

Title:

Can Antioxidants Prevent Cellular Damage?

Word Count:

370

Summary:

Antioxidants are intimately involved in the prevention of cellular damage, which is the common

Considering Foods High in Powerful Antioxidants?

Grab a Handful of Almonds! The next time you're shopping for antioxidant-rich foods, make sure

Keywords:

antioxidants, free radicals, cancer, aging, heart disease, antioxidant, tobacco smoke, radiation, herb

Article Body:

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The researchers are now conducting additional phases of antioxidant research to describe how e

AHA Guidelines

The AHA guidelines are the first to put a number on how little trans fat one should eat: just

Athletes have a keen interest because of health concerns and the prospect of enhanced performa

Great Tips

1. Follow a balanced training program that emphasizes regular exercise and eat 5 servings of f
2. Weekend warriors should strongly consider a more balanced approach to exercise.
3. Failing that, consider supplementation.
4. For extremely demanding races (such as an ultradistance event), or when adapting to high al
5. Look for upcoming FDA recommendations, but be wary of advertising and media hype.
6. Do not oversupplement.

Antioxidants protect cells from damage caused by unstable molecules known as free radicals. Th

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