

Age-Defying & Disease Defence Plan

Strategy #7 – Build a nutrient police force within your body to serve and protect you

It is important to choose high quality foods that contain antioxidants which protect against free radicals that cause damage and destroy cellular health.

Inside your body, an army of antioxidants protects you from the forces of aging and disease.

Antioxidants help:

- * prevent disease
- * safeguard your memory
- * reduce the risk of degenerative diseases
- * protect your joints
- * soothe pain
- * avert blindness
- * reduce muscle soreness and fatigue
- * ward off wrinkles



The following seven nutrients have the most power according to the latest research:

1. Selenium – brazil nuts, snapper, shrimp
2. Vitamin E – most nuts including almonds, hazelnuts, peanuts, spinach, wheat germ
3. Vitamin C – citrus fruits, brussel sprouts, bell peppers, and leafy greens
4. Vitamin A – carrots, butternut squash, and spinach (2500 mg max)
5. Vitamins B6 and B 12 – chicken, fish, extra lean red meats, shellfish, eggs, milk, soya, avocado, potatoes, bananas, whole grains, cooked dried beans, nuts and seeds
6. Polyphenols – dark chocolate, red wine, teas and coffee
7. Coenzyme Q 10 – lean beef, chicken breast and all types of fish

Drinking ½ ounce of water per pound of bodyweight daily is essential for flushing toxins, nourishing new forming cells, and maintaining your skin's natural elasticity.