

Cellular Antioxidant Protection

Our body's health depends on our cells' health. To slow down the aging, limit illness, and prevent disease we must protect and feed our cells properly.

Cells are made up of atoms. Healthy atoms have "paired" electrons (yellow dots). When healthy cells replicate, they make an exact copy.

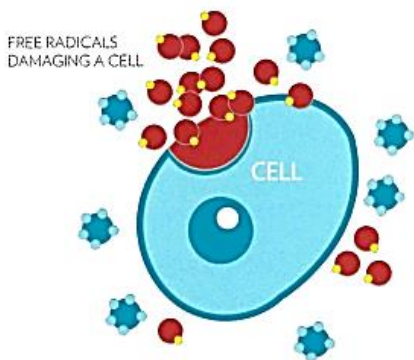
FREE RADICALS, atoms missing an electron, steal electrons from surrounding atoms and they alter or destroy cells.

Cells that die and cells that replicate in a damaged state are the cause or contribute to premature aging, sickness, and diseases such as cancer, heart disease, osteoporosis and many others.

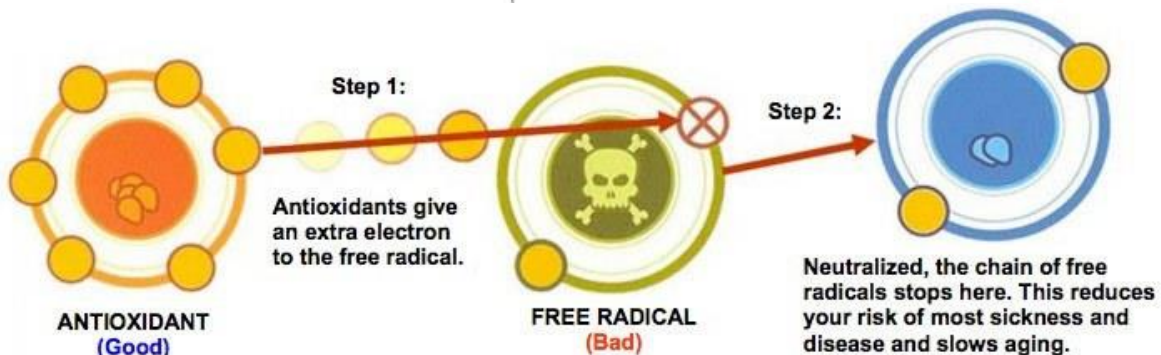
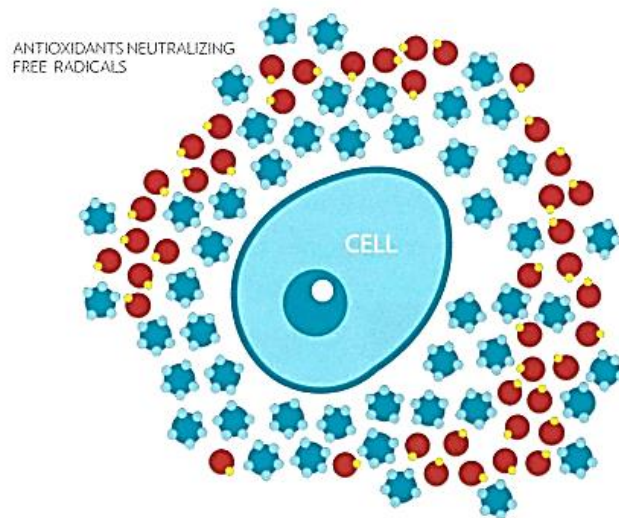
ANTIOXIDANTS freely share their electrons with these free radicals, protecting the healthy cells so that they are not damaged. You can directly affect your carotenoid antioxidant level by eating colorful fruits and vegetables, staying active, sleeping adequately, and through correct supplementation.



FREE RADICAL DAMAGE



ANTIOXIDANT PROTECTION



s3 SCANNER RESULTS

“The amount of antioxidants that you maintain in your body is directly proportional to how long you will live”

Richard Cutler MD, Director Anti-aging Research, National Institute of Health (NIH)

Skin Carotenoid Score

A 50,000 to 100,000+	=	Optimal
B 40,000 to 49,000	=	Fair
C 30,000 to 39,000	=	Nutritionally Deficient
D 20,000 to 29,000	=	Cautionary Zone
F 10,000 to 19,000	=	Dangerously Low

A- 50,000 to 100,000: Optimal - Everyone is advised to strive for this level or higher. A program of healthy eating and supplementation can allow one to reach this level of optimal cellular protection.

B – 40,000 to 49,000: Fair – Healthy diets start here but may not be enough for the long-term disease prevention. Supplementation will allow most people to attain this level or higher. **Patients at this level should consider starting our Ultra Preventative Multi Vitamin-Mineral supplement daily.**

C – 30,000 to 39,000: Nutritionally Deficient – People in this category are typically eating 3 – 5 servings of fruits and/or vegetables per day and may or may not be supplementing. This level is not sufficient for long-term protection. **We recommend that patients at this level take our Ultra Preventative Multi Vitamin-Mineral supplement daily.**

D – 20,000 to 29,000: Cautionary Zone – People in this category are typically eating a couple of servings of fruits or vegetables per day and may or may not be supplementing. The supplements do not appear to be working effectively at this level. **We recommend that patients at this level take our Ultra Preventative Multi Vitamin-Mineral and ADK 10 supplements daily.**

F- 10,000 to 19,000: Dangerously Low – About half the U.S. population scores in this range and they do not eat many fruits or vegetables, and/or their nutritional supplementation is not working (is not being absorbed by the body and/or the product does not contain what the label says it does). **We recommend that patients at this level take our Ultra Preventative Multi Vitamin-Mineral, ADK 10, and Radical Resilience supplements daily.**





Generally, it is better to make our own food than it is to buy it. By making our own food we can avoid unwanted preservatives and can even source our food from places or business that we trust.

Visit **SALTANDBAKER.COM** for delicious meal ideas that you can enjoy at home. Here you will find recipes that will satisfy every craving and there is even a special section dedicated to healthy recipes!

Diet Advice from Taylor Smith P.A

ORAC stands for oxygen radical absorbance capacity. ORAC measures the ability of foods and other substances to reduce oxygen free radicals in a test tube, otherwise known as antioxidant activity. Free radicals are unstable atoms or molecules which can cause chain reactions of oxidative damage to cells, making the body more susceptible to aging, decreased health, and increased cancer risk. Cumulative damage of free radicals causes many degenerative changes as we age and impacts age-related diseases. Below is a list of 38 antioxidant super foods. The higher the ORAC score, the better antioxidant properties the food contains.

Food	ORAC Score	Food:	ORAC Score
Cloves	290283	Blueberries	4669
Cinnamon	131420	Pomegranate	4479
Turmeric	127068	Goji Berries	4310
Cocoa Powder	55653	Strawberries	4302
Cumin	50372	Cherries	3747
Thyme	27426	Broccoli	2160
Dark Chocolate	20816	Sweet Potatoes	2115
Ginger	14840	Oranges	2103
Elderberries	14697	Red Grapes	1837
Oregano	13970	Red Beets	1776
Raisins	10450	Kale	1770
Artichokes	9416	Onions	1521
Cranberries	9090	Spinach	1513
Kidney Beans	8606	Alfalfa Sprouts	1510
Prunes	8059	Brussel Sprouts	1330
Blackberries	5905	Parsley	1301
Garlic	5708	Lemons	1225
Raspberries	5065	Potatoes	1138
Basil	4805	Tomatoes	546

Hand A/O Scan



The Pharmanex BioPhotonic Scanner is the world's first measuring tool that gives you a Skin Carotenoid Score (SCS)—immediate evidence of carotenoid antioxidant activity in your body. By placing the palm of your hand in front of the scanner's safe, low-energy blue light, within seconds you will obtain a reading of the carotenoid antioxidant levels in your skin—your Skin Carotenoid Scores (SCS)—which has been scientifically correlated to overall antioxidant status.

The technology of the Pharmanex BioPhotonic Scanner is based on an optical method known as Resonant Raman Spectroscopy, which has been used for many years in research laboratories.

The Scanner measures carotenoid antioxidant levels in human tissue at the skin surface using optical signals. These signals identify the unique molecular structure of carotenoids, allowing their measurement without interference by other molecular substances and providing the person being measured with their own SCS.

In less than one minute you can find out if your diet, lifestyle and supplements provide the antioxidant protection you need for promoting health.

