

ask.jacquie

by **Jacquie Carter**

Director, Worldwide Outer Nutrition Product Training



FREE RADICALS

We are always hearing about free radical damage. Where do free radicals come from?

Unfortunately, free radicals are just about everywhere, making it imperative to always protect yourself with an antioxidant-enriched diet and topical skin care. The following is about the sources of free radicals. How many of these affect you every day?

General Factors

Aging, metabolism, stress

Dietary Factors

Additives, alcohol, coffee, sugar, hydrogenated vegetable oils, pesticides

Chemical Factors

Air pollutants, such as asbestos, carbon monoxide, chlorine, cigarette smoke; and chemical solvents, such as cleaning products, glue, paints and paint thinners; and both over-the-counter and prescribed medications

Radiation

Cosmic radiation, electromagnetic fields, medical and dental X-rays, radon gas, and solar radiation

What can I do to protect myself from free radical damage?

Eating a diet that is rich in antioxidants is an excellent antiaging strategy for the

entire body. It is estimated that only a small percentage of the antioxidants we eat actually provide benefits to the skin because of the entire body's demand for them. This makes a compelling case for supplementing the diet for anti-oxidant support. Herbalife® Formula 2 Multivitamin, for example, contains antioxidant Vitamins A (as beta-carotene) and C.

Herbalife® skin care products can help combat skin damage by delivering antioxidants directly to the outer layers of the skin. This is especially true of the epidermis, which has no direct supply of blood to provide it antioxidants, and has the greatest exposure to sun and pollution-generated free radicals. The skin can benefit from a supply of antioxidants that can slow the skin's aging process.



If you have questions, please email me at: askjacquie@herbalife.com

