offers that gives important tips on maintaining a diet enriched with antioxidants. Antioxidants help balance your metabolism and one of the best ways to get your antioxidants is in food that you eat.

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Tina is a health freak and likes to stress on a diet rich with antioxidants to enhance immune system and watches TV shows connected by a Dish Network Offers to source more information on foods with plenty of antioxidants.

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