

THE HEALING POWER OF FLAVONOIDS



THE POWER OF FLAVONOIDS

Ever wonder where blueberries, plums, beets, and all of those wonderful deep blue and purple fruits and veggies get their vibrant colors from? Flavonoids! Flavonoids are fantastic for our health, and balance. They act as antioxidants in the body which help to ward off free radicals which in turn helps to prevent oxidative damage to cells. Flavonoids are so powerful, powerful enough that they can actually participate in metabolism, help with the use of calcium in our bodies, and help with inflammation. Flavonoids also help with a whole handful of other diseases and conditions. How do we get flavonoids in our diets you may ask? It's as simple as increasing our intake of delicious fruits, vegetables, and herbal teas.

There are approximately 5,000 different flavonoids that have been identified in plants! One of the most amazing things about flavonoids is that they possess anti-inflammatory properties. Due to everyday life many of us are living in a constant state of stress, and stress causes inflammation. Everyone could benefit from a little less inflammation. Flavonoids anti-inflammatory properties have been shown to reduce blood pressure, and improve skin function by promoting collagen production. Flavonoids are also able to inhibit the release of histamine from a number of cells such as eosinophils which leads to a reduction in allergic reactions. Along with anti-inflammatory benefits flavonoids also have a positive impact on cancer, candidiasis, coronary heart disease, chemotherapy treatment, infection, liver disease, as well as radiotherapy.

So where do we get flavonoids from? Flavonoids are primarily seen in dark colored foods such as reds, blues, and purples. They are part of the family called polyphenols and can be ingested through drinking green tea, cooking with fresh herbs and spices, and choosing to eat dark greens and whole grains. In supplement form Quercetin can be found and is often used as a natural remedy for allergies. Quercetin is the most abundant flavonoid, and is also found in food and tea products such as green tea, and onions.

Flavonoids are a wonderful addition to our daily diets, starting with just 1 more flavonoid rich food a day can help our immune systems and inflammatory responses greatly, so go ahead and fill up that cart with dark colorful foods, your health will thank you for it!

DO YOU NEED FOR FLAVONOIDS IN YOUR DIET?

- DO YOU BRUISE EASILY?
- ARE YOU CONSTANTLY SICK?
- ARE YOU UNDER A LOT OF STRESS
- DO YOU HAVE ISSUES WITH SWELLING?

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