



### The Antioxidant Solution!

Dr. Bryce Wylde, is one of Canada's most popular and respected homeopathic doctors and nutritionists. He is host of **Wylde on Health** on **CP24** and has been a guest expert on shows such as **Dr. Oz**, **Oprah Winfrey** and **Good Morning America**.

He is the author of the bestselling book **"The Antioxidant Prescription"** where he prescribes individualized step-by-step treatment plans to fight disease and how to stay healthy.

In his book, Dr. Wylde addresses what science has discovered to be the true underlying cause of disease: **free radicals**. These deadly little molecules have many causes, from injury and stress to environmental toxins, genetic predisposition and even the natural by-products of your body's metabolism.

**Free radicals** cause oxidation, a process that damages cells and can lead to rapid aging, heart disease, Alzheimer's and even cancer. We all make free radicals. Some people, however, produce them at alarming levels, and those who do are almost certain to battle disease and live unhealthier lives.

Luckily, **free radical** damage can be avoided. **Antioxidants stop free radicals from damaging other cells in your body and protects you against disease.** With The Antioxidant Prescription, Dr. Wylde enables you to recognize the warning signs of free radical damage and make an accurate assessment of your body's free radical load.

As always, "an ounce of prevention is worth a pound of cure". Consuming foods high in antioxidants increases the body's ability to "scavenge" free radicals, the disease causing molecules that float around in our blood stream.