

The Importance of Antioxidants in Detoxification

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Why are antioxidants so crucial in the role of detoxification? Antioxidants are natural antidotes to the chemicals that have the potential to harm your body and its essential function, compromising your immunity and speeding the aging process. When you incorporate smoothies that are rich in these health-promoting antioxidants, you help your body to perform at its optimal level of health and wellbeing.

We hear about free radicals and the damage they cause to the body. Pollution, plastics, fertilizers and pesticides, cosmetics and other personal care products, and even medications all contain free radicals that damage the body's cells and tissues. But there is a way to help combat this barrage of environmental chemicals and toxins: antioxidants.

The body has its own method of detoxification—that is largely the function of the liver—but these processes are strengthened and made more efficient by the foods we eat. Thus a diet rich in antioxidants helps your body to do its job with maximum effectiveness and efficiency. And the food choices you make are an important part of the equation. In order to help your body perform its natural detoxifying work, you must give it the kind of high-quality, nutrient-dense foods it needs. Detox smoothies, rich in a variety of antioxidants, are an effective way to load your system with the premium fuel it wants in order to run at peak performance and simply feel great.

These detox smoothie recipes contain primary antioxidants—the ones that help to effectively cleanse your body:

- Selenium
- Vitamin C
- Vitamin E
- Carotenoids
- Flavonoids
- Folic acid
- Vitamin B12

The recipes in this book make great refuel options after your workout as well. While exercise is vital for health, strenuous physical activity does produce free radicals in the body. Following up your workout with a detox smoothie rich in antioxidants helps to balance your body, provides a rich source of healthy fuel and rapidly combats any possible free radical damage.

In addition to tasting great, antioxidant-rich smoothies:

- Empower your body's natural cleansing processes
- Attack free radicals

- Counteract the aging process
- Boost energy
- Strengthen immunity
- Help your body to recover after exercise

So drink up!