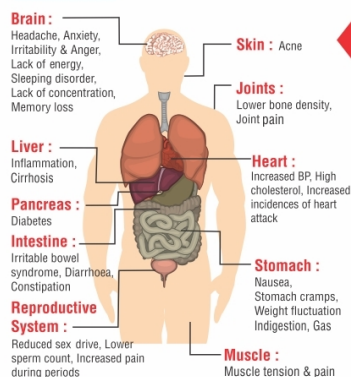




Oxidative stress is essentially an imbalance between the production of free radicals and the ability of the body to detoxify their harmful effects through antioxidants.

An **imbalance between free radicals and antioxidants** is the underlying cause of Oxidative stress. Free radicals are bad compounds that destroy healthy cells and leads to a chain reaction of making other cells unhealthy. This reaction becomes root cause of many diseases.

Compounds that can make a free radical stable and slow the chain reaction are called Antioxidants. **Antioxidant compounds destroy free radicals and increases production of healthy cells and immunity.** Antioxidants include some vitamins such as vitamins C and E, some minerals such as selenium and flavonoids, which are found in plants. Fruits and vegetables are rich sources of antioxidants.



Impact of Oxidative stress on various organs of body

KNOW YOUR BODY AND YOUR STRESS SYMPTOMS

Short term effects of stress

Dry mouth, Cool skin, Cold hands and feet, Increased sweating, Rapid breathing, Faster heart rate, Tense muscles, Feelings of nausea, Diarrhea

Long term effects of stress

Migraine, Depression, Insomnia, Anxiety, Fatigue, Blood Pressure, Constipation, Mouth Ulcers, Infertility, Diabetes, Joint Pain, Dementia

Behavioral stress symptoms

Emotional, Defensive Irritable, Irrational, Defensive, Hostile, Talking too fast, Talking too loud, Nail biting, Grinding teeth, Drumming fingers, Over reacting

DO SOMETHING ABOUT IT - TAKE ACTION

1. Avoid sugar and processed foods while balancing your blood sugar levels
2. Allow time for daily stress remedies : Exercise, Meditation, Talking with a friend, Enjoying nature, Taking a walk
3. Avoid toxins
 - Choose organic foods and avoid cigarettes
 - Check your personal care and cleaning products for toxic ingredients and replace them with non-toxic alternatives.
4. Increase the Antioxidants you have in your system either by helping your body make more, or by consuming them in food or supplements
5. Eat foods that are high in Antioxidants

STAYING HAPPY AND SPREADING HAPPINESS WORKS FOR EVERYONE



3 CANDIES A DAY KEEPS STRESS AWAY



Detoxifies LIVER



Enhances IMMUNITY



Purifies BLOOD



Antioxidants FOR BODY

- SUGAR FREE
- CLINICALLY PROVEN
- 100% HERBAL
- A GERMAN TECHNOLOGY
- GLOBALLY PATENTED

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