

About Antioxidants and Detoxification

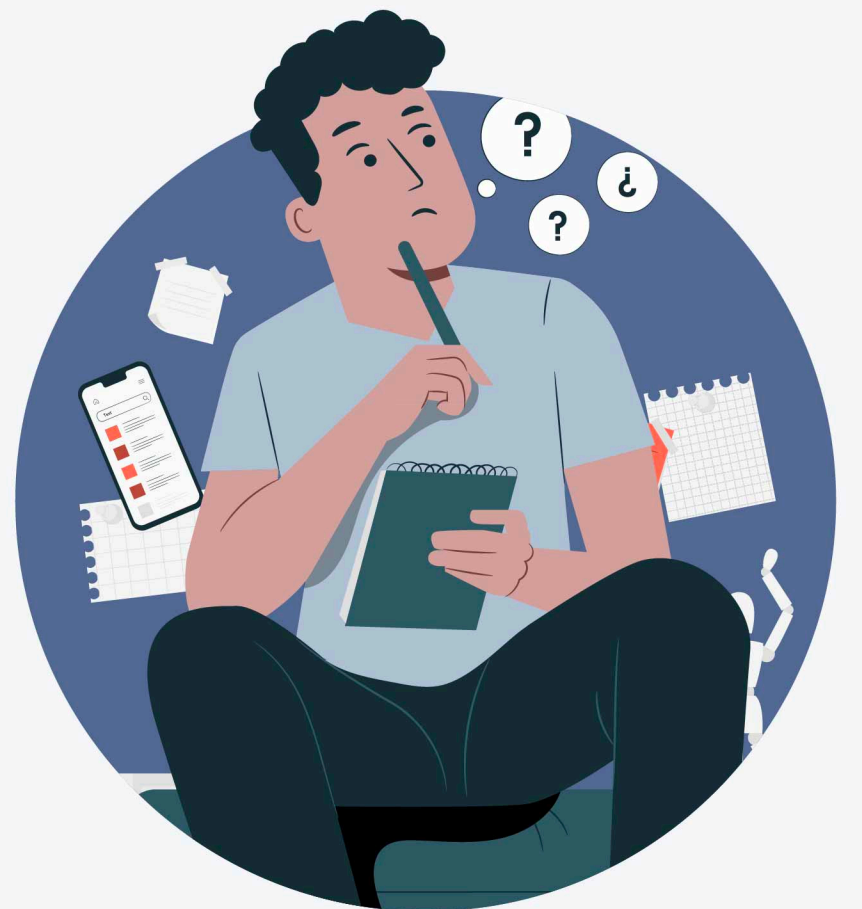


Are you showing signs of aging?

Let's do a self-check!



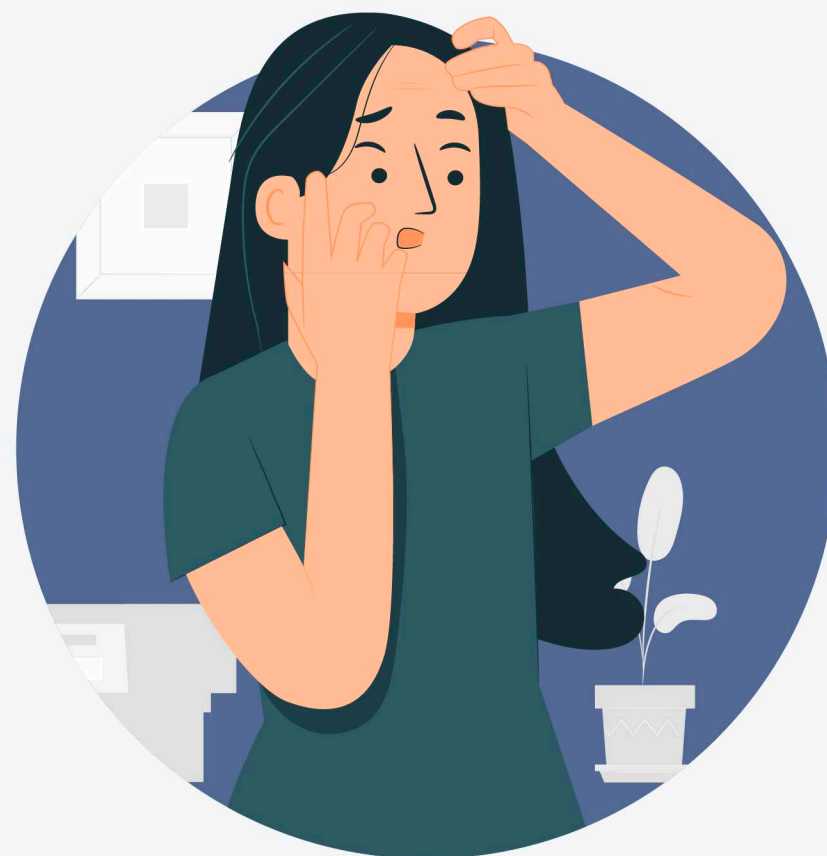
☐ Low energy or vitality



☐ Memory decline



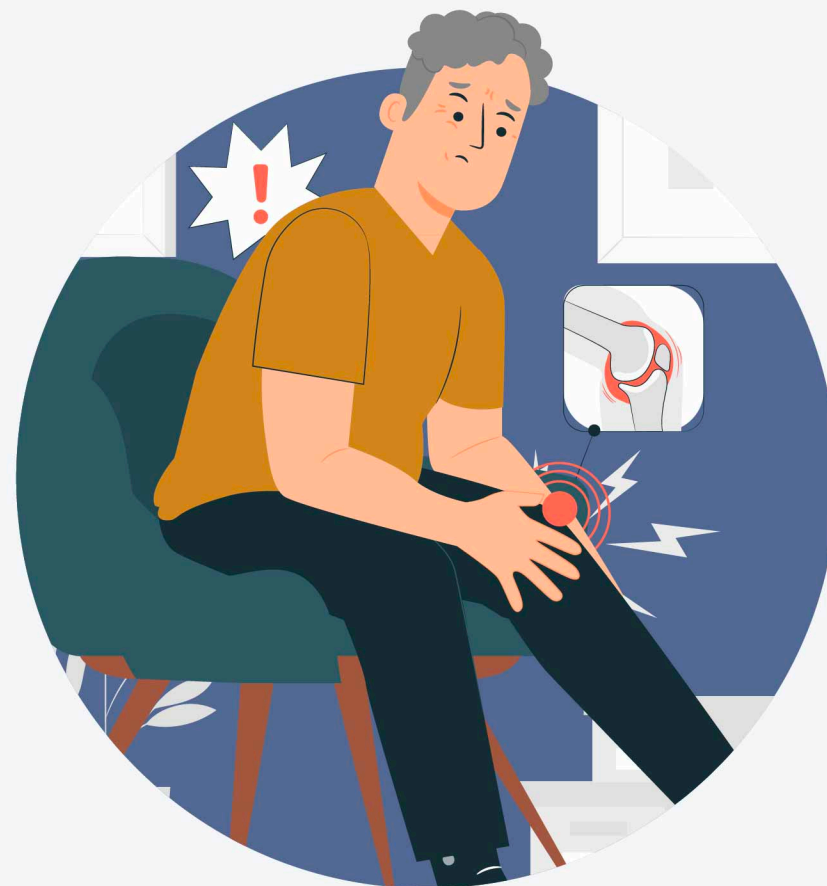
☐ Sleep less



☐ Appearance of fine lines and wrinkles



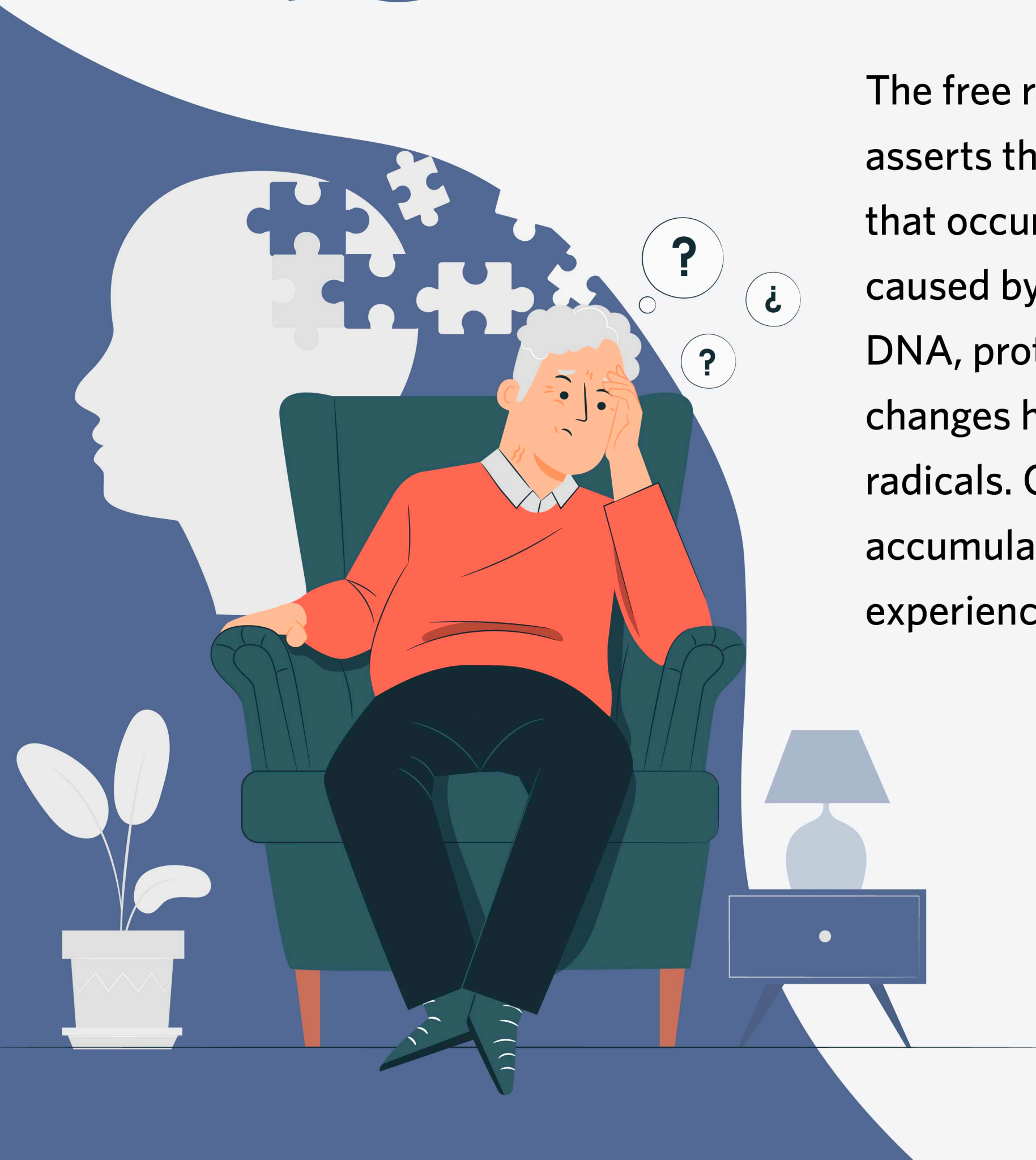
☐ Hair loss



☐ Poor mobility

WHY DO WE AGE?

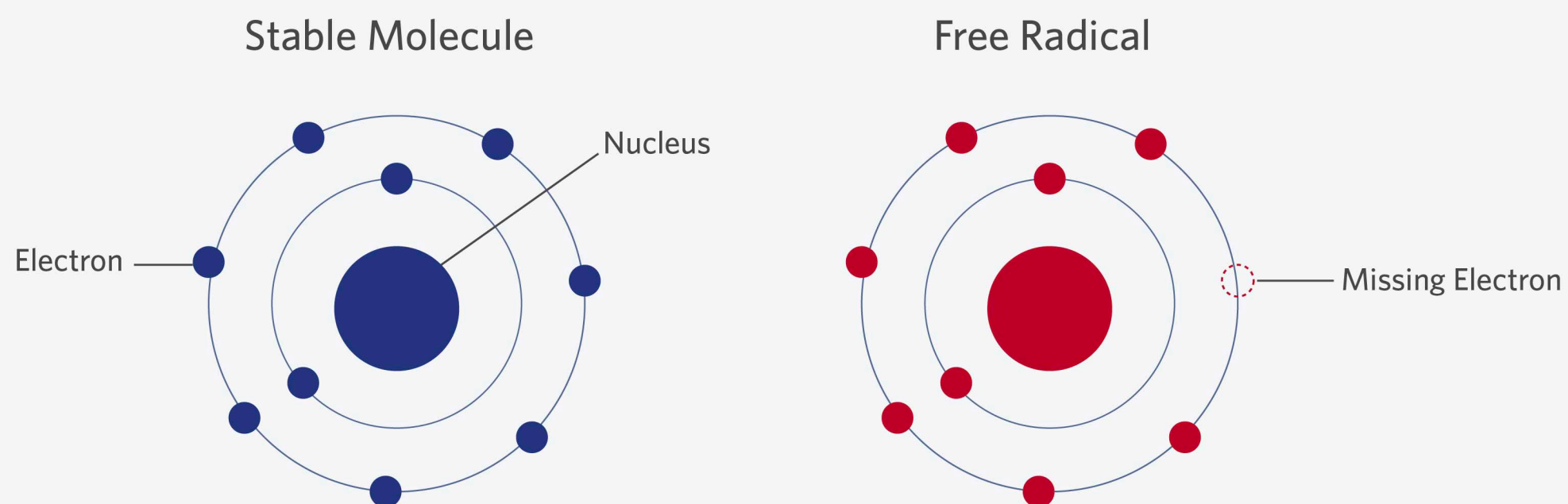
The free radical theory of aging asserts that many of the changes that occur as the body ages are caused by free radicals. Damage to DNA, protein cross-linking and other changes have been attributed to free radicals. Over time, this damage accumulates and causes us to experience aging.



WHAT IS FREE RADICAL?

Free radicals are a byproduct of normal cell function. When cells create energy, they also produce unstable oxygen molecules. These molecules, called free radicals, have a free electron, which makes the molecule highly unstable. Free radicals bond to other molecules in the human body, causing proteins and other essential molecules to not function as they should. Free radicals are divided into friendly and harmful types.

There are good and bad bacteria in the human body. If the cell is disturbed by bad bacteria, friendly free radicals will eliminate it. However, harmful free radicals are just the opposite. They damage cell membranes, knock down mitochondrion, which cause cell mutations that may evolve into cell damage.

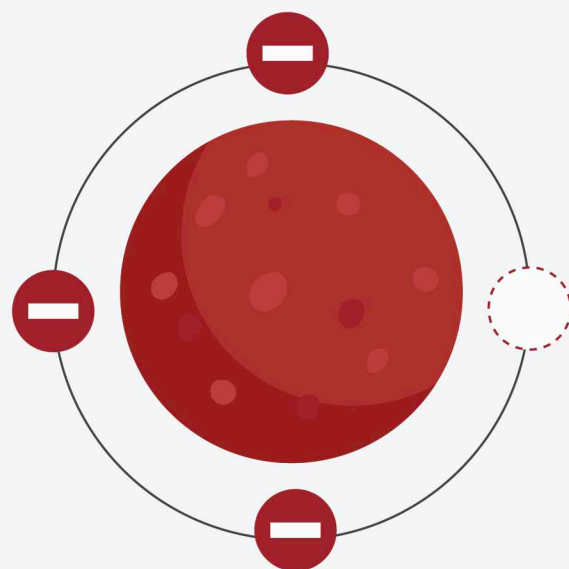


How does the body control harmful free radicals?

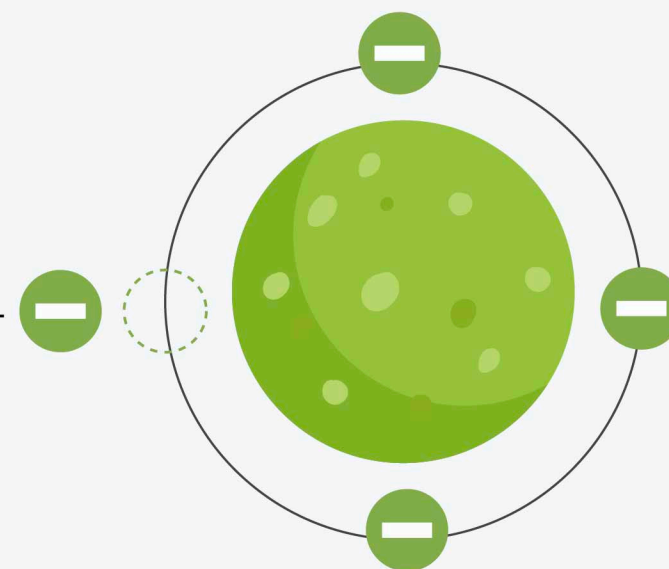
In fact, there is an enzyme called antioxidant in the human body. This type of enzyme is naturally produced by the human body. It is capable of turning harmful free radicals into friendly free radicals. At this time, the harmful free radicals will restore it into friendly free radicals without any harm to the cells.

In addition to antioxidant enzymes, there is another substance called phytochemicals. Phytochemicals are found in vegetables and fruits. Antioxidant enzymes + phytochemicals are partners, they will protect the cells in the human body and turn the harmful free radicals into friendly free radicals. This can ensure the human body to not age easily.

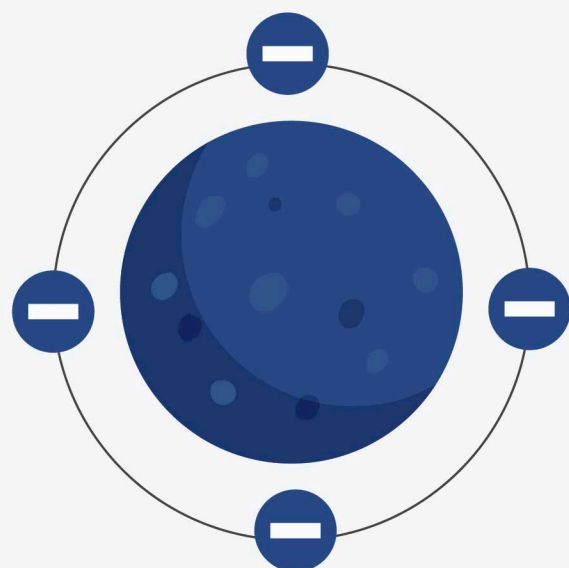
Harmful
Free Radical



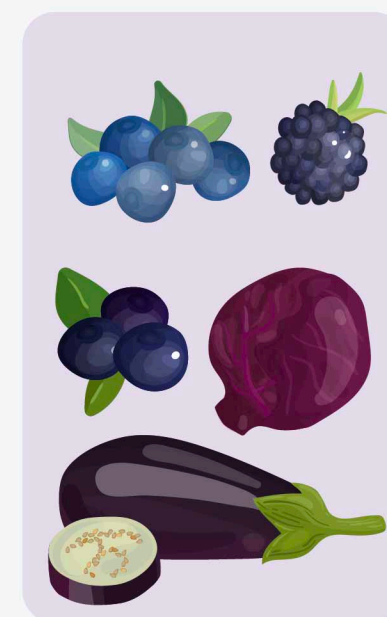
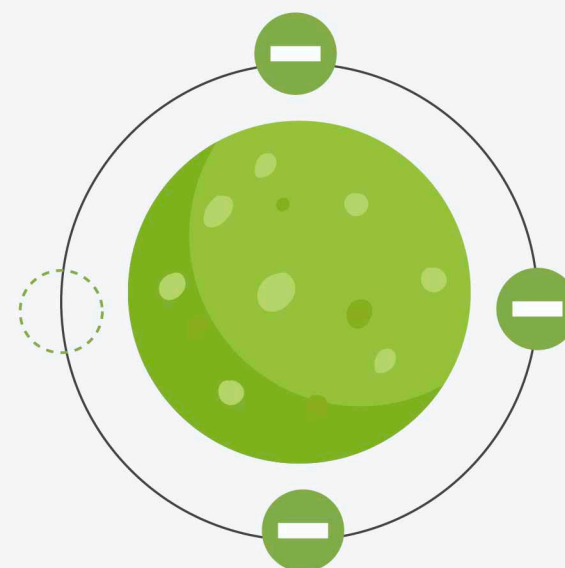
Antioxidant



Friendly
Free Radical



Antioxidant



PHYTOCHEMICALS

Lifestyle habits will produce free radicals too

Are you...

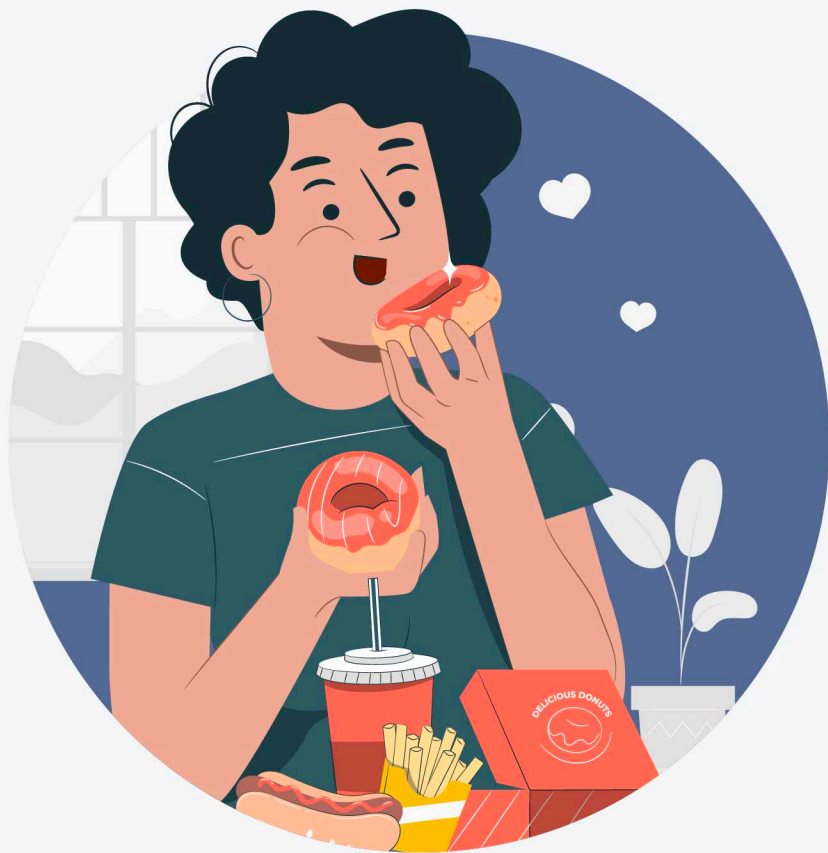


☐ Staying up
late



☐ Alcohol abuse





☐ Unhealthy diet/
processed food



☐ Obese



☐ Medication abuse



☐ Exposure to harmful
household chemicals

If yes...Your body may be suffering from toxin overload!

WHAT IS TOXIC LOAD?

Toxin can come from:



Food and water



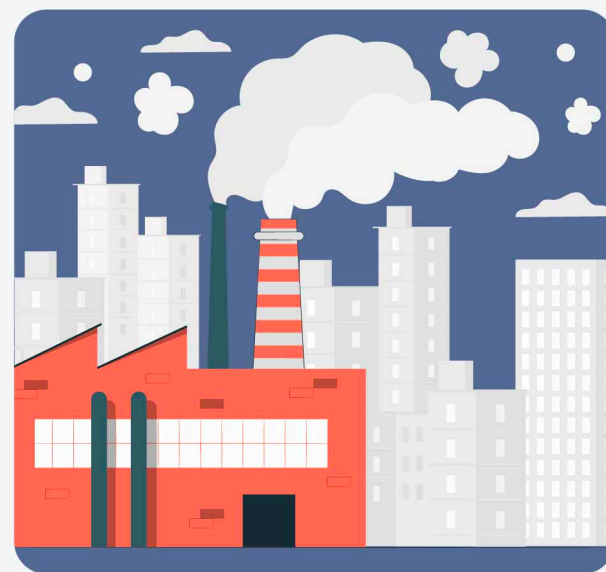
Cleaning products



Alcohol



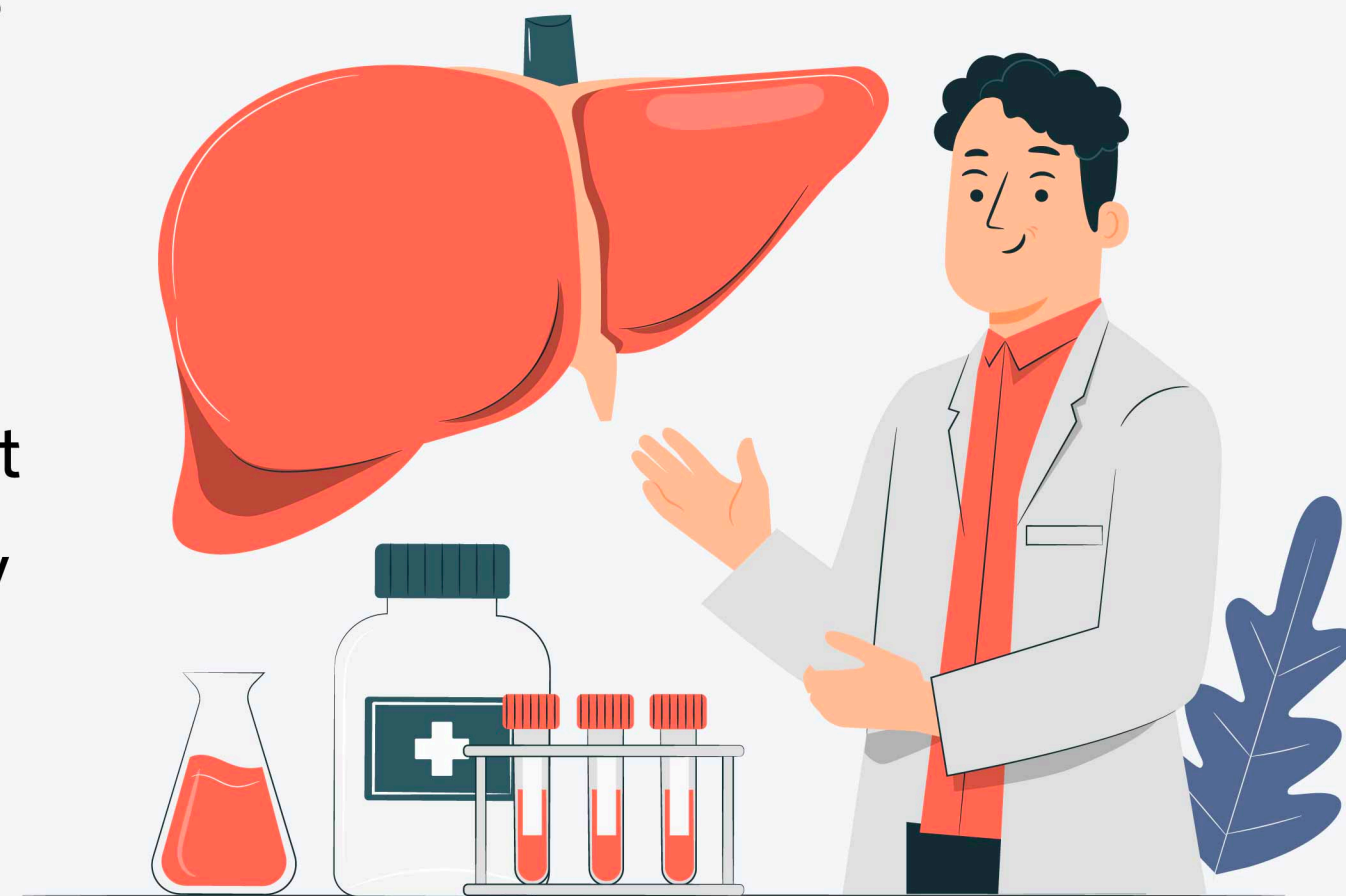
Pesticides



Pollution

Our body has a sophisticated way of eliminating toxins that involve the liver, kidneys, digestive system, skin, and lungs.

The liver is the master detoxifier. It acts as a filter removing toxins that our body produces as part of normal metabolism. The liver breaks down these toxic byproducts so they can then be filtered out through our kidneys. It also helps our body to eliminate pathogens like viruses and bacteria, cholesterol, hormones, and external toxins, including alcohol, drugs, chemicals, and heavy metals.



How does our body detox?

Antioxidants and liver detoxification are vital

With the progress of time, the harmful substances that we faced has cause our body's antioxidants and liver function to gradually decline. In order to enhance and maintain the antioxidants in the body and smooth detoxification of the liver, we can consume daily foods such as cruciferous vegetables: broccoli, cabbage, cress, rutabaga, radish; citrus (lemon, grapefruit); turmeric and spices such as garlic and coriander; natural antioxidant enzymes and phytochemicals. It is best to have a variety of food combinations, but is it really that easy to consume these fruits and vegetables every day?

The solution in the sachet...

TERRASTIX AO

- Turmeric Extract
- Pomegranate Extract
- Grape Seed Extract
- Blueberry Powder
- Tomato Extract
- Lemon Oil Powder

TERRASTIX DX

- Broccoli Seed Extract
- Moyeram Leaf Extract
- Lemon Oil Powder



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