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a free radical can be defined as an atom or molecule containing one or more unpaired electrons in valency shell or outer orbit and is capable of independent existence the odd number of electrons of a free radical makes it unstable short lived and highly reactive

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vitamins a c and e and flavoproteins are supplements that function as free radical scavengers antioxidants are present in natural foods but added amounts beyond the diet may detoxify excess free radicals during oxidative stress

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excess free radicals are proposed to increase the rate of cell aging injury and mutations leading to a shortened

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plus diet if they need more aggressive treatment

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promoting a diet low in carbohydrates and unafraid of healthy fats has sold hundreds of thousands of copies all over the world inspiring a profound and widespread change in eating habits and improved health

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a ketogenic diet primarily consists of high fat intake moderate protein consumption and low carbohydrate intake the macronutrient distribution typically ranges from approximately 55 to 60 fat 30 to 35 protein and 5 to 10 carbohydrates for instance in a 2000 kcal per day diet the carbohydrate allowance would amount to approximately

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this hidden imbalance makes us more vulnerable to heart disease cancer obesity autoimmune diseases allergies diabetes and depression the omega diet is a natural time tested diet that balances the essential fatty acids in your diet it is packed with delicious food that contain the good fats including real salad dressing cheese

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oxidative stress is a phenomenon caused by an imbalance between production and accumulation of oxygen reactive species ros in cells and tissues and the ability of a biological system to detoxify these reactive products ros can play and in fact they do it several physiological roles i e cell signaling and they are normally generated as

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chapters in the food chemistry section cover free radical participation in maillard reactions emulsions and lysozymes milk meat and extruded grains this section also addresses detection of radicals by esr and spin trapping techniques

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