

## 1           **Atoms, Molecules Bonding and Beyond - Antioxidants Research Paper**

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4           Eating the daily servings of fruits and vegetables can lead to a healthy life.

5           Certain fruits and vegetables contain antioxidants. Antioxidants supplements play an  
6           important role in the human body's immune system. They are found in most fruits and  
7           vegetables. These antioxidants neutralize free radicals in your body. Free radicals  
8           causes oxidative stress and can cause damage to our cells and cause many diseases.  
9           These free radicals are unavoidable so it is essential to maintain antioxidant  
10          consumption.

11                               Free radicals are molecules that bombard cells. According to Dr. David  
12                               Stevenson, "Free radicals are essentially molecules with broken bonds, so they are  
13                               highly reactive and will react with anything that they come into contact with." During  
14                               oxidation, an electron could be taken out of a chemical bond due to a weak bond and it  
15                               results in a highly reactive unshared electron. These free radicals capture electrons  
16                               from healthy molecules to become stable. The damaged cell can release free radicals  
17                               that will continue the effects of oxidation to surrounding cells. Some factors that cause  
18                               oxidation are drugs, smoking, aging, and stress. These free radicals can cause damage  
19                               to the body, cancer, and many different disease. They are also factors in aging.

21           Antioxidants are important for the human body's immune system. They help defend  
22           against free radicals by providing their extra electrons to neutralize free radicals. This  
23           causes the free radical to create a bond with the electron that it received. They remain  
24           stable when losing electrons and do not turn into free radicals themselves. According to

1 Healthchecksystems.com, "They act as scavengers, helping to prevent cell and tissue  
2 damage that could lead to cellular damage and disease."

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4       Antioxidants will help prevent diseases. It may also help cure diseases such as  
5 cancer. According to , "Certain "antioxidant" substances, such as vitamin C, are able to  
6 exploit the differences between cancer and healthy cells; they kill cancer cells while  
7 helping healthy cells." Antioxidants act as prooxidants that produce hydrogen peroxide  
8 which attacks the cancer. This does not conclude that antioxidants can cure cancer.  
9 Taking antioxidants during cancer treatment can have random results. It can not be  
10 anticipated that antioxidants can make the cancer therapy better or worse. There is no  
11 clear effect of what antioxidants can do to cancer treatment so cancer patients should  
12 take caution in taking the antioxidant supplements. There is also no proof of any other  
13 disease that is cured by taking antioxidants. The best thing right now is to prevent it by  
14 taking antioxidants to prevent the free radicals from spreading and causing the  
15 diseases.

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17       Taking antioxidants daily in food is important when living a healthy life. It can  
18 prevent many diseases such as cancer. Antioxidants neutralize free radicals by giving  
19 them an electron so that they would become stable. These antioxidants can be found in  
20 certain fruits and vegetables.

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1 Works Cited

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