

Working Out In A Gym Doing Aerobics Or Any Other Type Of Fatigue Exercise Can Cause Degenerative Diseases. The Increase In Metabolic Rate Releases A Free Radical Attack. There Needs To Be A Balance

We need to have a balance between healthy exercise and the introduction of free radical attack. These free radicals represent an over production of metabolic waste. This cause and effect relationship can be neutralized by ingesting a powerful antioxidant food. That is why a certified ORAC piece of dark chocolate can keep you younger and healthier. The only certified chocolate is Xocai.

Under normal conditions (at rest) the antioxidant defense system within the body can easily handle free radicals that are produced. During times of increased oxygen flux (i.e. exercise) free radical production may exceed that of removal ultimately resulting in lipid peroxidation. Free radicals have been implicated as playing a role in the etiology of cardiovascular disease, cancer, Alzheimer's disease, and Parkinson's disease.

Oxygen consumption greatly increases during exercise, which leads to increased free radical production. The body counters the increase in free radical production through the antioxidant defense system. When free radical production exceeds clearance oxidative damage occurs. Free radicals formed during chronic exercise may exceed the protective capacity of the antioxidant defense system, thereby making the body more immune to disease and injury. Therefore the need for antioxidant supplementation is necessary.

A free radical attack on a membrane usually damages a cell to the point that it must be removed by the immune system. If free radical formation and attack are not controlled within the muscle during exercise a large quantity of muscle could easily be damaged. Damaged muscle could in turn inhibit performance by the induction of fatigue.

Xocai is a healthy dark chocolate intended to counter free radical attack. This dark chocolate has been certified by Brunswick Laboratories to have a very high antioxidant value. This value is callibrated in ORAC points. It is a very smart chocolate. For more understanding of this issue please go to www.itsasmarterchocolate.com

Attached Image: its_a_smarter_chocolate_image.jpg

