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Antioxidants for optimal health.

One basic truth you're sure to agree with: Our pets' healthy lives are far too short.

Antioxidants role in cellular & organ health for quality of life, and even longevity.

You love and protect them, and do all you can to help them live a long, healthy life.

Eventually, and often too soon with little notice, they leave us, breaking our hearts in ways that only fellow dog owner can comprehend.



Our dog's lives are way too short.
The *rate* at which our dogs age is truly astonishing...
Your dog ages exponentially over their lifetime with the
greatest amount of aging occurring in the first year.

Any breed of dog age *15 human years in just the first 12 months of life!* So enjoy you puppy every second you have.

Most dogs age equally until about age six, and then large breeds a bit faster still.

By age 7 your dog depending on breed size between 44 - 50 years in human years.

But here's the hidden problem ... as if your dog's normal aging isn't fast enough, *many owners speed it up even faster at the cellular level by the mistakes they inadvertently make each day...*

Looking at factual daily mistakes that do speed up your puppy or dogs rate of cellular aging – and make their cells age faster than they need to which, of course, can impact both longevity and overall health on the cellular level.

Many of the dog owners I talk to are often surprised to learn that they actually speeding up their pet's rate of aging.

But - There's much you can do to help your dog live a long, healthy life.

And they're equally stunned to discover that they can take steps to *help slow that rate down if it's excessive!*

The two biggest factors that influence your dog's rate of cellular aging are **diet and environment**.

Depending on what you feed your dog, or the environment **in or on** which they live, your dog's rate of cellular aging can speed up or slow down.

These known factors *increase* the rate of aging on the cellular level:

Eating a commercially prepared, processed diet –stone me but first read the fact about commercial dry feeds on this website<http://www.pitbullsa.co.za/> filled with synthetic and potentially toxic antioxidants like ethoxyquin, BHT (butylated hydroxytoluene), and BHA (butylated hydroxyanisole).

Obesity and sedentary lifestyle.

Drinking chlorinated or fluoridated water (municipal water)

Exposure to toxins (even the polluted air they breathe) in the environment, indoors and outside.

Excessive vaccinations.

I know some of these factors may seem totally out of your control ... or not?

However, there are a few simple steps that *can* make a significant difference.

Looking at some simple steps you can take to help protect your dog against excessive cellular aging.

1. Air Purifier is a simple way to provide clear air throughout your home for you and your dogs to reduce airborne toxins and seasonal airborne allergens. Know their body is in direct contact with toxins on the ground in the air outdoors and in your home.



2. Make sure your dog gets enough antioxidants in their diet – whatever you feed.
3. Maintain your dog's ideal body weight and keep your dog active, fit and lean throughout their life.
4. Supply daily fresh and clean filtered drinking water that's been through a high quality water purifier.
5. Avoid toxic home furnishings, synthetic air fresheners, and harsh chemical-laden cleaners.
6. Minimize unnecessary vaccinations (request antibody titer tests to determine your pet's true need)
7. Avoid shampoos and treatments such as flea and tick treatments that contain potentially hazardous ingredients and harsh chemicals
8. Lifestyle - Don't let the dog sleep on concrete / paving – in the bitter cold or in the very hot sun, rain or snow (half forgotten.)

Keep in mind, your dog is a dog a carnivore and a domesticated animal – treat it as such and feed it as such.

Your dog ingests toxins in the food they eat every day from what they bite or sleep on, more so if they are eating a commercially prepared heat processed diet with preservatives colorants –with synthetic and potentially toxic antioxidants like ethoxyquin, BHT (butylated hydroxytoluene), and BHA (butylated hydroxyanisole).

Of the few steps outlined above, ***getting enough antioxidants*** may be the most important thing you can do to protect your dog.

Looking at the wonder of antioxidants and how they help protect your puppy or dog against damaging free radicals. (See *informative factual info about this on this website* <http://www.pitbullsa.co.za/>)



Some to mention;

Red raspberries are rich in antioxidants.

Free radicals are unstable molecules that travel throughout your dog's body, searching for electrons to steal from stable molecules to stabilize themselves.

When they succeed, they spur new unstable molecules – and create more free radicals.

Free radicals can alter how genes express themselves, and not in a good way.

Plus, they can damage cell membranes, leading to oxidative stress and inflammation which contributes to cellular aging. Stress, pollution, poor diet, and all the other factors that speed up the rate of cellular aging produce free radicals, so does all the normal cellular and metabolic activity inside your dog's body.

By taking the steps outlined above, you can help control the amount of free radicals your dog's body produces.

Antioxidants play a significant role in controlling the effects of free radicals.

They help gobble up and neutralize free radicals in your dog's body before they can damage healthy cells and tissues in your dog's brain, heart and other organs.

Kg for kg your dog's body needs *more antioxidants* to help combat all the everyday dietary and environmental stressors and to slow down the effects of excessive cellular aging.

Real proof that antioxidants play a role in cellular aging, longevity, and quality of life in your dog.

Antioxidants work in a similar manner in your dog's body as they do in yours. Overall, animals with the highest levels of antioxidants in their bloodstream tend to show the most benefits.

Antioxidants provide cellular support for the brain, heart, muscles, skin, eyes, liver, kidneys, and other organs. Here are just some of the studies that highlight the benefits of antioxidant-rich diets.

Several studies on older dogs show that a diet enriched in antioxidants reduces cognitive dysfunction and may result in significant improvement in cognitive function and memory. A group of mixed adult dogs fed an antioxidant blend showed higher levels of circulating levels of antioxidants, a decrease in cellular DNA, and improved immunological performance. A group of adult beagles had higher antioxidant blood levels when fed a mixture of antioxidants from fruits and vegetables. A study of 62 Alaskan sled dogs confirmed that dietary supplementation with antioxidants resulted in higher blood levels of antioxidants and decreased DNA oxidation and increased resistance of lipoproteins to oxidation. And it's not just middle age or older dogs who can benefit from antioxidant supplementation.

Why some younger dogs also need more antioxidants.

A recent study suggests cell damage from excessive free radicals can start at an early age.

All dogs benefit from extra antioxidants at an early age. Wanting to understand why smaller dogs appear to age more slowly than large ones, the researchers took a closer look at how free radicals and oxidative stress influence the aging process.

Through veterinarians, they collected about 80 tissue samples from both large and small breeds of varying ages, from puppies to senior dogs.

Analyzing the samples, they found some alarming differences. The energy and free radical production, as well as the amount of antioxidants, in the cells from the adult dogs was the same for both large and small breeds.

However, the cells from large breed puppies had excessive amounts of free radicals.

And these levels far outstripped the antioxidants' ability to neutralize them.

Larger breed puppies have faster metabolisms and growth rates than smaller breeds.

The researchers suggested that *this increased metabolic activity results in more free radical production and that cellular damage starts accumulating at a young age in larger dogs.*

Needless to say, their type of early cell damage can have long-lasting and serious effects on the well-being of your dog for the rest of their life.

In light of this important study, it amplifies the urgent need to provide supplemental antioxidants to your dog of any age – starting from the day they can eat by themselves to help destroy free radicals before they can do damage, and to potentially extend longevity.

Why you can't depend on commercial dry diets to provide the high quality animal species appropriate antioxidant rich protein, plant, herb, fruit and vegetable based antioxidants your dog daily need for a long, healthy life.

Sure, you'll find *some* antioxidants in commercially prepared pet foods.

Diets designed for "adult" pets do not contain adequate high quality antioxidants

Food makers add antioxidants to their products to help keep food fresh and to help protect fats and fat-soluble vitamins like A and E from oxidation.

While they may use both artificial and natural antioxidants, they *prefer* to use synthetic and potentially toxic antioxidants like ethoxyquin, BHT (butylated hydroxytoluene), and BHA (butylated hydroxyanisole).

Manufacturers claim synthetic antioxidants keep food ingredients fresher longer and provide a longer shelf life than "natural" antioxidants like tocopherol or vitamin E, ascorbic acid or vitamin C, citric acid, and rosemary.

Synthetic and even many so-called "natural" antioxidants are not from the plant and fruit-derived sources.

Most of the synthetic nutrients used in the vast majority of commercial pet foods are laboratory-made and come from China.

In addition to no long-term studies on the systemic effects of these imported ingredients, there are other concerning issues dog owners should be aware of, including the use of **genetically engineered plants for the production of vitamin E, as well as glyphosate residues** that are not measured or evaluated.

And there is more! >>> Here's another problem with antioxidants and processed foods.

AAFCO, who sets the standards for nutritionally complete and balanced dog foods, **doesn't recognize a "senior" category.** Adult pet food is designed for pets over the age of one through senior.

However, **we know** that once an dog hits mid-life (around six years of age), that dog needs *more* antioxidants than a younger dog, much like middle-aged humans require more to counteract the effects of cellular aging.

The dog food industry just doesn't formulate their products to provide the increased levels of antioxidants that many dogs need!

As dog owner **you have to be aware of this** and compensate by daily adding antioxidant supplements to your dog's diet. You might find a suitable antioxidant supplier from youth vet store or buy on line.

Suggested to use a proven super complete plant- and fruit-derived antioxidants for extra free radical-scavenging support

like or similar quality.



I'm fully aware that over 90 percent of dog owners, for various reasons, are not able to supply their dogs with a homemade diet made from fresh, whole foods naturally high in antioxidants.

Know this! > Pets of all shapes, sizes, and ages can and do benefit from extra antioxidants.

For that reason, *Dr. Mercola* wanted to develop a more *complete* antioxidant product that would help meet the increased antioxidant needs of pets who:

Eat a commercially prepared processed diet.

Have reached middle age and need more antioxidants to provide free radical scavenging support.

May be genetically disposed to age faster, such as large and giant breed dogs and puppies.

Have pre-existing medical conditions or are genetically disposed.

Live in a toxic environment (that just about covers all pets!)

Have increased antioxidant needs because of a stressful lifestyle or exposure to various stressors, such as excessive vaccinations or flea treatments.

Live active, working lives, such as working or service dogs.

Dr. Mercola wanted this antioxidant supplement to be wholly from plants and fruits, not synthetic sources like other products on the market.

This supplement product "Antioxidants for Cats and Dogs" do provides high-quality antioxidant support from a unique formulation of four of the very best antioxidants available today.

Vitamin C: Acerola Cherries



Acerola cherries contain the highest levels of antioxidant vitamin C of any fruit

Belonging to the Malpighiaceae family of shrubs native to the Antilles, acerola cherries are known by many names: Barbados Cherries, West-Indian Cherry, Cerise des Antilles, Cerise de la Barbade, Puerto Rican Cherry, Amazon Cherry, and *Malpighia glabra*.

No matter its name, acerola cherries have many unique attributes:

High levels of antioxidants, compared to other antioxidant-rich Amazonian fruits.

Polyphenolic anthocyanidin compounds including chlorogenic acid, tannins, and quercetin.

The highest content of antioxidant vitamin C of any fruit or berry.

Chlorogenic acid to support healthy blood sugar levels

Antioxidant vitamin C along with the potent phytochemicals in acerola work together to provide powerful free radical scavenging support.

Acerola is used with pet patients because it's *the best* natural source of antioxidant vitamin C out there, and it has high bioavailability, an important factor for antioxidants.

Antioxidants for Cats and Dogs contains 250 mg of Acerola fruit extract per scoop.

Resveratrol from Japanese knotweed.



Japanese knotweed is a rich source of **resveratrol**.

Ever hear of the “French Paradox?” While some may regard it as a long-standing myth, research now connects the dots between the French culture’s love of wine and health.

The grapes used to make red wine – as well as a number of other plants – contain a potent antioxidant known as **resveratrol**.

Resveratrol, also known as “3,4',5-trihydroxystilbene”, is a naturally occurring compound found in grapes, certain berries, and a plant called Japanese knotweed.

While researchers have known about the resveratrol in grapes since the 1930s, it wasn't isolated from Japanese knotweed until 1963.

Regardless, Japanese knotweed has long been used in China and Japan as a traditional herbal remedy.

Resveratrol from knotweed is preferred as the source instead of grapes *Dr. Mercola & Dr. Becker* “Antioxidants for Cats and Dogs”

Dr. Becker believe it to be one of the most potent, wide-spectrum antioxidants available today. It's terrific for slowing down age-related changes and for supporting cell health.

What *Dr. Becker* find most interesting about resveratrol is *how it helps protect the plants it's found in.*

Resveratrol acts as potent antioxidant that protects plants against everyday stressors, such as injury, excessive UV radiation, drastic climate changes, and infectious agents.

In essence, it helps increase the life span of the plants.

As a polyphenolic compound with strong antioxidant properties, resveratrol helps combat damaging free radicals throughout the body.

Because it's one of the rare nutrients that can cross the blood-brain barrier, it may help quell damaging free radicals in your dog's brain, too.

The resveratrol in Japanese knotweed has been shown in animal studies to:

Help protect brain and nervous system health.

Help improve brain blood flow.

Possibly improve learning and memory.

Support mitochondrial and metabolic health, and promote the creation of new mitochondria in the cells.

Promote healthy cell growth and division.

For me, it's a no-brainer to use this with my patients who I feel can use extra antioxidant support.

The Japanese knotweed extract in *Dr. Mercola & Dr. Becker's* "Antioxidants for Cats and Dogs formula" is standardized to provide 25 mg of resveratrol per scoop.

Red Raspberries – Also tops for antioxidant potential



Red Raspberry Powder provides a very high antioxidant potential in the body.

Everyone's familiar with raspberries, but do you know what makes them so valuable for health?

Raspberries have a wealth of antioxidants and phytonutrients that fight free radicals and support a healthy inflammatory response.

Some of the special compounds that raspberries have include: Ellagitannins that are important for cell signaling and antioxidant phenolic flavonoids like quercetin, catechins, salicylic acid, and cyanidins.

The antioxidant vitamin C content in raspberries is tremendous, giving these berries one of the highest oxygen radical absorbance capacity (ORAC) value of any fruit.

ORAC can be useful as a measure of antioxidant potential in the body from any food – and raspberries are tops!

I like to use raspberries as treats for this very reason – their high antioxidant potential makes them a useful tool for protecting the body against damaging free radicals.

"Antioxidants for Cats and Dogs" contains 200 mg of Red Raspberry Fruit Powder per scoop.

Decaffeinated Green Tea – A health tonic for you, and ditto for your dog.

Green tea leaves provide the same benefits for your pet as they do for you

Most likely you've heard about all the potential health benefits of green tea.



Whatever benefits you, benefits your dog, as far as green tea is concerned. Green tea is known for an ingredient called “epigallocatechin-3 gallate or EGCG, a polyphenol that has potent antioxidant properties”.

Just one of the “catechins”, or antioxidants in green tea, this group of compounds has been shown in animal studies to offer important protective benefits for cells, tissues, and organs.

Another study on dogs shows that nutritional doses of green tea extract may improve insulin sensitivity and support a healthy lipid profile. And it may also affect the expression of genes involved in glucose and lipid homeostasis.

Dr. Becker said she used decaffeinated green tea extract extensively as a stand-alone product with my dog patients for years.

Antioxidants for Cats and Dogs has been standardized to provide 60 mg of polyphenols per scoop.

Customize your dog’s support - Perfect for pairing with other healthy dog supplements.

Dogs could benefit by combining Antioxidants with

Dr. Mercola & Dr Becker's "Ubiquinol supplement" – {See article about Ubiquinol under supplements on my website - <http://www.pitbullsa.co.za/>}

Antioxidants for Cats and Dogs is perfect for combining with some of my other healthy pets products for customized, synergistic support.

For example, try combining Antioxidants with:

Ubiquinol for extra heart support for pets.

Bladder support for cats to promote healthy and comfortable urinary tract function.

"Astaxanthin" for total antioxidant support for any animal.

There are many different types of antioxidants and they function differently in your dog's body.

For example, while Antioxidants is a great source of the antioxidant vitamin C, **it doesn't contain beta carotene**, another stellar antioxidant found in Astaxanthin.

I encourage you to mix and match Antioxidants with other outstanding products, like *Dr. Mercola & Dr Becker's* SpiruGreen, Astaxanthin, Ubiquinol, and Bladder Support for customized support for your dog!

These supplements mentioned are available on Amazon.