

ANTIOXIDANTS: BEYOND THE HYPE

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"Chronic disease can be viewed as a process in which the oxidative stress proceeds at a much slower pace than is seen with acute infectious diseases and acute toxin exposures. Vigorous antioxidant therapy goes a long way in reversing the clinical manifestations of such diseases as well, as long as the dose administered supplies enough electrons on a daily basis to reverse the ongoing oxidative damage from the disease process."



The body's trillion or so cells face formidable threats, from lack of food to infection with a virus. Another constant threat comes from nasty chemicals called free radicals. They are capable of damaging cells and genetic material. The body generates free radicals as the inevitable by-products of turning food into energy. Others are in the food you eat and the air you breathe. Some are generated by sunlight's action on the skin and eyes. Free radicals come in many shapes, sizes, and chemical configurations. What they all share is a voracious appetite for electrons, stealing them from any nearby substances that will yield them. This electron theft can radically alter the "loser's" structure or function.

Free radical damage can change the instructions coded in a strand of DNA. It can make a circulating low-density lipoprotein (LDL, sometimes called bad cholesterol) molecule more likely to get trapped in an artery wall. Or it can alter a cell's membrane, changing the flow of what enters the cell and what leaves it. We aren't defenceless against free radicals. The body, long used to this relentless attack, makes scads of molecules that quench free radicals as surely as water douses fire. We also extract free-radical fighters from food.

These defenders are often lumped together as "antioxidants." They work by generously giving electrons to free radicals without turning into electron-scavenging substances themselves. There are hundreds, probably thousands, of different substances that can act as antioxidants.

The most familiar ones are vitamin C, vitamin E, beta-carotene, and other related carotenoids, along with the minerals selenium and manganese. They're joined by glutathione, coenzyme Q10, lipoic acid, flavonoids, phenols, polyphenols, phytoestrogens, and many more.

Food can Supply LOTS of Antioxidants:

Antioxidants came to public attention in the 1990s, when scientists began to understand that free radical damage was involved in the early stages of artery-clogging atherosclerosis and may contribute to cancer, vision loss, and a host of other chronic conditions. Some studies showed that people with low intakes of antioxidant-rich fruits and vegetables were at greater risk for developing these chronic conditions than were people who ate plenty of these fruits and vegetables. Clinical trials began testing the impact of single substances, especially beta-carotene and vitamin E, as weapons against heart disease, cancer, and the like.

Science Matters

Bright colors, rich diet

Some of the most health-enhancing nutrients in fruits and vegetables are bright red, orange, yellow and green.

A simple guide: Go for color
Dark and intensely-colored plant foods usually contain more chemically active antioxidant pigments than pale ones.

Some of the best:

- Pumpkin, winter squash
- Mango and papaya
- Watermelon, other melons
- Strawberries
- Carrots
- Sweet potato, yams
- Plums, prunes
- Oranges, other citrus
- Fresh corn
- Sweet peppers, all colors
- Grapes, blueberries
- Kale, spinach, dark greens

Eat more colors

Your fave ?

- Anthocyanidins
- Apigenin
- Hesperetin
- Luteolin
- Proanthocyanidin
- Myricetin
- Quercetin
- Lycopene
- Beta carotene

Magic chemicals
The most important chemically active nutrients

What do antioxidants do?

"Free radicals" are small, cell-damaging molecules produced by the body as waste products; antioxidants neutralize them"

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Source: Produce for Better Health Foundation, Dole Food Company, Florida Department of Agriculture and Consumer Services, Oregon State University, "Understanding Free Radicals and Antioxidants" Graphic: Cindy Jones-Hullachor, Sun Sentinel

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Antioxidant supplement and achieve optimal health by following your specific Blood Type Diet, GenoType Diet, or SWAMI Diet. Find additional support with Dr. Peter D'Adamo's unique naturopathic supplement formulas below.

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Quercetin Plus:

Quercetin has been studied scientifically for the past 30 years —and recent studies confirm this flavonoid is 400 times more potent than vitamin E. .

Quercetin appears to have many beneficial effects on human health, including cardiovascular and stomach health protection, maintaining immune system health, and helping to calm the occasional, temporary inflammation following sports act

Proberry Caps:

Plant anthocyanidins such as those found in elderberry, berries, and other pigmented fruits and vegetables have been shown to block the enzyme ornithine decarboxylase (ODC) that is responsible for the production of polyamines.

Proberry Caps also contains a standardized extract of Acerola Berry, the domestic food with the highest concentration of naturally-occurring Vitamin C, as well as a rich source of synergistic bioflavonoids with among the highest antioxidant capacity found in nature.

Harmonia Deluxe

features a wide variety of sprouted seeds and grasses bursting with nutritional integrity and enzymatic activity. The blend also contains antioxidant-rich fruits such as elderberry, cherry and blueberry, plus phytonutrients such as ginseng and ginger

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Quercetin- A potent Antioxidant Quercetin is widely distributed in the plant kingdom and is the most abundant of the flavonoid molecules. It is found in many often-consumed foods, including apple, onion, tea, berries, and brassica vegetables, as well as many seeds, nuts, flowers, barks, and leaves.

It is also found in medicinal botanicals, including Ginkgo biloba, Hypericum perforatum (St. John's Wort), Sambucus canadensis (Elder), and many others.

It is often a major component of the medicinal activity of the plant, and has been shown in experimental studies to have numerous effects on the body. Flavonoids, as a rule, are antioxidants, and a number of quercetin's effects appear to be due to its antioxidant activity.

Quercetin scavenges oxygen radicals inhibits xanthine oxidase, and inhibits lipid peroxidation in vitro. As another indicator of its antioxidant effects, quercetin inhibits oxidation of LDL cholesterol in vitro, probably by inhibiting LDL oxidation itself, by protecting vitamin E in LDL from being oxidized or by regenerating oxidized vitamin E. By itself, and paired with ascorbic acid (vitamin C), quercetin reduced the incidence of oxidative damage to neurovasculature structures in skin, and inhibited damage to neurons caused by experimental glutathione depletion.

Quercetin is used for treating conditions of the heart and blood vessels including "hardening of the arteries" (atherosclerosis), high cholesterol, heart disease, and circulation problems.

It is also used for diabetes, cataracts, hay fever, peptic ulcer, schizophrenia, inflammation, asthma, gout, viral infections, chronic fatigue syndrome (CFS), preventing cancer, and for treating chronic infections of the prostate. Quercetin is also used to increase endurance and improve athletic performance.

RECIPE RIGHT FOR ALL BLOOD TYPE

Refresh yourself with a homemade drink packed with right for your type nutrients. For an added dose of power, add a scoop of **Harmonia Deluxe** Drink powder. Harmonia features a wide variety of sprouted seeds and grasses bursting with nutritional integrity and enzymatic activity.



Iron(ic) Tonic

Beet / Celery / Spinach

Bursting with iron rich produce, this juice fortifies your blood.

- 1 beet
- 2 stalks of celery
- 3 cups of spinach

Juice all ingredients and add a scoop of Harmonia and stir before serving over ice.



Morning Glory

Pineapple / Kale / Ginger / Lemon

Hop out of bed to this energizing morning drink.

- ½ fresh pineapple (cored, peeled)
- 4 large kale leaves
- 1" fresh ginger, grated
- Add a squeeze of lemon after juicing

Juice all ingredients and add a scoop of Harmonia and stir before serving over ice.



Veggie Vitality

Celery / Kale / Carrot / Parsley

We call this drink "energy in a glass."

- 4 stalks of celery
- 5 large kale leaves
- 2 carrots
- 1 handful of parsley

Juice all ingredients and add a scoop of Harmonia and stir before serving over ice.

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How Acupuncture Can Promote Your Overall Health and Wellbeing



Research has proven that acupuncture can improve a person's well-being by stimulating the body's healing processes, making it an important component to an integrative health care plan.

From pain management to stress reduction, experts are finding that the positive effects of acupuncture are broad and far-reaching. Patients can experience not only physical wellbeing, but also an improved state of mind and a more balanced emotional state, after they have undergone acupuncture sessions. So if you have been hoping to enhance your health this year, finding a qualified acupuncturist could be just what you need to get the relief you've been waiting for, without the use of strong prescriptions or invasive procedures.

Acupuncture and Its Many Benefits

Acupuncture has been making waves in the world of alternative health care, and for good reason. Many patients experience incredible results when they see a professional acupuncturist and receive the appropriate treatments. Despite acupuncture's growing popularity, however, many people are still unclear about how it contributes to a person's overall health and wellbeing.

When placed at the appropriate points, acupuncture needles help to release blocked energy throughout the body so that function can be restored to everything from the digestive and cardiovascular systems, to the immune system, endocrine system, and nervous system. Results of this balanced energy flow can include better sleep and elevated mood, enhanced digestion, reduced pain, and an improved sense of wellness.

You can even boost the benefits of acupuncture by employing it in combination with other natural healing techniques, such as bodywork therapies, herbal remedies, and dietary changes. For example, you can balance and improve the flow of energy in your body, thereby positively affecting your state of mind and your physical state, with the help of a combination of acupuncture sessions, chiropractic adjustments, massages, and movement exercises like Tai Chi.

Some of the Conditions That Acupuncture Can Treat

Clinical studies have found that natural health care in the form of acupuncture, in particular, can provide relief for conditions that include, but are not limited to:

- Depression, anxiety, and post-traumatic stress disorder (PTSD)
- Allergies and respiratory problems like asthma
- Rheumatoid arthritis, osteoarthritis, and fibromyalgia
- Tennis elbow, sprains, and injury related pain
- Hypertension and hypotension
- Knee, low back, and neck pain, as well as sciatica
- Dysmenorrhea
- Headache and migraine
- Nausea, vomiting, irritable bowel syndrome (IBS), and morning sickness
- Postoperative pain, facial pain, and dental pain

**To learn more our
TCM service please
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Source: <https://blog.nuhs.edu/the-future-of-integrative-health/how-acupuncture-can-promote-your-overall-health-and-wellbeing-this-year>

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My Type Store. 1 Pemimpin Drive, #06-08 One Pemimpin Singapore 576151. Tel: +65 63395570