

OxyStress

(Determines the amount of stress on the body caused by free radical activity)

[TE003]

Introduction

The OxyStress test allows you to determine the amount of stress on the body caused by free radical activity. People of all blood types can benefit from knowing if they are getting enough anti-oxidants in their diets and nutritional supplements to prevent free radical damage to their cells. Results are immediate. Includes informational insert. Simple to use test measures free radical stress levels in the body from a simple urine sample. This test measures the amount of a free radical called malondialdehyde (MDA) in the urine. It is a measure of the overall antioxidant capacity of the body. This test is 40 to 50 times more reliable than a standard MDA blood test. Accuracy is within the range of 90%. The test is conducted by comparing the color change in a urine sample with a chart. The test was scientifically validated by means of the Conti Fluorometric assay in the laboratory. This is a highly sensitive test that can measure minute quantities of MDA present in body fluids.

Excessive amounts of free radical activity in the body can disrupt the orderly activity of many important biochemical reactions in our cells which can accelerate aging or enhance our susceptibility to disease.

Description/ Background

Oxygen is also a powerful reactant inside your body. While it is essential for health, it is also capable of disrupting cellular function and impairing efforts towards health by generating excessive amounts of oxygen radicals resulting in oxidative damage. Under ideal circumstances, your body would regulate the impact of oxygen; ensuring you receive maximum benefits without generating excessive amounts of unregulated oxygen free radicals.

Ultimately health has a great deal to do with balance. One of these points of balance is the relative activity of free radicals and antioxidants.

Free-Radicals and Antioxidants

Free radicals are highly reactive molecules. Because of their electron configuration (they are missing at least one electron), these molecules are unstable, and in effect, are in search of other substances from which they can literally steal an electron. Before you jump to the wrong conclusions and assume free radicals are bad (they are not necessarily) it is important to realize that your body actually depends of free radicals for some of its critical activities. As mentioned, it is more a question of balance and your body has many redundant methods for establishing an appropriate balance of free radical activity. Substances that fuel your body's capability of keeping free radical activity in check are called antioxidants.

A key element of health is the relative balance in your free radical (attacking forces) activity and your antioxidant (defending forces) capability. When these forces become unbalanced and free radical troops outnumber your antioxidant forces, health invariably suffers.

Currently over 100 conditions have been identified that have associations with excessive free radical activity. In effect, the chronic and cumulative assault by excessive free radical troops, when antioxidant defenses are sub-optimal leads to degeneration and dysfunction. Some of the degenerative conditions associated with oxidative damage by free radicals include cancer, arteriosclerosis, viral infections, autoimmune disorders,

lung disease, and neurological diseases. Even aging and death have been associated with the oxidative damage resulting from unchecked and cumulative over exposure to free radicals.

The day before the test, subjects should not take supplemental vitamins, such as vitamin C, vitamin B complex, or vitamin B-1 (thiamine), vitamin B-2 (riboflavin), vitamin B-3 (niacin). Any oral intake of vitamins or medication that turns urine to an excessively yellow color may interfere with the ability to interpret the reading.

Directions

Place urine in cup and draw up one milliliter with the dropper. Break top off of ampoule and squeeze urine from dropper into ampoule. Wait five minutes; then hold ampoule up to evaluation chart to match colors. Record the reading on the card.

References

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