



Antioxidant Benefits

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Summer is a wonderful time, whether you're barbecuing on the back deck, picnicking at the park or lake or just enjoying the heat of the day, it is important to consider your choice of beverage. Instead of packing your refrigerator full of soda or kool-aid, try steeping some beneficial tea. Grandma always knew it best when she made sure there was a picture of iced tea in the "fridge" for her grandkids to drink. What she didn't know is that later on in life, the world would discover what the oriental cultures have known for ages, tea has big antioxidant benefits and daily consumption of it can help the body combat "free radicals." In his book "Solar Power" Dr Marc Sorenson states Free radicals are atoms or molecules that are unbalanced and seek out healthy cells to destroy them and take them over. Everyone has free radicals in their bodies, they do have a beneficial benefit, but having too many of them is unhealthy for you. Antioxidants fight free radical damage and destroy them. Antioxidants; also known as "free radical scavengers," are compounds that either reduce the formation of free radicals or react with and neutralize them. Antioxidants often work by donating an electron to the free radical before it can oxidize other cell

components. Once the electrons of the free radical are paired, the free radical is stabilized and becomes non-toxic to cells..

Tea has antioxidants, but which one is best. We'll discuss 3 different types of tea, black, green and white. White tea is tea leaves that are picked before they open fully, when the buds are still covered in fine, white hairs. That, of course, is why it's called "white" tea. Green tea is harvested a little later along with black tea. What makes them different is the fermenting process, white tea is not fermented at all, green tea is partially fermented and black tea is fully fermented. Because they are so gently treated, white tea and green tea retain their content of beneficial antioxidants. To properly steep the tea, you need to keep the water below the boiling point, but what about taste. Green tea tends to have a grassy taste, this is why it is usually sweetened with honey, sugar or citrus. White tea has a much gentler and subtler taste, smooth and silky and almost sweet. The appearance of correctly brewed white tea has been described as a pale gold, not unlike a young white wine. For comparison, one cup of white tea contains approximately twelve (12) times as much

antioxidants as fresh orange juice. White tea and green tea both have active compounds in the family of antioxidants (polyphenols) notably the potent antioxidant known as EGCG (epigallocatechin gallate) which has been shown to effectively help in the treatment of cancer. The best way to combat “free radicals” and get the correct quantity of antioxidants is by eating large quantities of colorful fruits and dark green vegetables followed by a nice glass or cup of green or white tea. Don't smoke, if you smoke, STOP! One puff on a cigarette will release approx 1 quadrillion free radicals in a smoker's body this is why smokers tend to suffer from many forms of cancers, heart disease and other degenerative maladies. In fact smoking is a major cause of non-melanoma skin cancers (NMSC) the greater the number of cigarettes smoked, the greater the risk of skin cancer.

So when you get ready to brew your iced tea this summer, think of what you want your family to drink. You're probably wondering why we are writing about tea when we usually write about Vitamin D. We have noticed lately that our tanning lotions contain a high amount of antioxidants, the industry is awake and

noticing what the research is concluding. We need antioxidants to survive, when a customer comes into tan at our salon, we recommend they use a lotion, because it moisturizes the skin, helps get results and has ingredients that help keep the skin healthy. The skin is our body's largest organ and what we put on it is absorbed into the blood stream. If you use a lotion that is loaded with antioxidants such as COQ10, Vitamins A, C, E and K, Pomegranate, Cranberry, White or Green Tea, Selenium, Grape Seed Extract, Rutin, Beta-Carotene or Zinc. You will be giving your body a new weapon to fight off free radical damage and help keep it healthy. When you go out to your local store to purchase sunscreen or moisturizer this summer, make sure it is loaded “chock full” of antioxidants and anti-aging ingredients. Substituting cola for green or white tea will arm your body with antioxidants that will help balance out your cells and fight free radical damage. Making educated decisions about your health will promote longevity and help prevent catastrophic health issues. Enjoy a nice cold glass of iced tea this summer and think about why Grandma always had some in her frig.

