

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

a15. Some Factors that increase your Need for Antioxidants, vitamins and minerals

Dr. Victor Jean Ouellette June 1999

Modified March 6, 2008

Athletes who's training is their job and train on a daily basis.

The following things will increase your antioxidant needs.

Exercise training Duration increased from normal
Exercise training Intensity increased from normal
Body Weight increased from normal (Muscle mass)
Body fat percentage increased from normal
Age over 30
Pollution level (any increase at all from pristine clean air.)

Non Athletes

Physical Work load Duration increased from normal
Physical work load Intensity increased from normal
Work Stress Intensity increased from normal
Family Stress Intensity increased from normal
Recreation Exercise duration increased from normal
Recreation Exercise Intensity increased from normal
Body Weight increased from normal
Body fat percentage increased from normal
Age over 30
Pollution level (Any increase at all from pristine clean air.)
Eating a lot of store bought fruits and vegetables from land not left foul one year in three
Growing period of life (Conception to late teens)

Other Risk Factors that increase your need for Antioxidants

Smoking (Raises your needs to a tremendous degree.)
Moderate or heavy alcohol consumption on a daily basis
Crash dieting
Sickness/disease
Injury
Fatigue of long duration
Stress of long duration
In the growth phase of life

More good reasons for taking a vitamin and mineral supplement.

Serious digestive disorders
Osteoporosis

Poor appetites
People on strict weight loss diet
Breast fed babies
Women planning a pregnancy
Vegans (vegetarians who choose not to eat meat, poultry, fish, milk or eggs).

A good question to ask might be "Who does NOT fit into one of the above categories?"

Most good Multivitamin & Mineral supplements have extra antioxidants added to them. Talk to your health care professional about your particular needs.

Copyright 1999, Dr. Victor Jean Ouellette, All Rights Reserved