

Can Antioxidants Help You Build Muscle? Effects Of Free Radicals On Your Muscle

Many people these days take antioxidants to counter the detrimental effect of free radicals. Antioxidants mop up free radicals and convert them into harmless substances. Free radicals are known to cause body cell decomposition and therefore are the main culprit in our aging process. Free radicals are linked to aging diseases such as cancer and heart problems besides making us age more quickly. Since free radicals cause our cells to decompose, then free radicals will also degenerate our muscle cells.

Staying clear of situations that cause a surge of free radicals to surge is one way of prevention and taking antioxidants as a supplementation is another. There are many situations that will increase free radical activities such as sun burn, stress, smoking, alcohol consumption, pollution, exercise workout amongst others. Yes, we get a surge of free radicals when we exercise especially intensive exercises because we are putting our bodies under tremendous stress when we exercise. These muscle destroying activities will continue for hours and even days depending how intensive your exercises are.

This is where antioxidants supplementing comes in. Since antioxidants neutralize free radicals, it helps your muscles to recover faster and stop the ravaging effects of free radicals on your muscle and thus allowing better muscle growth.

So if you want your muscle to recover faster and grow bigger after your workout, supplementation with antioxidants may help. There are many antioxidants supplements in the market. Vitamin A, C and E are perhaps the better known free radical fighters out there. Some other excellent free radical scavengers are Green Tea extract, Alpha Lipoic Acid, Beta Carotene etc

So our mums although may not have known about antioxidants and its effect of free radicals on our body was right when they insisted that we take our vitamins.

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