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Functional Medicine

**TWEET GM #22**

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Title

Created

## **WHY YOU SHOULD EAT MORE "FOOD ANTIOXIDANTS"!**

A recent article (please find corresponding abstract in my QUOTE #22) informs us about where **food antioxidants** come from, i.e. modest food preservatives, and where they go, i.e. major actors in human physiology.

So, what are those famous **food antioxidants**? You will find numerous answers from WIKIPEDIA just by entering the words "**List of antioxidants in food**". By the way, this article's quality justifies my regular donations.

To be honest, that will likely show a bit overwhelming to be implemented on a practical base. I suggest an alternative route moving through 4 lists of food antioxidants and an eponymous 14-slide PowerPoint presentation, all super easy to download for free from my website [www.gmouton.com](http://www.gmouton.com).

**LISTS:** Click on 'GM DATABASE' tab, then on 'LISTS', and choose '**List Sirtuin Activators**' as well as 'List Nrf2 Activators'. I consider these two as Master Lists, which I keep handing repetitively to all my patients showing polymorphisms (variant genotypes) among respective genes, i.e. OGG1 (for 'Sirtuin Activators') and **NQO1** (for 'Nrf2 Factor Activators'). The latter list expands in complementary lists called '**Anthocyanins**' and '**Brassicaceae**' (which is only a fancy name for cruciferous vegetables).

**LECTURE:** Click on 'GM DATABASE' tab, then on 'LECTURES'; move on '6-LIVER DETOXIFICATION'; then you can click on '**Food Antioxidants**'.

All these documents, once clicked, will be automatically downloaded in your computer to enjoy! The 4 lists result from foundation work by my nutritionist Glen MATTEN completed by thorough enquiries on my behalf. The short lecture has been patiently assembled from multiple sources, which include PubMed and Great Smokies Laboratory (now Genova), in between 2004 and today. Have a look at the long version '**Liver Detox**', which has taken me hundreds and hundreds of hours of hard work! ☺