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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try a yummy smoothie
rich in antioxidants!!



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This fortnight's healthy topic...

Myth Buster: Will eating grapes aid in a good night sleep?



True. Grapes are a rich source of antioxidants. Some laboratory and clinical studies have begun to identify benefits of antioxidants in falling and staying asleep.

Free radicals are naturally produced by our bodies through metabolic processes and exposure to pollutants and toxins. Free radicals increase cancer risk and accelerate aging processes.

Antioxidants get rid of free radicals, and amongst many benefits, they help to improve sleep quality.

Where do we get antioxidants?

Natural antioxidants are available in many foods we eat. The seeds and skins of fruits and vegetables are particularly high in antioxidants. The colour is an indicator of the amount of antioxidants.

The most protective foods include grapes, pomegranates, berries and other richly coloured fruits. These are high in phenolic, anthocyanin and proanthocyanidin enriched antioxidants. The bright colours can signify potent capabilities, but colour is not always necessary for strength.

So, what can we learn from this?

If you are a poor sleeper, take a deeper look at your diet. Ensure that you get enough antioxidants from fruit and veggies. All you need is 2 serves of fruit and 5 serves of veggies everyday to help improve your sleep quality. Grapes are just one option.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**