



Drink AOX – The most effective natural antioxidant alkaline water

How antioxidants build immunity?

Antioxidants improve health by fighting free radicals. Free radicals are charged oxygen molecules that our bodies create - and are exposed to. If free radicals overcome the antioxidants in your body, it will slow down the immune system. Then you're more likely to struggle with diseases.

Powerful antioxidants in certain fruits, vegetables and drinking AOX antioxidants water can build immunity, improve health and fight disease - and even guard against cancer and stroke. Here's several natural ways to get healthy and stay that way.

10 Foods That Fight Disease

1. **Leafy greens.** A diet rich in spinach, kale, collard greens, beet greens and romaine lettuce can protect against gastric cancer, heart attack, and stroke. Leafy greens can lower your risk of cataracts and protect your eye health.
2. **Tomatoes.** The lycopene in tomatoes helps maintain healthy bones and regulates blood pressure. Lycopene fights disease by neutralizing free radicals, which damage normal cell growth (see "how antioxidants improve your health" below). Tomatoes also provide cancer protection and guard against heart disease.
3. **Cruciferous vegetables.** Broccoli, cabbage, brussels sprouts and cauliflower also guard against cancer development and increase your body's detoxification enzymes. These veggies help protect against stroke, and add valuable Vitamin A, folate, and calcium to your diet – and are natural ways to get healthy.
4. **Orange vegetables.** Carrots, sweet potatoes, pumpkins and squash provide vitamin A. This vitamin is essential for healthy growth, a strong immune system, and normal vision. Beta carotene makes these veggies orange, which is a powerful antioxidant.
5. **Onions and garlic.** These foods fight diseases such as arthritis, heart disease, diabetes, and certain cancers. Onions, garlic, chives, and leeks are natural ways to get healthy because they are high in vitamin C, selenium, potassium, and chromium.
6. **Berries.** Blackberries, blueberries, cranberries, strawberries and raspberries are super foods that fight disease because they're a great source of vitamin C, fibre, and antioxidants to improve your health. Berries are a natural way to get healthy because they guard against macular degeneration, various cancers, and brain cell loss.
7. **Citrus fruits.** Grapefruit, oranges, tangerines and lemons may protect against skin cancer. These foods fight disease by helping your body detoxify or get rid of toxic substances. Citrus fruits protect you from cancer and stroke, and build up your immune system.
8. **Whole grains.** Foods that fight disease include whole wheat, brown rice, oatmeal, and wheat berries. These foods improve health and build immunity by protecting your heart, reducing inflammation, and fighting diabetes.
9. **Fish and seafood.** Salmon, char, haddock, shrimp, rainbow trout and sardines are foods that fight disease because of their high omega-3 fish oils. Omega-3's protect your brain, heart and blood pressure, and are associated with lower risks of various diseases.



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10. **AOX Antioxidant Water.** AOX is rich in natural antioxidants that **protects cells from the damage caused by** unstable molecules known as **free radicals**. According to National Cancer Institute; **free radical damage may lead to cancer**.

Come and see with your eyes how AOX transforms your blood cells from free radicals damaged within 20 minutes after drinking a glass of AOX water.

Start your family with AOX antioxidant alkaline water for better health.

Please call 6456 4321 to talk to our sales consultant.