

Antioxidants

People have been looking for the fountain of youth since the beginning of time. They did not have to look far because many sources come from the back yard. They discovered that **antioxidants** are age-stoppers and even age-**reversals**. There are many kinds of antioxidants. Berries, cherries, and strawberries known as fruits of color are high in antioxidants. Oranges contain high amounts of antioxidants. Dark chocolate has more antioxidants than milk chocolate.

Antioxidants are powerful enough to stop free radicals that damage or kill cells. The most common form of cell damage is cancer. Antioxidants have long been used to fight cancer and other health issues.

Antioxidants can be consumed as a food or drink. Teas contain a lot of antioxidants. Drinking white tea, green tea and black tea is believed to lead to a longer life. Many people find it hard to add antioxidants to their diets, but it's really not hard. You can easily make an antioxidant smoothie by blending 1 cup ice, 1 cup of fruit, ½ an apple, and 1 teaspoon of honey. I bet you never thought that you could have so much fun eating and drinking to live longer.

Green Tea

Green tea is good due to its high levels of antioxidants. Drinking lots of green tea can help with digestion. But there are other health benefits you gain from drinking this fragrant brew. There are many benefits you could see if you drink green tea regularly.

Drinking green tea could help you achieve weight loss. There is a **chemical** in green tea that can help you stay slim. Green tea allows your body to burn off more energy from the food you eat.

Green tea can help you relax and feel less stressed. It is also packed full of antioxidants that could help prevent people from getting cancer. This cancer-fighter helps get rid of poisons in the body.

Drinking green tea also leads to healthy teeth and gums. A study that examined the dental health of 940 men found that those who **regularly** drank green tea had better oral health than those who didn't.

The antioxidants in green tea can help the skin look young. People who drink green tea regularly have less wrinkles. It is also believed that people live longer if they drink multiple cups of tea each day. Consider drinking a cup of tea every day.