

Intro to Oxidative Stress (OS)

A quote from Harvard:

“Inflammation is the one unifying link between all disease”

I Say: Think of OS as our Mortal Kryptonite

A major “raison d’être” of mine in life is to educate people about OS - because it is THE most important aspect of proactive, health centric lifestyle, and the least understood.

A bit about my credentials:

- ➔ I have been a CCM (chronic care manager) for over 20 years, well over....
- ➔ I have done a great deal of radio and podcasts- on both sides of the Mic! All science geek, medical & researchers, I have been interviewed many times on oxidative stress and disease prevention and management
- ➔ I am an open blogger on a number of sites, and a ghost writer
- ➔ I have been a corporate health coach
- ➔ Most precious of all, professionally, I am honored to have been asked to be part of research - all in the field of oxidative stress and inflammation.

OS is all about unstable molecules stealing electrons to try and become stable.
Enough chemistry

The Most Important part to know about Oxidative Stress is:

Oxidative Stress ⇒⇒⇒ Inflammation ⇒⇒⇒ Chronic Inflammation ⇒⇒⇒⇒ Disease

Please understand there is an obscene amount of research, and I am providing you the very abbreviated version.



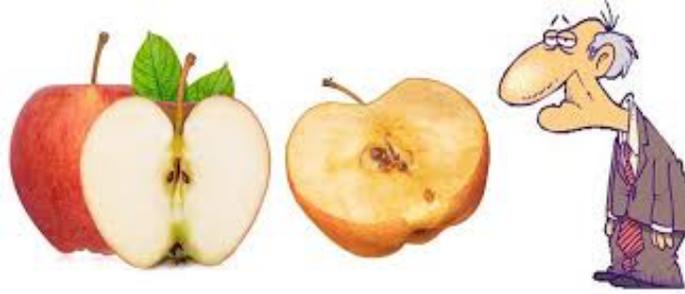
Unpaired free electron...trouble starts here

Sources of Oxidative Stress

Endogenous (from within): a byproduct of ATP (energy) production in the mitochondria of the cell; immune stimulation, inflammation, disease, higher body fat, production of prostaglandins.....clearly OS is created as a by product of many reactions in the body

Exogenous (from our environment): smoking, alcohol, too much exercise (kills me to say that), processed foods, our beloved cell phones, pollution, radiation, toxins such as MANY of the chemicals used in our detergents, pesticides, cosmetics, medications

⇒⇒⇒ OS is a reality of life. Our body’s ability to deal with OS decreases dramatically as we age from an infant. It is the main culprit in aging....we are oxidized.....



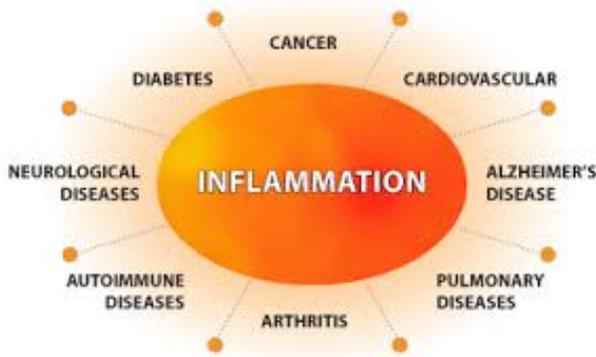
Very Sad graphic - but yes - excellent illustration.

For more in-depth reading on OS - please visit www.bestincorporatehealth.com
A few specific pages:

- <https://bestincorporatehealth.com/combating-oxidative-stress-from-within>
- <https://bestincorporatehealth.com/workplace-oxidative-stress-mind-measure>
- <https://bestincorporatehealth.com/cancer-a-virus-to-our-cellular-html>
- <https://bestincorporatehealth.com/brain-fog-reversible-saboteur-productivity>

Last page of this One pager PDF - that is turning out to be 3.....is the links to many studies on OS - so you know I did not make this stuff up, it is very real.

OS is at the Root of Disease, Both Mental & Physical



Add: Depression, IBD, poor healing, aging, neurodegenerative such as Parkinson's, chronic fatigue, male infertility, asthma.....

Some people genetically have a stronger ability to fight oxidative stress, some weaker. However, the greatest influence are the endogenous & exogenous exposures, AND...sometimes we think we are making good lifestyle choices.....and really, we are encouraging oxidative stress.....

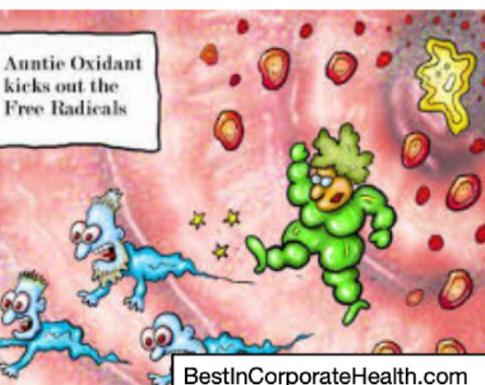
<https://bestincorporatehealth.com/nutritional-sabotage-our-own-worst-enemy>

What can we do to minimize OS

- ➔ Eat healthy: Eat our antioxidants - eat a rainbow of fruits and vegetables. NO -drinking red wine - is not a good choice for MANY reasons - does not provide enough resveratrol + the effects of the alcohol can be much worse - sorry - don't stop reading because I said that. The inflammation caused by alcohol starts with the very first glass - especially in the brain.
- ➔ minimize exposure to exogenous sources of OS
- ➔ Be very careful about "antioxidant " supplements: either one needs vast quantities, and some are toxic in those large doses.
- ➔ *Activate Your Own Body to Produce its own home grown solution.*

We have our own innate system to combat Oxidative Stress - it is called the NRF2 pathway.

➔ Like every piece of us - it gets tired with age, and needs some TLC



I am very proud - after all of my years of research on OS and its effect on chronic illness to work with a medical technology that is referred to as - Washington State University Study -

“May well become the most extraordinary therapeutic and most extraordinary preventative breakthrough in the history of medicine. “

Yes - these are like supplements - but they are NOT and here is why.

*They are **NOT** a bunch of antioxidants crammed into a pill.....*

Rather

They contain 5 natural ingredients that when combined in this heavily patented manner, create a synergy that ACTIVATES the body to turn on its own biological system to produce its own antioxidant system. Very big difference. As an example - ONE of the multiple mechanisms by which these activators work is by increasing glutathione by 300%.

Our activators are Known, and accepted to Reduce Oxidative Stress by 40% in the first month

⇒ Lack of glutathione is a culprit in many diseases including Alzheimer’s, blood disorders, seizures, cognitive & coordination abilities...very far reaching

This pathway is made available by our products via pills, drinks, skin care & hair care.

I welcome the opportunity to share extensive research with you, as I do not want you thinking this is yet another marketing scam. There are 11 patents, a NASDAQ traded company, many huge investors have invested in us. And...the creator of our products won multiple scientific awards for his discovery...and there are 26 peer reviewed studies on our products on Pubmed, and hundreds of other glowing studies. Our products have earned the accolades of American Heart Association, Dr. Sanjay Gupta....+ many more including

There are very extensive studies from:

- Washington State
- Louisiana State, Harvard, Vanderbilt ++++++
- National Institute on Aging (NIA part of NIH)
- + written up in numbers medical & scientific journals

Yes - we are the ONLY non prescription product to receive these accolades and have many hundreds of studies.

Again - I will more than happily share this research with you.

For Now - As A science geek myself -I am adding a number of studies to show you the ravages of OS:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5927356/> Aging
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2724665/> Neurodegenerative diseases
<https://www.ahajournals.org/doi/full/10.1161/01.HYP.0000138070.47616.9d> Hypertension
<https://www.neolifeclinic.com/blog/the-relationship-between-depression-and-oxidative-stress-is-confirmed/?lang=en>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0138904> Depression
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215085> Mental Health
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4840676/> Alzheimer’s

To our health!
Shira