



## Sorting out the Facts

**WHAT ARE FREE RADICALS?** They are groups of atoms that happen to be missing electrons. They are highly reactive, and will steal electrons from your own healthy cells.

**WHAT IS OXIDATIVE STRESS?** Have you heard of oxidation? The best example of this is the reaction that takes place when metal is exposed to water and air. We all know that this reaction forms RUST. This is what's happening inside your body every day with free radical damage.

Every cell in your body takes 10,000 to 40,000 oxidative hits per day!

**HOW DID THESE FREE RADICALS GET INTO MY BODY?** They're unavoidable. They are the product of food metabolism, especially junk food. They are also formed when we exercise, or are exposed to UV light, radiation, pollution, chemicals, smoke, or drugs.

**WHAT DO THEY DO TO MY BODY?** Well, that depends on which cells they hit. If the oxidative stress is in the:

**SKIN** ⇒ you get wrinkles if you're lucky, skin cancer if you're not

**JOINTS** ⇒ you may get arthritis, tendinitis, or worn cartilage

**BLOOD VESSELS** ⇒ this leads to hardening of the arteries and may result in heart disease or stroke

**WHAT ABOUT CANCER?** If the oxidative stress attacks a chromosome, you have DNA damage. That damaged DNA replicates and before long you have damaged tissue. That damaged tissue grows and forms tumors.

**WELL, HOW CAN I PROTECT MYSELF?** The answer is antioxidants. Anti-oxidants donate electrons to the free radicals. These antioxidants are found in freshly picked, vine ripened, raw fruits and vegetables.

To get more fruits & veggies into your diet in a very simple, economical and easy way, ask me how; or learn more at [www.walleyworksjuiceplus.com](http://www.walleyworksjuiceplus.com)