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A Simple Way to Promote Healthy Aging

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(HealthNewsDigest.com).. We all know that regular physical activity, a proper diet and eight hours of sleep a night are important to the healthy aging process. But, did you know that protecting your cells against oxidative stress is also a key component of aging healthily?

When your cells metabolize food, toxic by-products called free radicals are released. When these free radicals damage your cells, it's called oxidative stress and it causes deterioration of your cells over time. The human body has a built-in antioxidant defense system that staves off the effects of oxidative stress until your late 20s, but as you age your defenses are less able to protect you efficiently. Cellular damage increases because your body's production of beneficial antioxidant enzymes can't keep up with increasing levels of free radicals.

Hundreds of published scientific studies have shown that high levels of oxidative stress are associated with impaired immune function and more than 100 diseases like heart disease, stroke, Alzheimer's and cancer. Scientists have also shown that, in the quantities generally recommended, conventional antioxidants such as Vitamins C and E do not reduce oxidative stress associated with aging. In fact, in order to neutralize the amount of free radicals your body produces daily you would have to consume 428 oranges a day.

So, how can you protect your body from the damaging effects of oxidative stress and promote healthy aging? It sounds complicated, but there is a simple solution.

Every cell in your body has a built-in defense system that combats free radical damage. This system includes two antioxidant enzymes called superoxide dismutase (SOD) and catalase (CAT), which work in tandem to neutralize free radicals and protect the cell. A supplement called Protandim can help increase your body's production of these two key enzymes to fight cellular damage.

Protandim offers a whole new solution to cellular health. It helps the body help itself by activating the body's own antioxidant defenses to produce more natural antioxidant enzymes. So by helping reduce the damage to your cells caused by free radicals, Protandim also supports healthy aging. Protandim lowers oxidative stress levels and

contributes to overall health.

Coupled with a healthy diet and proper exercise, Protandim will help you live young as you age.

Dr. Nelson is an Associate Clinical Professor of Medicine at University of Colorado Health Sciences Center, Division of Pulmonary Sciences and Critical Care Medicine. She received her doctorate degree from Colorado State University with an emphasis in Nutritional Biochemistry. She is extensively trained in free radical biochemistry and as it relates to diseases that have an oxidative stress component. Her areas of research interests include aging, Heart/organ preservation and Transplantation chemistry, Amyotrophic Lateral Sclerosis (Lou Gehrig's disease), Pre-eclampsia, Diabetes and Heart Disease.

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