

# THE BOYER REVIEW

By Dr. Randall Boyer, M.D.

## Antioxidants

“Rust”—we all know what rust looks like, but few are aware rust is the result of chemical damage to metal by what is called “oxidation.” This same rusting or oxidative damage occurs in humans by an enemy army of invaders called “free radicals.” They can attack any part of our body and cause faster aging and early wearing out of any part of our body, resulting in such diseases as diabetes, arthritis, Alzheimer’s and even cancer.

Our body puts together its own army for protection against this enemy. These soldiers are called “antioxidants.” Some of these are found in our own body, such as glutathione—others are found in food, such as vitamins A, C and E.

If the enemy increases its soldiers, we must also increase our army of antioxidant soldiers or damage will occur. With declining food values and our increasingly toxic environment, our army and its leadership is becoming weaker. Unfortunately, our enemy army is rapidly increasing its number of soldiers and becoming stronger. We need to strengthen our army with fresh, strong and energized reinforcements or many of us will become casualties of the battle.

In this review, I would like to briefly discuss such a new army of antioxidants tested at the University of Scranton in Scranton, Pennsylvania. This new army of strong, energized soldiers is called “Real Food™ Antioxidant” and was assembled by NutriHarmony through its revolutionary Nature-duplicating process called “Biotransformation™.”

Researchers at Scranton used IC50 testing to determine the concentration of various types of antioxidants necessary to inhibit the oxidation of Low Density Lipoprotein (LDL). Yes, it is the same Low Density Lipoprotein (LDL) that many call “the bad cholesterol”—when LDL becomes oxidized, it may result in cholesterol accumulation and narrowing of blood vessels. The antioxidants compared in this study included Ascorbic Acid (Vitamin C), Citrus Extract, Maritime Pine Bark, and NutriHarmony’s Real Food™ Antioxidant.

Researchers found that Real Food™ Antioxidant “contains 10.1 times stronger antioxidants than ascorbic acid alone, 7.6 times stronger antioxidants than Citrus Extract which also contains Vitamin C, and 4.3 times stronger than a pine tree extract” (Maritime Pine Bark).

For the reader’s benefit, Maritime Pine Bark has been considered to be amongst one of the most potent antioxidants available. Certainly this study shows the marked supremacy of this Real Food™ Antioxidant over all other tested antioxidants. The choice should be clear . . . use NutriHarmony’s Real Food™ Antioxidant!

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Randall Boyer, M.D., is the editor of *The Boyer Review*, a periodically published review of the most up-to-date research on a wide range of health conditions and promising supportive therapies. Having practiced for 25 years, he acknowledges and embraces the consumer trend toward alternative therapies and the resultant need for medically evaluated information in making rational choices.