

An Antioxidant Definition “Made simple”

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An antioxidant definition that is easy to understand is in order it seems.

The term “antioxidant” has become so common in our health improvement language, but what does it really mean?

In order to get a really good antioxidant definition, we’re going to dissect the term “antioxidant” itself. This won’t be as gooey as dissecting frogs in high school biology, heh heh heh...

First is what “anti-” means.

“Anti-” is a prefix that means, in this sense, “acts against, counteracts or prevents, cures or neutralizes.” So this part of the antioxidant definition means “something that counteracts an oxidant.”

So what on earth is an “oxidant?”

Well, I could just say that an oxidant is something that oxidizes, but I suspect that wouldn’t help your understanding very much.

No doubt you’ve heard of oxidizing and oxidation.

What exactly is it?

“To oxidize” means to combine with oxygen.

So “antioxidant” literally means “to counteract oxidization.”

Well heck.

I thought that the body needed to combine with oxygen.

Isn’t that how metabolism works?

Most definitely it does!!!

And with proper nutrition, the body can handle a normal amount of oxidation.

But here’s where it gets interesting!

What are “free radicals”...?

The process of oxidation can produce particles called “free radicals.”

Free radicals in the body are basically incomplete molecules and atoms.

Imagine something being blown up.

Particles fly everywhere.

This is an extremely general comparison, but I want to give you a better concept of this!

The explosion could be compared to oxidation. The particles flying around could be compared to free radicals.

Free radicals are little “incomplete” particles. They are lonely little critters and look for something to grab onto.

They’re like parasites in the sense that they look for some “whole” particle to attach themselves to so that they feel “complete” again. Like Dr. Evil and Mini Me.

So what do they do in the body?

Free radicals attach themselves to other cells and tissue and cause deterioration of those cells and tissues.

And they cause a “chain reaction” of deterioration because they “steal” a part from whole cells and tissues to complete themselves.

Then those particles in turn have to “steal” parts from other whole particles, cells and tissues. And so the madness grows!

Free radicals and antioxidants... how do antioxidants work...?

So how do we stop the madness??

Antioxidants to the rescue!!!

These are the benefits of antioxidants.

Antioxidants counteract or neutralize free radicals and their destructive effects.

Earlier in this antioxidant definition, I mentioned that the body is designed to handle a certain amount of oxidation and free radical activity.

Free radicals are produced through the normal process of metabolism.

However, there are additional sources of free radicals in our environment these days.

Indoor and outdoor air pollution, home cleaning products, personal care products and cigarette smoke are common sources of free radicals.

The current “standard American diet” consists of fast foods, heavy on fats, breads, sugars and fatty meats.

These types of foods do not contain antioxidants in any beneficial amount. Combine that with an increasingly toxic, free radical-laden environment and what do you think the result is?

Where do you find antioxidants...?

One of the most powerful antioxidant is Cantron

ORAC values of various antioxidant juices and foods:

4,256 Tomato Juice

6,893 Vegetable Juice

7,400 Orange Juice

10,884 Cranberry Juice

15,629 Grape Juice

15,842 Apple Juice

18,109 Blackcurrant Juice

35,777 Pruce Juice

40,902 Blueberry Juice

41,411 Wolfberry Juice

44,725 Cherry Juice

90,894 Pomegranate Juice

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