

OXIDATIVE STRESS AND INFLAMMATION

Oxidation is a chemical reaction where oxygen reacts with substances. Common examples include _____, _____, or _____.

In an oxidation reaction the molecule loses an _____.

A free radical is a molecule that is missing an _____.

It sets up a chain reaction by stealing an _____ from another molecule causing it to become a _____.

Free radicals damage the body's _____.

Sources of free radicals include:

_____, _____
_____, _____.

An _____ can stop the free radical cascade.

Oxidative stress occurs in diabetes when _____ and _____ levels are uncontrolled.

Oxidative stress is characterized by the _____ of free radicals. This results in the body _____ five times faster than the general population.

Oxidative stress causes _____.

Inflammation comes before diabetes and begins as oxidative stress in the _____.

To reduce oxidative stress we need to decrease our exposure to free radicals. Some sources we can control exposure to include:

_____, _____, _____,
_____ and _____.

Antioxidants help reduce oxidative stress by _____ free radicals.

Antioxidants are mainly present only in _____ foods.

To deal with BARRIERS to your health goals you should:

- _____ the barriers
- _____ to work on
- _____ for ways to remove the barrier
- Select your _____.
- _____ - _____ your plan