QUENCH YOUR THIRST FOR ENERGY
If you’ve read Dr. Talbott’s book Deadly Antioxidants, you now have an understanding of antioxidants and why we need them. If you have not had the chance to read his book, here is a brief explanation.

Antioxidants are compounds that work to protect our bodies from the damaging effects of free radicals (i.e., unstable molecules that are made by our bodies in response to normal metabolism or when exposed to sources such as air pollution, car exhaust, cigarette smoke, and sunlight). Overexposure to these molecules increases our risk for disease and premature aging as they destroy the cells and tissues that make up our bodies.

So where do we find antioxidants? Both inside of our bodies (antioxidant enzymes) as well as in the foods we eat (dietary antioxidant nutrients). And what we’ve learned is that the internal antioxidant enzymes are far more powerful than any dietary antioxidant in terms of stabilizing harmful free radicals. This means that in order to create the strongest defense against free radicals we need to activate the body system that creates these antioxidant enzymes (see Deadly Antioxidants for an in-depth discussion of this topic).

So how do you go about triggering the production of these powerful enzymes? Several ways. One of which is by eating nutrient-rich foods that contain a variety of antioxidants. Below is a list of these foods and ways that you can include them in your daily eating regimen.

Remember, the more color in your diet the better! This is because each color contains different antioxidants as well as other beneficial nutrients that when eaten together, provides you with the greatest protection, thus promoting your long-term health.

**BLUEBERRIES**
Blueberries are a sweet treat that can be enjoyed by themselves or as a topping for yogurt, salads, and oatmeal. Ever wonder what makes them blue? Anthocyanins! These compounds are powerful antioxidants and are responsible for giving blueberries their purplish-blue color.

**GRAPESES**
Grapes are high in water, making them a good food source for hydration. Pack them as an easy, on-the-go snack or add to both fruit and vegetable salads. Just like blueberries, purple and red grapes contain anthocyanins.

**TOMATOES**
Tomatoes are a delicious fruit that can liven up any sandwich or salad. Or, mix together with onions, peppers, and seasonings for a tasty homemade salsa. Because they are sensitive to cold, store tomatoes at room temperature for proper ripening. What gives them their bright red color? Lycopene, another powerful dietary antioxidant!

**SPINACH**
Looking for easy ways to include spinach into your diet? Throw a handful of spinach into your smoothies, use as a sandwich topping, or add to an omelet for some extra nutrients. These leaves are a great source of antioxidants such as beta-carotene, vitamin C, and lutein.

**AVOCADOS**
Feeling creative, blend an avocado with some lemon juice, basil, garlic, and olive oil for a creamy sauce to serve over pasta. They also make for a great sandwich topper or as a dip with whole grain chips and veggies. Avocados are rich in vitamin C and E, two very potent dietary antioxidants.

**SWEET POTATOES**
Need a new idea for a tasty side dish? Sprinkle a baked sweet potato with cinnamon for extra flavor or chop into small pieces, roast in the oven, and serve as part of a delicious meal! Sweet potatoes are an excellent source of beta-carotene, an antioxidant that gives this vegetable its vibrant orange color.
Available January 29th for a LIMITED TIME ONLY!
AXIO Endure Vigor (pear flavor).
A taste that is refreshingly sweet and juicy.

Available in 30 count packs for $50. While supplies last.