

## Free Radicals, Oxidative Stress and Role of the Antioxidants

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Epidemiology studies have showed that free radicals play an important role in health and also during the illness. Free radicles form when there is a lack or addition of extra electron in a molecule which makes them ready to interact rapidly with surrounding biological system in cell. These radicals therefore can react with various targets in cells including genetic material and cell membrane. The uptake of antioxidants can make resistance against the harmful effects of oxidative stress elements. However, there should be a balance between them and therefore the excesses amount of anti-oxidants is not recommended. Here, the free radicals and their effects and control with anti-oxidant are discussed then some life style precautions were explored as natural ways to handle the harmful effects of oxidative stress elements.

Keywords: Free radicals, Oxidative stress, Antioxidants, Health, Life style

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