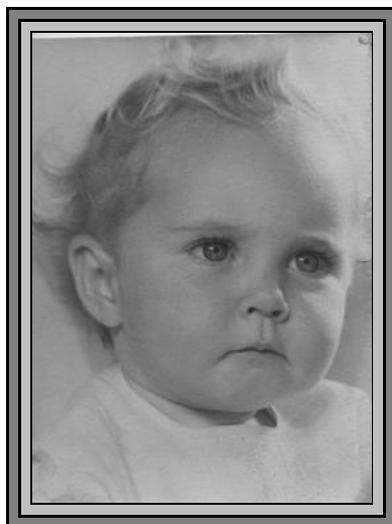


Eating to Age Younger

by

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This is a small but comprehensive list of 17 foods that will provide you with **excellent anti-oxidant nutrition**. They will make you **happier every day** of your life and, importantly, they will **improve your overall health**. These foods contain the variety of vitamins and minerals you need to **help you feel younger, to slow the aging process, and to help your skin to look younger**. Yes, by following a diet high in anti-oxidant nutrition, you really can age younger!

In reality, the foods on this list represent the idea of eating **everything in moderation** ... and *not* eating rubbish! But it's important to realise they are just the icing on the cake ... there is so much more to know about your diet than the information included here ...

In this document we have included the bare bones of the information available and only 17 individual foods. If you would like to know more, contact us and we can offer you various alternatives to learn more ... new facts are uncovered every day as studies into nutrition continue ...

Bananas:

... contain **Magnesium and Potassium**. Magnesium deficiency is frequently **caused by medications** so check with your doctor to see if you require supplementation; in addition, magnesium

deficiency **occurs as we age** because we are no longer able to absorb the amount we need. Normally though, you will get enough Magnesium from a banana to lower your anxiety levels and improve your sleep. Magnesium is also **excellent** for **relieving cramp**. **Potassium** significantly lowers the risk of high blood pressure and cardio-vascular disease, and is also of benefit in **fluid retention!**

Oranges:

... 2 x 370 ml glasses per day is sufficient for your basic Vitamin C requirements. Vitamin C is a highly effective antioxidant, which acts to lessen oxidative stress. It has been shown that **consuming vitamin C supplements does not provide the same protective benefits as drinking a glass of orange juice.**

Oatmeal:

... contains **Tryptophan** which helps the brain increase the **supply of the neurotransmitter Serotonin**; and Serotonin is important in the cause, treatment and relief of depression. Oatmeal is a slow burning, complex carbohydrate and provides lasting energy. **Carbohydrate consumption increases the amount of Serotonin** released in the brain ... **Serotonin makes you feel good!**

Besides Oatmeal, the Top 5 sources of Tryptophan are:

- ❑ Sea lion, stellar, kidney (Alaska Native) Tryptophan: 2580mg
- ❑ Sea lion, stellar, meat with fat (Alaska Native) Tryptophan: 1322mg
- ❑ Game meat, elk, cooked, roasted Tryptophan: 746mg
- ❑ Game meat, elk, raw Tryptophan: 746mg
- ❑ Seaweed, spirulina, raw Tryptophan: 739mg

OR ... you can just eat Oatmeal!

Pistachios:

... 25 pistachios contain 100 calories and lower the blood pressure response to stress. They have been shown to significantly **reduce levels of low-density lipoprotein** (LDL cholesterol) while **increasing antioxidant** levels. You can even recycle the shells as compost or mulch in the garden!

Avocado:

... contains Mono-unsaturated fat and potassium. The mono-unsaturated fats **increase the number of Serotonin receptors** in the brain, **reduce Cholesterol** levels, **lower the risk for heart disease and stroke**, and **reduce belly fat**. **Potassium's** main functions are **building muscle, synthesizing proteins, controlling the electrical activity of the heart and maintaining acid-base balance ...** and Avocado make you feel good!

Wine:

... in moderation! **One glass of red wine (just one) lowers your blood pressure and relaxes you.** The secret is to limit the amount you drink! There is no clear evidence that Red wine is better than white wine or beer, but it does contain more **Resveratrol** (a polyphenol), which is a powerful anti-oxidant.

Whole grain toast:

... provides **slow-release carbohydrates** that may stabilise blood sugar; and **sourdough whole grain** is even better. Add some **protein, such as almond butter**, to **improve your memory, concentration and alertness.**

Turkey:

... a good animal protein containing **Tyrosine and 7 other essential amino acids** all of which **feed the brain.** The best proteins for the brain are from animals ... **milk, eggs, fish, shellfish and poultry.** Turkey is also a **source of iron, zinc, potassium and phosphorus;** it's also a source of **vitamin B6 and niacin,** which are both essential for the body's energy production.

Coffee:

... yes! **4 - 5 cups of coffee every day are really good for you and may help you live longer!** Coffee stimulates your central nervous system to **improve memory, concentration and attention.** And coffee is the **biggest source of antioxidants** in the Western diet, **outranking both fruits and vegetables...** Make a point of skipping the double mocha skinny soy chai latte ...

Eggs:

... are high in cholesterol but don't adversely affect blood cholesterol. **Eggs contain Choline which enhances your memory, plus Vitamin D, calcium, folate, iron and selenium.** They are **the best quality protein and include all eight of the essential amino acids.** **They are not a cholesterol risk.** All major UK & US heart and health organisations have lifted limits on recommended egg consumption, as it's now known that the dietary cholesterol in eggs does not have a significant effect on blood cholesterol, but nevertheless, they still advise **eggs not be eaten every day if you have congenitally high Cholesterol levels.**

Water:

... *drink it!* Seriously, it is the best the thing you can do **if you want to feel and look younger!**

Pineapple:

... provides enough sugar to give an instant energy boost and enough fibre to prevent a post-carb energy crash! Pineapple also contains **Manganese and Thiamin** which help convert calories to energy, **anti-oxidants and polyphenols** as well as **Vitamins C and A, Calcium and iron.**

Fresh pineapple is **the only known source of an enzyme called bromelain**, which has been used in studies to determine its effectiveness in **alleviating joint pain, arthritis, reducing inflammation, inhibiting tumour growth and shortening recovery time following plastic surgery.**

Almonds:

... think of them as **energy pellets containing plenty of magnesium**. They are high in fat but will lower your LDL-Cholesterol and **reduce your risk of heart disease**, which is a contradiction in terms but nevertheless ... fact!

Chocolate:

... the emotional response to eating chocolate is great enough to **trigger a serotonin and endorphin** (happy hormone) release. It **lowers the risk of high blood pressure and stroke**, is loaded with **anti-oxidants**, helps with **PMS**, it may **lower cholesterol**, it **reduces the risk of heart disease**, can **improve your skin**, and it may **reduce pain**. Remember, this is all about **dark chocolate** ... not milk chocolate!

Walnuts:

... **look like a brain** and the brain is where they have some interesting benefits, particularly in the area of **memory and general thought processes**. They contain omega-3 fatty acids and uridine; studies show that when these two are administered in combination, **the effect on depression is indistinguishable from standard anti-depressants**. Walnuts are protective against **metabolic syndrome, cardiovascular problems, and type 2 diabetes**. They are also useful in the support of **weight loss and prevention of obesity**; their anti-inflammatory benefits can overshadow the high-calorie and high-fat risk posed by eating them.

Walnuts are a power-house of anti-oxidant benefits and **half-a-dozen-a-day are of great benefit to your well being** and a more **youthful looking skin**.

Spinach:

... helps maintain **Serotonin levels and has extremely high nutritional values**. It is rich in antioxidants and is a good source of vitamins A, B2, C and K; it also contains magnesium, manganese, folate, iron, calcium and potassium. Some of the possible health benefits of consuming spinach include **an improvement in blood glucose control in diabetics, lowering the risk of cancer, lowering blood pressure, improving bone health, and possibly lowering the risk of developing asthma**.

Fish:

... provide high blood levels of omega-3 fatty acids (EPA and DHA), which are good for your **cardio-vascular system, heart health, and osteo-arthritis** (to name but a few benefits). Omega3 has been demonstrated to **lower psychological distress** and although it is quick and easy to take a supplement, **eating fish is by far the best way to absorb the nutrients**. If you're not a fish fan, eating fish only once or twice a week can be enough to reap the benefits.

Fish oils will ease **depression** (your **stress levels drop** and your happiness level rises!), contribute to **lowering the risk of heart disease, reduce Alzheimer's risk and improve your skin and hair**. Studies have shown that **fish oil may add years to your life and take years off your face!!**