

What IS a Free Radical and it's Relation to Oxidative Stress?

Did it begin with Adam and Eve and the apple? Oxidation occurs frequently in nature. Let's look at an apple slice sitting on the kitchen counter. Air hits the apple; apple starts to turn brown, similar to a nail starting to rust. These are examples of oxidative reactions. Imagine the apple or the nail as your body; your tissues are being destroyed over a period of time.

Oxidative stress has been identified and proven the root cause of more than 70 chronic degenerative diseases. Oxidative stress occurs when free radicals, which are not neutralized by antioxidants, go on to create more volatile free radicals and damage cell walls, vessel walls, proteins, fats and even the DNA nucleus of our cells. A free radical is an atom which had an odd number of electrons in its outer ring, normally these electrons are paired Occasionally an atom loses an electron, leaving the atom with an "unpaired" electron, hence the "free radical."

Oxidative stress is linked to such degenerative diseases as osteoarthritis, cancer, autoimmune diseases, Parkinson's, Alzheimer's, and Huntington's disease. The list continues moving into the cardiovascular category, arteriosclerosis, Cancer, and a contributor to the aging process.

Look at it like this "Imagine yourself in front a crackling fireplace. You're mesmerized by the fire, out pops a *hot cinder* and *burns a hole* in the carpet. After time you're carpet is looking like a barbeque. The fireplace represents the furnace of the cell, the cinder the free radical and the carpet is **YOUR** body.

The use of antioxidants (e.g., vitamin C, vitamin E, alpha-lipoic acid to name a few) has yielded positive results with oxidative stress. Although each individual is unique and testing is highly recommend before supplementing with antioxidants. A simple urine test will determine your current level of oxidative stress by measuring lipid peroxide.

Bottom line is this, pick up the phone **(858) 481-1131**, and schedule a consultation and testing today with Dr. Ross. Don't wait till St. Peter just crossed your name off the list and unlocked the Pearly Gates awaiting your arrival. Your friends, family and loved ones will be glad you did.