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**SUPERFOODS THAT
PROMOTE
ANTI-AGING**



Introduction

If we were to identify one common wish that unites humanity, it's probably the desire to live as long as possible. A long, healthy and happy life has been one of man's major pursuits since the dawn of history.

The ancient Egyptians relied on magic spells and strange herbal mixtures thought to prolong life and even achieve immortality. Ancient explorers went on perilous quests in hopes of finding the mythical "fountain of youth". Alchemists through the ages experimented with a range of substances to create the elixir of life. Some of these substances were actually highly toxic!

Many more myths have continued to abound and even today are believed by some people in our modern culture. One such myth is drinking powdered gold. Interestingly, another myth is that early retirement promotes longevity (this could make sense but sadly there's no evidence to back it up!).

What does real science tell us? A huge volume of research has concluded that a healthy lifestyle is the mainstay of a longer life span. More specifically, it is the type of food we eat that can delay aging and keep us vibrant and active well into our eighties and beyond.

These in-depth studies have further found that specific foods contain powerful anti-aging components as well as amazing nutrients - hence, the term "superfoods" was invented.

Living longer requires nothing more than adding superfoods to your diet and consuming them on a regular basis. This book will discuss 10 of these most potent superfoods and how they can help you defy the aging process. The more you eat of them, the more years you will be adding to your life. And here's an added bonus: not only will you live longer but these superfoods will also boost your overall immunity and strengthen your physical and mental health.

What are Superfoods?

"Superfoods" is a relatively new term that refers to foods that have extremely high nutritional value. The common properties of a superfood are:

- Usually plant-based.
- Packed with vitamins, minerals and antioxidants.
- Usually low in calories.
- Have a very high nutritional density, meaning they may contain the recommended daily intake of certain vitamins and minerals.
- Very high in antioxidants, substances that are known to neutralize free radicals (energy by-products that can be very harmful to the body). Free radicals can increase the risk of age-related diseases like Alzheimer's and Parkinson's, as well as heart disease, respiratory ailments, stroke, and cancer.
- Although superfoods don't cure chronic diseases, they can prevent them and alleviate some of their symptoms if they do occur.

- Many superfoods have rich colors, an indication of their high antioxidant content.
- The list of superfoods is long and varied. Some of the most common ones include spinach, broccoli, raspberries, walnuts, garlic, lentils, black pepper, and tomatoes, among many others.

Benefits of Superfoods

Although there's no formal categorization for superfoods, they have been found to have a wide range of health benefits depending on the specific substances found in each one.

In addition to the particular foods that enhance life span, other superfoods can be consumed for the following health benefits:

- Strengthening the immune system.
- Improving memory.
- Enhancing cognitive function and brain health.
- Preventing cancer.
- Promoting quality sleep.
- Reducing depression and anxiety.
- Guarding against age-related degenerative disease.
- Improving cardiovascular health.
- Lowering stress levels.
- Improving energy levels.

Many of the superfoods discussed here provide a powerful combination of these benefits in addition to promoting longevity. When consumed regularly, they work like an armor that guards you from head to toe! It's not hard to see how powerful they can be on many levels.

How Superfoods Promote Longevity

The fountain of eternal youth may be a myth but superfoods can be the second-best option. That is how much of an impact they can have on longevity. Science has found a strong link between superfoods and a longer life span in the following areas.

Superfoods alleviate inflammation

Inflammation in the body is a key underlying cause of health conditions that weaken the body and speed up the aging process. Some of these inflammatory conditions include Alzheimer's disease, heart disease, arthritis, liver disease and cancer.

Superfoods contain powerful anti-inflammatory substances that prevent these types of diseases from occurring or can dramatically alleviate their symptoms.

Superfoods keep insulin levels low

Studies have found that excess insulin in the body is a major cause of premature aging. Insulin is produced in the body to regulate blood sugar levels when we consume sugary foods.

Most superfoods are low in sugar and therefore, help to maintain low insulin levels.

Superfoods promote heart health

A healthy heart means longer life, simple as that. Medical experts tell us that eating superfoods regularly can decrease your risk of heart attacks by a stunning 75-95%.

This is because superfoods promote heart health by simultaneously lowering cholesterol levels, reducing inflammation, lowering insulin levels, and regulating blood pressure. Amazing!

Superfoods regenerate cells

Superfoods contain potent compounds called glucosinolates that help in cell regeneration and repair. They can therefore prevent cells from mutating and becoming cancerous.

Superfoods prevent brain aging

We all want to live longer but we all want to be alert and mentally vigorous till the very end. The combination of anti-inflammatory, insulin-regulating compounds found in superfoods is the answer. They have been found by researchers to promote overall brain health.

Superfoods have also been linked to the prevention of age-related cognitive diseases including Alzheimer's, memory loss and dementia.

The bottom line: Superfoods have been scientifically proven to promote healthy longevity in a variety of ways. All of these benefits are more than enough reason to make these amazing superfoods a part of your daily diet.

The 10 Best Age-Busting Superfoods

These 10 superfoods have been found to increase life expectancy, boost vitality and even improve the hair and complexion. Not only will you feel better and live longer, but you'll also stay youthful-looking and radiant well into your old age.

Wherever you are in your life right now, it's never too late to begin turning back the clock. Start incorporating the following superfoods into your diet today to get super healthy and add years to your life.

#1: Mushrooms

Studies conducted on different types of mushrooms found that they are packed with longevity-promoting substances. They're rich in nutrients that enhance the function and activity of immune cells, prevent DNA damage and can slow down cancerous cell growth.

Portobello and white mushrooms are especially potent in protecting against breast cancer. Some of the more exotic types such as shitake, Reishi and Maitake are thought to contain a higher density of longevity-promoting substances. If you fancy giving them a try, they can be found in high-end supermarkets as well as health food stores.

How to eat: Mushrooms are so versatile that you can eat them every day and never get bored. They can be added to soups and sauces, sautéed with your favorite meat dish, combined with other vegetables, or enjoyed on their own as a side dish.

Mushrooms are generally well-liked by most people. If you're one of them, consuming them on a regular basis won't be a chore!

A word of warning: Never eat mushrooms raw as they contain a carcinogenic substance that can be toxic. This substance is killed when the mushrooms are cooked.

#2: Cruciferous Vegetables

These cool-weather vegetables are distinguished by a flower in the center surrounded by leaves. The flower has 4 petals in the shape of a cross. Hence, the name "cruciferous" or cross-shaped in Latin. The most common cruciferous vegetables are cabbage, cauliflower, broccoli and Brussels sprouts. Some less commonly known types include garden cress, kale, and bok choy.

Cruciferous vegetables are called the "powerhouse" of superfoods because of their amazing superpowers. They have the ability to activate the body's detoxification function, a process that cleanses the body and flushes out harmful toxins and other accumulated 'junk'. They can also prevent the growth of cancer cells.

They contain a chemical called sulforaphane that protects the blood vessel walls against inflammation, meaning they are excellent for heart health.

But perhaps their most amazing ability is that they can actually modify our hormones.

How to eat: cruciferous vegetables are not high on everyone's list of favorite foods. However, their powerful benefits make them one of the foods you absolutely need to consume on a regular basis.

The best way to prepare cruciferous vegetables is to shred, chop or juice them to release their potent substances. They should also be chewed thoroughly for the same reason. They can be eaten cooked or raw.

Cruciferous vegetables are simply one of the most nutrient-dense foods you can consume, so it's a great idea to consume one or two varieties on a daily basis.

#3: Berries

All berries are packed with longevity-boosting antioxidants and are excellent for heart health. In one of the many studies conducted on these nutrient-rich fruits, participants who ate strawberries and blueberries every day for several weeks displayed the following improvements: lower oxidative stress levels, lower cholesterol levels and improvement in blood pressure.

In addition to having anti-cancer properties, berries also promote brain health. Although there is no conclusive evidence as of yet, studies suggest that berries could prevent the onset of age-related cognitive diseases.

How to eat: The best strategy is to eat as many of these fruits as you can, fresh or juiced. The large variety of berries available ensures that you can eat a nice assortment every day.

Although all berries are great longevity-boosters, blueberries, goji and acai berries are particularly potent.

#4: Nuts

It's hard to imagine how something as small and unsubstantial as a nut could be very nutritious, much less help you live longer.

In fact, not only are nuts rich in essential vitamins and nutrients but along with fish, they're the best source of healthy fats. They're also a good source of fiber, protein and antioxidants.

Nuts have a very unique property. When eaten in combination with other foods, they lower the glycemic load of the whole meal and

balance blood sugar levels, making them a perfect food for preventing diabetes.

Nuts have actually been linked to a lower risk of heart disease. This is due to their high content of healthy fat in addition to their ability to lower cholesterol levels.

Although relatively high in calories, nuts can actually promote weight loss or maintain body weight as they are extremely filling. They can suppress appetite for hours, making you snack less between meals.

How to eat: Chopped or sliced, lightly toasted or raw, nuts like almonds and walnuts make delicious toppings for salads and desserts. They can also be blended and added to dips or salad dressings. A handful of mixed nuts are also a delicious and filling snack that will keep you energized and satisfied for hours.

Note: Natural peanut butter also falls into this category, so make sure you add it to your list!

#5: Pomegranate

The pomegranate fruit has been known for its health-promoting and therapeutic properties since ancient times.

Pomegranates are rich in punicalagin, a highly powerful antioxidant, making it a uniquely potent anti-cancer superfood. Pomegranates also promote heart and brain health.

A study conducted on elderly participants found that pomegranates can help delay the brain aging process. Those who drank a glass of pomegranate juice daily had improved memory and higher cognitive performance over those who were given a placebo juice.

How to eat: Juicing the seeds releases the pomegranate's potent properties and brings out the delicious tart/sweet flavor. The seeds can also be removed and eaten on their own, mixed with other fruits or sprinkled over salads and desserts.

Note: To remove the edible seeds, split the fruit into quarters and remove the red seeds gently with your fingers.

#6: Salad Greens

Salad greens are commonly referred to as 'leafy greens'. As the name implies, they include all leafy vegetables such as all types of lettuce, spinach, arugula and cruciferous vegetables. Less common types of leafy greens include kale, collard greens, beet greens, watercress, Swiss chard and endives.

These nutritionally-dense vegetables are almost calorie-free (100 calories per pound) which makes them ideal if you're watching your weight. They're also rich in a wide range of essential vitamins and minerals and are very potent immunity-boosters.

Studies tell us that higher consumption of leafy greens reduces the risk of stroke, heart attack, diabetes and some types of cancer. They also contain lutein and zeaxanthin, two compounds that protect the eye against light damage. Kale, spinach and mustard greens are packed with antioxidants and anti-inflammatory compounds that protect against a range of chronic diseases.

How to eat: Leafy greens should be eaten raw and ideally, in a nice and varied combination. Some types such as spinach can be cooked lightly and added to other dishes.

Make sure you have a big bowl of assorted leafy greens at every meal and heap your plate high! They're filling and almost calorie-free and should be the mainstay of every meal.

Salad greens can also be juiced to make green smoothies, which make amazing natural energy drinks.

#7: Seeds

Seeds are another diminutive superfood that is widely overlooked, perhaps because they're not considered real foods. But their nutritional value will make you think twice.

Most people are unfamiliar with the wide range of edible seeds, the two most commonly known being pumpkin and sunflower seeds. But this superfood group also includes chia seeds Egusi (found in a type of sour watermelon), flax, hemp, jackfruit, nigella and sesame. Seeds are very similar to nuts in that they are a source of healthy fats and promote heart health. But they're more nutritionally powerful than nuts in that they contain more plant protein, antioxidants and minerals.

Sesame seeds are packed with lignans, a hormone that fights breast cancer. Chia and hemp seeds are packed with heart-healthy omega-3 fatty acids, while pumpkin seeds are a good source of zinc and calcium.

How to eat: Seeds should be eaten raw or lightly toasted. They can be added to juices and smoothies or sprinkled on salads, cereal or oatmeal.

#8: Beans

Beans are one of the best sources of non-animal protein and are the most nutritious starches you can eat. A daily portion of beans helps stabilize blood sugar and ward off diabetes.

The type of antioxidants they contain also protect against colon cancer (Studies have found that eating beans once a week reduced colon cancer risk).

The bean family includes all types of beans, peas, chickpeas, split peas and lentils. All legumes are part of this powerful superfood group.

How to eat: Since the legume family is so varied (the types of beans on their own offer a wide range of tasty options), it's easy to incorporate a different legume into your meals several times a week - or even every day.

Legumes need to be cooked until soft and can be used in soups, salads, or eaten on their own. Chickpeas can be blended to make delicious hummus dip while black or red beans are a healthy addition to stews and casseroles.

#9: Onions and Garlic

Onions and garlic are the mainstay of Mediterranean diets and are used widely in Far Eastern cuisine. Not everybody appreciates the pungent taste and smell of onion and garlic but you may learn to develop a taste for them after learning about their amazing properties.

Onions and garlic are highly beneficial to cardiovascular and immune system health and help alleviate inflammatory conditions. They're amazing anti-diabetes and anti-cancer foods as well.

The natural antibacterial/ antiseptic properties can actually detoxify cancerous cells and prevent several types of cancer. They protect against cold and flu and can kill gastrointestinal bugs.

How to eat: chopped or crushed, they are ideally eaten raw to get the optimum benefit of their properties. However, they can be cooked as well and as we all know, many recipes incorporate them as a base.

Chives, shallots, leeks, and scallions all belong to this potent superfood family, so there are dozens of ways to incorporate them into meals on a daily basis.

10: Tomatoes

Tomatoes contain so many health-boosting properties that they definitely deserve to be on the age-busting superfoods list. Beta-carotene, vitamin C, vitamin E and cancer-fighting flavonoids are just some of the nutrients found in tomatoes.

But perhaps the most powerful compound unique to this fruit is Lycopene. It protects the skin from UV light damage, guards

against heart disease and has been found to lower the risk of prostate cancer.

How to eat: The potent compound lycopene is absorbed better in the body when tomatoes are cooked - this is your carte blanche to have a field day with foods smothered in fresh tomato sauce!

Another important fact to note is that tomatoes pack a more powerful nutritional punch when combined with healthy fats, such as nuts, seeds, and fish.

The bottom line: The versatility and assortment of these 10 superfoods make them easily adaptable to any diet. Many of them, such as berries, nuts and tomatoes are all-time favorites that you and your family can enjoy on a daily basis.

Some of the less common superfoods offer you a great opportunity to experiment with new flavors and try different recipes that can make them popular with your family as well. There are amazing ways to cook some of the blander foods (such as legumes and the much-hated spinach) to make them anything but bland.

So, stock up on these superfoods, surf the web for tempting recipes and create a meal plan to stay on track. That's all you need to start boosting your longevity today!

Additional Tips for a Longevity- Boosting Diet

Realistically, we know that it's not enough to rely solely on superfoods to delay the aging process. The consumption of these foods needs to be accompanied by a relatively healthy lifestyle.

There's no point in consuming superfoods if you never exercise or if you smoke, drink excessively, don't get enough sleep or are too overweight. The harms of these negative health habits will simply nullify the benefits of superfoods and make them ineffective. They may be called superfoods but they can't work miracles.

This is not to say you need to become an exercise freak, go on a restrictive diet or make drastic changes to your current lifestyle. But you do need to make some modifications to give superfoods a fighting chance. Here are some helpful tips to consider:

1. Get enough sleep

As we sleep, our brains and bodies kick into action to initiate an amazing "housekeeping" process. This process involves flushing out toxins, regenerating cells and healing tissue.

It's essential that you have a structured bedtime routine and sleep-promoting environment that allows for 7-8 hours of quality sleep each night, to allow your body and mind to revitalize and recuperate.

This fact is pretty self-evident. We've all experienced how drained we feel when we've had a bad night, as opposed to waking up refreshed and invigorated after a good night's sleep.

2. Take the stairs

Look for opportunities throughout your day to stay active. Take the stairs whenever you can, walk rather than drive and carry instead of carting! Our sedentary lifestyle is one of the main causes of poor health and premature aging.

3. Do a digital detox

Give your overstimulated brain a much-needed rest by staying away from technology for 24 hours once or twice weekly. Yes, it can be done, the world won't end if you don't check your social media feeds for 24 hours!

Turn off all your digital devices, keep your phone on silent and fill your day with non-digital activities. Better yet, spend the time outdoors being active.

4. Get moderate exercise

Formal exercise isn't for everyone. Some of us just can't stick to an exercise schedule or consistently stick to a traditional workout plan. If you're one of these people, find an activity you enjoy.

Walking, hiking, cycling, swimming and team sports classify as exercise. Just make sure you practice some form of moderate activity two or three times a week.

5. Get married

If you're married, stay married! If not, consider tying the knot. Studies show that married couples live longer than single people! Now, that's a surprising one!

6. Eat fruit that's ripe.

According to researchers, ripe fruit has more longevity-boosting power. So make sure those berries and tomatoes are fully ripened before buying!

7. Use natural sweeteners

Sugar is toxic on so many levels. Try to cut down your consumption of processed sugar by using natural sweeteners like honey, fruit juice and molasses. Some beverages and foods like herbal tea and oatmeal actually taste better when sweetened with honey or molasses.

8. Develop a taste for green tea

The health benefits of green tea are well-documented. A cup of green tea daily is an additional health boost and is very refreshing hot or cold.

9. Eat organic

Organic eggs, fruit, vegetables, chicken and grass-fed beef and mutton are simply healthier. Organic is more than worth the higher cost if you can afford it. Do eat organic as much as possible to keep your body free of toxins and harmful chemicals.

10. De-stress regularly

Stress buildup is the leading cause of heart attack, stroke, high blood pressure and a long list of other serious health conditions. You can avoid these risks by simply taking 10 minutes every day to de-stress and wind down.

Daily de-stressing doesn't involve elaborate anguish. It's simply engaging in any relaxing activity that you enjoy. This could a warm

bath with calming essential oils, meditation, listening to music or reading a good book. Just 10 minutes a day will immediately allow your brain to unwind and your stress level will drop dramatically.

11. Switch to whole grains

Replace white bread, pasta, rice and other refined grains with whole grains whenever you can. Whole grains are more weight-friendly and contain many other health benefits. Whole grain pasta, wild rice, whole-grain cracker and oatmeal are some great replacements for white pasta and white rice, baked goods and sugary cereals.

12. Get plenty of natural vitamin D

This simply means exposing yourself to sunlight. Moderate exposure to the sun's rays (15-20 minutes a day) will give you a hefty dose of health-boosting vitamin D. Take advantage of sunny days to soak up those rays and on cloudy days, expose yourself to as much natural light as possible.

13. Use olive oil

Olive oil is a mainstay of the famous Mediterranean diet because it's a super heart-healthy fat source. Use it as much as you can in your cooking and salad dressings.

Coconut oil is another very healthy alternative to butter or ghee.

14. Solve crossword puzzles and brain teasers

Keep your brain stimulated and alert by giving it a regular workout. Studies have shown that solving crossword puzzles, brain teasers and playing other brain games prevents memory loss and boosts mental focus and attention span.

15. Nurture your spiritual health

Strong spiritual health develops inner calm, tranquility, optimism and hope. Whatever your religious orientation, take time to nurture your inner self through prayer, meditation or any other spiritual activity.

16. Go to the dentist

That dreaded dentist appointment you keep putting off can actually add years to your life as well. Gum inflammations, cavities, tooth infections and other oral issues are extremely dangerous for the overall health if left untreated.

An undetected tooth abscess could actually cause problems with the vision or the brain itself.

Make that 6-month dental checkup a priority to catch any issues early on and keep yourself in optimum health.

The bottom line: Adopting these simple tips into your lifestyle will make a dramatic difference over time. Along with the regular consumption of superfoods, you will begin to actually feel how your body is vibrating with vigor and energy. It's beginning to defy age.

Conclusion

Extending our life span is in your own hands. This is an amazing and true fact. Longer life is possible when you eat the 10 superfoods discussed here as often as possible.

However, simply adding years to your life is not the real goal. There's no point in living longer if you can't be healthy, mentally alert and active until the very end. This is what these amazing powers of superfoods can do.

They add years to your life by guarding you against debilitating, age-accelerating diseases and conditions. They keep your brain healthy and your mind vigorous. They make you feel better and look better.

Perhaps we should reconsider the idea that the fountain of youth is nothing more than an ancient myth. With all of their amazing age-defying benefits, superfoods are worthy of being defined as the fountain of youth.