

ANTI-OXIDANTS AND ANTI-OXIDANT THERAPY

taken from an article by Dr L Wilson © October 2013, The Writers Group

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Many physicians today are discovering the role of anti-oxidants in minimizing certain types of cell damage due to singlet oxygen atoms, also called free radicals. As a result, these well-meaning doctors are recommending large quantities of anti-oxidant nutrients. However, in my experience, this is often misguided for the following reasons:

1. Too many anti-oxidants are harmful. The correct balance of oxidant and anti-oxidant substances are needed in the body.
2. Among other problems, anti-oxidants are generally very yin molecules, and this is definitely harmful today for most people.
3. Much more important than giving anti-oxidants, in many cases, is to reduce the production of oxidants in the body. Then the anti-oxidants are not needed.

Among the causes of excessive oxidants are weak adrenal glands, and an improper diet with white sugar and wheat products...stress, in general, seems to be a factor in some cases. As these causes are corrected, the need for anti-oxidants decreases greatly.

TAKING MORE ANTI-OXIDANTS DURING A NUTRITIONAL BALANCING PROGRAM

Some of our clients ask me if they can take more antioxidants as part of their nutritional balancing program. The general answer is no, although up to about 500 mg of vitamin C OR a little more TMG or trimethylglycine is usually okay. More, however, or taking other anti-oxidants no matter how beneficial in some ways, usually will damage or ruin a nutritional balancing program. Here is why:

1. The program already includes plenty of anti-oxidant nutrients - over 100 - in the form of phytonutrients in the diet consisting of 70% cooked vegetables. Also, the recommended supplements usually contain more of the basic anti-oxidants, such as vitamin A, C, E, selenium and perhaps others.
2. Anti-oxidant nutrients are almost all extremely yin in macrobiotic terminology. This is very harmful today, and can make one worse. Please read article about *Yin and Yang*.
3. Most anti-oxidant therapy is a symptomatic nutritional approach. We do our best to avoid this approach as it is totally inadequate, often unbalances the body, creates dependency and does little or nothing to really improve one's deeper health level. It is fine for the short term, but that is all it is - a kind of Band-aid therapy that really does not work well at all in the long run. Instead, a

nutritional balancing program is designed to deeply balance the body chemistry, including the oxidant and anti-oxidant aspects of body chemistry. We find this approach works much better in the long run.

4. Nutritional balancing removes some of the causes of oxidant damage, and this is more permanent and more healthful than taking a lot of anti-oxidants. Here is how it is done. One must remove oxidized forms of minerals that float around the body, and one must remove at least two dozen toxic metals and hundreds of toxic chemicals from the body.

Among the culprits in oxidative damage are **the amigos**. These include oxidized forms of iron, manganese, aluminum, and often oxides of other minerals such as copper, calcium, magnesium, nickel, boron, vanadium and even chromium and selenium. Some, such as copper, actually destroy vitamin C and perhaps other important anti-oxidant nutrients within the body.

The amigos are among the actual cause of too much oxidation. When these oxidized forms of minerals are removed, along with other toxins that cause the problem, the need for anti-oxidants diminishes significantly.

In fact, once they are removed, one can easily overdo on anti-oxidant nutrients, which just unbalances the body severely. To read more about the amigos, read Iron, Manganese And Aluminum And Other Amigos on this website.

5. Other aspects of nutritional balancing programs also deal with the problem of anti-oxidants on a deeper level. These include:

- a. The use of a near infrared lamp sauna. This can dramatically improve circulation, oxygenation and hydration of the tissues, and this can often stop some oxidant damage.
- b. Coffee enemas. This also seems to have many anti-oxidant effects, even beyond the several anti-oxidant nutrients in the coffee itself. Anything that benefits the liver often helps with oxidative damage.
- c. The Ozonator/Ionizer air purifier we suggest, placed in the bedroom, adds oxygen to the body in a gentle manner. It does not appear to cause more oxidant damage, but in fact helps remove damaging toxins that cause oxidant damage.
- d. Making the body more yang appears to help reduce oxidant damage.