



SOUTHERN  
SPINAL  
CARE



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## ANTIOXIDANTS – YES OR NO???

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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High dose anti-oxidants may not be the answer to prevent diseases, as recent studies may seem to be proving. That is, taking vitamins may not be all that effective. However, ingesting the foods that contain those vitamins may be the real answer to getting all those nutrients that are necessary. It is also the combination of those nutrients in the food that produces the beneficial effects that an isolated vitamin or nutrient cannot do. Nature has it designed so well we should not ruin the recipe. It's also cheaper to buy the fresh fruit or vegetable than a whole lot of tablets.

Fruit and vegetables exhibit neuroprotective properties that prevent neurodegenerative conditions such as stroke.

Supplementation of 19month old rats with strawberry, blueberry or spinach extracts for eight weeks resulted in the reversal of age-related deficits in several neuronal and behavioral parameters such as Alzheimers and Parkinson diseases.

Phytochemicals in broccoli have been proven to prevent a broad range of tumours.

Of the 156 dietary studies, 128 had proven that the consumption of fruit and vegetables was found to have a significant protective effect against cancer.

The conclusion of recent studies also says that there is a benefit to taking vitamins in small doses with food and that has a beneficial effect.

So, in conclusion be careful when you read newspaper articles that grandstand single studies. Therefore we should be taking into account all the data and as a result vitamins are good with food but vitamins in small doses not the mega-doses as prescribed in the past.

### ***Dr Notaras would like to thank:***

Metagenics article "Food for Thought" – August/ Sept

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