

Looking For The Fountain of Youth?

(NAPSA)—“Live a longer, healthier life. Reduce the visible signs of aging. Drink eight glasses of water a day. Eat foods rich in antioxidants.” Sound familiar?

It seems we are inundated with information about products and solutions that can help us feel and look younger and healthier. Talk of premature aging, free radicals, and oxidative stress consumes the media, but what does all of this really mean? What is oxidative stress? Can we really fight the aging process?

Oxidative stress is the harmful condition that occurs when there are excessive free radicals or oxidants in our bodies, decreasing our antioxidant levels. This causes the body to age—similar to how a car rusts or an apple turns brown. As the body ages, the defenses against oxidants decreases, making us more prone to health concerns and disease.

Antioxidants, often found in brightly colored foods rich in vitamin C and vitamin E, such as spinach and blueberries, neutralize free radicals and counteract the aging effects. Unfortunately, foods and supplements have failed to completely decrease oxidative stress and restore the body's natural balance, as they are soon flushed out of the system.

Beyond keeping good habits, such as eating foods rich in antioxidants and taking vitamins, there are other ways to counter free radicals, slow down the effects of oxidative stress and fight oxidants more effectively.

Experts suggest several natural solutions to combat free radicals and oxidative stress, such as eating blueberries and tomatoes or drinking pomegranate juice. They are all rich in vitamins and antioxidants, so they work to fight



**FIGHTING THE AGING PROCESS—
There are many natural solutions
to help prevent oxidative stress.**

free radicals in the body. Another solution is Protandim, a recently launched dietary supplement that is the first antioxidant therapy proven to fight oxidative stress. Protandim works by “turning on” the body's own natural antioxidant defense and repair system.

“The most effective way to eliminate oxidative stress is to use the body's own natural antioxidant defenses,” said Dr. Joe McCord from the University of Colorado Health Sciences Center. “Traditional antioxidant supplements, such as vitamins C and E, are effective but only fight oxidants on a one-to-one level. On the other hand, Protandim, which induces the body's own antioxidants, is tens of thousands of times more effective as it eliminates up to one million oxidants per second.”

By speeding up the antioxidant defenses in your body, you are slowing down the amount of oxidative stress in your system, a component of the aging process and linked to many diseases. This could allow many to feel youthful, vibrant, and healthy at any stage of life. To find out more about Protandim, log on to www.protandim.com.