

Oxidative Stress Disorder

What is Oxidative Stress ?

Oxidative stress is a direct consequence of the harmful action that elevated numbers of free radicals inflict on the cells and tissues of the body. Most of us have heard of free radicals but don't fully understand what they are. Quite simply, free radicals are atoms which are able to react with the molecules of a cell (including DNA) and in elevated quantities can cause damage and mutations of the cells affected.

What causes Oxidative Stress?

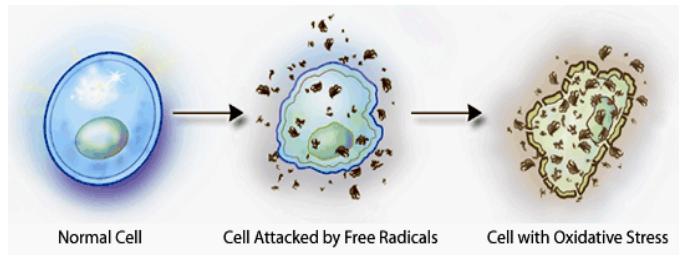
A multitude of situations can drive oxidative overload including UV radiation, X-rays, chemicals, cigarette smoke, pesticides, heavy metals, drugs and viral and bacterial infections. Overzealous exercise (without adequate recuperation) and conditions such as obesity, diabetes and arthritis also drive excessive oxidation within the body.

What are the consequences?

The consequences of such action on a cell will often cause functional and structural impairment, and then death of the cell. It is not unusual to have small numbers of free radicals in our bodies. However, elevated free radicals can pose a severe threat to cells. Thus, resulting in symptoms of "oxidative stress" The aim of assessment is to measure free radicals and identify 'oxidative stress' so that we can prevent its unwanted consequences.

Who is at risk ?

We all are! In health, the body is able to prevent free radical-induced damage via natural defense systems called "antioxidants" which neutralize the "oxidative" action of free radicals. Unfortunately, we are all invariably too frequently exposed to the sun, pollutants, pesticides and other free radical



agents. Once the delicate balance is broken free radicals cause a number of cell lesions which if severe will over time lead to an acceleration of the "physiological" aging processes as well as a variety of degenerative illnesses such as Parkinson's, Alzheimer's, Multiple Sclerosis and a variety of Rheumatic, Cardiovascular and Chronic inflammatory disorders. Consequently even 'healthy people' should periodically undergo tests for oxidative stress.



How can we help ?

Using advanced technology we can now measure the free radical levels in the blood as an indicator of oxidative stress and monitor the level of change as dietary changes and/or antioxidant therapy is initiated. This promotes vitality and slows the inevitable ageing process, helping you live a longer and healthier life.

This centre has many years of clinical experience in the prevention of disease & the management of "at risk" clients . Blood, urine & saliva testing is utilized to ascertain the exact nutritional , oxidative and health status so that an individual nutritional programme can then be implemented.