

# 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 = COLOR and can 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
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 8 glasses of water a day is essential for flushing toxins, nourishing new forming cells, and maintaining your skin's natural elasticity.

