

Why Organic Food is Your Best Choice for Natural Free Radical Protection



There are many sources of antioxidants available to help boost your health.

Most of these sources come directly from consumption of high quality, fresh, organic and preferably locally grown vegetables and fruits. But there is a catch.

The catch is that, to get the most potent antioxidant content from the fruits and vegetables – they need to be organically grown and processed.

Here's why.

Research shows that certain organically grown fruits and vegetables have significantly higher levels of potent antioxidants than traditionally grown foods.

The key to all this is a large family of natural antioxidant compounds called polyphenols.

Polyphenols exist in plant foods and their contribution to the antioxidant capacity of the human diet is much larger than even that of vitamins.

And a subclass of this antioxidant-rich family found in fruits and vegetables is flavonoids.

In response to environmental stressors like insects and other competing plants, plants produce flavonoids with potent antioxidant activity.

Unfortunately, conventional growing methods that use pesticides and herbicides hamper the production of flavonoids.

Plants exposed to pesticides and herbicides have less of a need to produce such compounds. And therefore, these plants produce fewer antioxidants than organically grown food.

You don't want to miss out on polyphenol flavonoids because they can:

- Improve your memory and concentration
- Boost the effectiveness of vitamin C in your antioxidant network
- Regulate nitric oxide – a potent free radical that regulates your blood flow
- Help promote your healthy heart
- Bolster your immune system

So, to take advantage of the highest potency flavonoids and rich antioxidants, always choose organically grown fruits and vegetables.

Fresh organic foods are important not only for what they give you, higher levels of antioxidants and nutrients, but also for what they don't give you... exposure to pesticides, herbicides, and non-organic fertilizers.

Now let's take a closer look at some common and not so common food sources of antioxidants – keeping in mind that for you to receive the highest antioxidant potential, organic is best.

Consumer Alert: Berries are a Great Source of Antioxidants, but Watch Out for the Sugar

The Great Grape Harvest



If you're wondering why we're promoting Purple Defense again (versus Radical Fruits), here's the answer: It's been a great harvest for the luscious muscadines used in Purple Defense and we can now

A specific polyphenol flavonoid compound called quercetin is a potent dietary antioxidant found in certain berries: lingonberries, cranberries, bilberries, and black currants.

offer them to you again at a special price!

Both products are excellent antioxidants.* However, right now the "best deal award" goes to natural whole-food Purple Defense -- containing the antioxidant-loaded all-American muscadine grape.*

Not only do berries contain many flavonoids like quercetin, but also fiber... vitamin C... and other nutritious antioxidant-rich polyphenol compounds.

Ideally, berries should be eaten raw and as you already know – organic is best.

Another great source of antioxidants in berries is from blueberries. In fact, Europeans recognize their bilberries as blueberries.

Only a few years ago, the USDA Human Nutrition Center (HNRCA) ranked blueberries #1 in antioxidant activity. This research compared 40 other fresh vegetables and fruits.

This is all great but there is a red flag I have to raise – **watch out for too much sugar.**

If you overdo your fruit consumption, even berries, you risk releasing too much sugar into your system. This could cause your insulin levels to rise and eventually your health could worsen instead of improving.

So, moderation is the key when eating fruit. Choosing fruit relatively low in sugar, like blueberries, should not only boost your antioxidant intake but help keep your insulin levels in check as well.

Eat Your Veggies for Healthy Antioxidants – but Which Ones?

Broccoli, greens, beans, artichokes, and onions, to name a few, are good sources of polyphenol flavonoids. And of course, raw organic vegetables help you maximize the antioxidant benefits.

However, just like you need to be careful on how much and the types of fruit you eat, the same holds true with vegetables.

For example, from the USDA Human Nutrition Center research, potatoes ranked high on the list of vegetables with potent antioxidant content. But they are not necessarily your best choice because they may cause increased insulin levels.

In order to determine the amount of fruits and vegetables your body requires, I recommend you first determine your Nutritional Type™ (NT).

You see, foods and individual nutrients do not behave the same way in two people with different Nutritional Types. Your Nutritional Type determines your individual nutritional requirements and dictates your individual responses to what you eat and drink.

By Dr. Mercola