



Apples Demonstrate the Purpose of Antioxidants

Your change to a newer, healthier life starts in your refrigerator. The first thing you need in there is plenty of foods rich in antioxidants.

But what are antioxidants? Why are they so good for anti-aging?

To explain, Dr. Oz compares apples to apples—one half of this apple was sprinkled with lemon juice and the other was not. While the lemony half remains new and crisp-looking, the untreated half becomes brown and shriveled because of exposure to oxygen, also called oxidation. **"The same thing happens to our skin, to our heart, to our eyes,"** Dr. Oz says. **"All of our bodies need to have the antioxidants."**

As their name implies, antioxidants do to your body what the lemon juice does to an apple—help prevent the damage caused by oxygen exposure.

While lemons do have some anti-aging benefits—similar to onions—Dr. Oz says there are several foods that are much more potent.

Antioxidants — known to be defenders against free radicals.

Free radicals — unstable, reactive molecules that are produced by normal chemical reactions in the body and are thought to attack cell structures, potentially affecting skin elasticity and firmness.