



10 Anti-Aging Foods You Should Eat Every Day

Sandy DeRose

Copyright© 2023

All rights reserved. No part of this publication may be used, reproduced or transmitted in any form or by any means without the written permission of the author.

Table of Contents

About the Author	4-5
Introduction	6-7
Chapter 1 - Fermented Foods	7-8
• Probiotics for gut health	
• Immunity benefits	
• Recipes for sauerkraut and kombucha	
Chapter 2 - Bone Broth.....	10-13
• Collagen and amino acids	
• Joint and skin anti-aging effects	
• Bone broth recipe	
Chapter 3 - Fatty Fish	18-21
• Omega-3s from salmon, mackerel, sardines	
• Cognitive benefits	
• Anti-inflammatory properties	
• Baked fish recipe	
Chapter 4 - Nuts and Seeds	22-25
• Healthy fats	
• Vitamin E, magnesium, zinc	
• Ideas on ways to incorporate in your diet	
Chapter 5 - Avocado	25-27
• Monounsaturated fatty acids	
• Lutein for eye health	
• Quick and easy ways to add to your diet	
Chapter 6 - Herbs and Spices	28-31
• Anti-inflammatory compounds like curcumin	
• Immunity boost from garlic, oregano, etc.	
• A zesty marinade recipe	
Chapter 7 - Berries	31-34

- Anthocyanins and polyphenols
- Brain and heart health
- Berry smoothie

Chapter 8 - Leafy Greens..... 34-37

- Vitamin K, lutein, zeaxanthin
- Cellular antioxidant protection
- Ways to incorporate greens in your diet

Chapter 9 - Cruciferous Vegetables..... 38-41

- Potent anti-cancer compounds
- Liver detoxification support
- Roasted Brussels sprouts & broccoli

Chapter 10 – Green Tea..... 41-44

- Catechins like EGCG
- Boosts metabolism, cognition, immunity
- Green tea smoothie

Chapter 11 - Bonus Superfoods: Chocolate, Wine and Coffee 44-47

Conclusion 47-48



About the Author

Sandy DeRose is a published author who writes about health, wellness, natural alternatives and anti-aging.

She has been involved in the research and development of products for a renowned, award-winning anti-aging doctor for over 10 years. She has contributed to many health and beauty publications.

Her passion for health, wellness and natural remedies has led her on this path for living the best you can. She also loves to share her knowledge with everyone she meets.

Sandy also has a free newsletter where she provides the latest in anti-aging news. On her website you will also find tips on every aspect of anti-aging as well as archives of past newsletters.

To sign up for the latest in anti-aging news go here:

[Free Newsletter](#)

Introduction

As we age, our bodies face immense challenges on a cellular level.

Oxidative stress, inflammation, [glycation](#), and other biological processes that underlie aging cause cumulative damage to our cells and tissues over time.

This manifests externally in the form of wrinkles, osteoarthritis, weakened cognition, cardiovascular disease, and neurological decline.

While aging is inevitable, incorporating the right superfoods into your diet can profoundly influence how well your body handles this cellular wear and tear.

Foods that are particularly dense in antioxidants, anti-inflammatory compounds, healthy fats, and key micronutrients provide protection against the deterioration that comes with age.

Eating a diet rich in superfoods like fatty fish, leafy greens, nuts and seeds, berries and fermented foods has been shown to:

- Reduce oxidative damage to cells from free radicals
- Lower systemic inflammation involved in many age-related diseases
- Support detoxification of harmful compounds
- Optimize cholesterol levels for better heart health
- Strengthen bones, joints, and muscles
- Enhance cognitive abilities like memory, focus and processing
- Maintain skin elasticity and hydration for a more youthful look
- Boost immune function against illness and cancer

While superfoods are not a silver bullet, incorporating them daily makes it far easier for your body to defend itself against the unwanted consequences of biological aging.

In this book, we'll explore the top anti-aging superfoods - what makes them so potent, how to include them in your diet, and delicious ways to prepare them.

Follow along to learn how small dietary changes can profoundly support graceful aging and a more vibrant life.



Chapter 1: Fermented Foods

Harnessing Beneficial Bacteria for Health

Fermented foods have been valued for centuries for their preservative properties and delicious flavors.

However, science now shows that the live microbes these foods contain also impart tremendous health benefits, especially as we age.

Consuming fermented foods regularly helps repopulate the gut microbiome with beneficial bacteria that boost immunity, improve digestion and nutrient absorption, and reduce systemic inflammation.

Incorporating just small amounts of fermented foods into your daily diet can significantly support the body's defenses against age-related decline.

Fermentation uses controlled microbial growth to transform foods.

This culturing process breaks down nutrients and creates beneficial compounds.

Consuming live-cultured fermented foods helps re-establish populations of friendly bacteria like Lactobacilli species in your gut microbiome.

A diverse, thriving microbiome provides the following anti-aging benefits:

- Strengthened gut barrier function, preventing inflammation and permeability.
- Increased synthesis of vitamins B12, K2, and folate
- Improved digestion and mineral absorption from food
- Modulation of immune responses and inflammation
- Lowered blood pressure and cholesterol levels
- Enhanced detoxification of foreign compounds

Studies link consumption of probiotic-rich fermented foods like yogurt, kefir, kimchi and kombucha to lower risks of cardiovascular disease, diabetes, and certain cancers.

The healthy bacteria in ferments can even help mitigate side effects of medications like antibiotics which disturb gut flora.

Adding Fermented Foods to Your Routine

Aim to incorporate at least 1-2 servings of raw, traditionally fermented foods into your diet daily. Serving size ideas include:

1/4 cup kimchi
1/2 cup kefir or yogurt
2 ounces kombucha
1/4 cup sauerkraut
1/4 cup beet kvass
1/2 cup pickles

Look for unpasteurized versions or make your own ferments at home.

Avoid products with additives and preservatives which interfere with probiotic activity.

For maximum benefits, pair probiotic foods with prebiotic fibers from onions, garlic, bananas and legumes.

Simple Sauerkraut

Making your own sauerkraut harnesses natural lactic acid bacteria for a powerful probiotic boost.

Ingredients:

1 head green cabbage, shredded
1 Tbsp sea salt
Optional: 1-2 carrots, shredded



Instructions:

In a large bowl, mix cabbage and salt, massaging thoroughly until juicy.

Pack mixture into a clean mason jar, pressing down firmly to remove air pockets.

Top with a layer of outer cabbage leaves and weigh down with smaller jar.

Cover loosely and ferment at room temp for 3-10 days until sour to taste.

Transfer to cold storage, keeping 1 week refrigerated or several months frozen.



Basic Kombucha

Kombucha is a fermented tea made with a SCOBY, a symbiotic culture of bacteria and yeast. The end result is a lightly effervescent probiotic beverage.

Ingredients:

- 1 cup sugar
- 8 bags black tea or 2 Tbsp loose leaf tea
- 1 SCOBY (make your own or buy online or at a health food store)
- 2 cups starter liquid (purchase at any grocery store)
- Optional flavorings: fruit juice, herbs, spices

Instructions:

1. Brew tea with sugar. Let cool to room temperature.
2. Pour into a 1-gallon glass jar and add SCOBY and starter liquid.
3. Cover with cheesecloth or coffee filter and secure with rubber band.
4. Ferment at room temperature for 7-10 days.
5. Taste frequently until it reaches desired tartness.
6. Remove SCOBY and bottle kombucha.
7. Do a second ferment with flavorings for 3-5 days if desired.
8. Refrigerate and enjoy!

Tips:

- Use clean hands and brewing equipment to avoid contamination.
- Glass and ceramic containers work best. Avoid metal.

- Too long fermentation produces vinegar.

Kombucha offers a tangy, naturally carbonated probiotic drink. The SCOBY transforms sweet tea into a gut-healthy elixir!

Fermented foods provide a powerful way to nourish your microbiome and support healthy aging.

Consuming just small amounts of live-cultured foods like sauerkraut, kimchi, kefir, yogurt and kombucha on a daily basis introduces diverse beneficial microbes into your gut ecosystem.

A thriving microbiome strengthens the gut lining, prevents inflammation, optimizes digestion and nutrient absorption, regulates immunity, and provides other anti-aging benefits.

While research is still ongoing, the long traditional use of fermented foods across cultures supports the value of harnessing natural fermentation.

Make fermented options a consistent part of your daily diet. Look for raw, traditionally fermented varieties and avoid pasteurized products to gain the most probiotic benefit.

Pair fermented foods with prebiotic fibers to help nourish the good bacteria.

Consider making your own homemade ferments as well for the freshest microbial cultures.

Your gut is home to trillions of microbes that influence your overall vitality and resilience. Feed these friendly flora by regularly enjoying just a little bit of delicious, fermented foods.

The bioactive compounds formed through natural fermentation will help support graceful aging by optimizing your gut microbiome and protecting your body from within.

Chapter 2: Bone Broth

A Potent Anti-Aging Elixir



[Bone broth](#) is a nutrient-dense liquid made by simmering animal bones and connective tissue.

This traditional food has recently surged in popularity for its anti-aging and healing benefits.

Bone broth delivers a concentrated dose of compounds like collagen, amino acids, and minerals in a bioavailable form that your body can easily absorb.

Incorporating bone broth into your diet can help hydrate skin, soothe joints, seal gut lining, boost immunity, and detoxify the body as you age.

The long simmering time extracts the following beneficial components from bones, marrow, tendons and ligaments:

- Collagen - Collagen declines with age causing wrinkles and stiffness. This structural protein makes up the connective

tissues in bones, skin, joints, and cartilage. The collagen in bone broth helps strengthen skin, improve joint health, and support gut integrity.

- Glycine - An amino acid that helps build collagen and also aids detoxification in the body. It has anti-inflammatory effects.
- Proline - Another amino acid that works with glycine to produce collagen. Proline supports joint, skin, and heart health.
- Glutamine - An important amino acid for gut health and immune function. It helps seal leaks in the gut lining.
- Hyaluronic acid - Found in connective tissue, this compound lubricates joints and hydrates skin.
- Chondroitin sulfates - These compounds are found in cartilage and help reduce inflammation in joints.
- Glucosamine - An anti-inflammatory that helps rebuild cartilage to treat arthritis and joint pain.
- Minerals like calcium, magnesium, phosphorus - These minerals are in bioavailable forms that are easy for the body to absorb and utilize.

Anti-Aging Mechanisms and Effects

Research suggests the nutrients in bone broth produce the following anti-aging benefits:

- Increased skin hydration and collagen leading to reduced wrinkles and dryness
- Relief from joint inflammation allowing for greater mobility and flexibility
- Strengthened bones and teeth from absorbable calcium and phosphorus
- A boost in immunity from antimicrobial properties
- Anti-inflammatory benefits reducing systemic inflammation involved in many age-related diseases
- Detoxification support by supplying amino acids like glycine

While studies are limited, the abundance of collagen and easily digested nutrients make bone broth a promising anti-aging food.

Preparing and Consuming Bone Broth

For the richest source of nutrients, you'll want to make your own bone broth at home.

Use bones from organically raised, pasture-fed cows or chickens, wild fish bones, or leftover bones from your own meals.

Simmer the bones for at least 12-24 hours with some acid like vinegar added. This long cooking time extracts the collagen and other beneficial compounds. Season your broth with vegetables, herbs and spices for optimal flavor.

Drink bone broth on its own as a daily tonic or use it as the base for soups, stews or grains.

You can also add collagen protein powder or gelatin to homemade broth to further increase the nutrition.

Store broth in the fridge for up to a week or freeze in batches.

Basic chicken bone broth recipe:

Ingredients:

3 lbs. chicken bones and/or feet
2 chicken carcasses
1 onion, chopped
3 carrots, chopped
3 celery stalks, chopped
2 Tbsp apple cider vinegar
2 bay leaves
1 tsp whole peppercorns
1/2 tsp sea salt



Directions:

Place all ingredients in a slow cooker or stockpot. Cover with water by 2-3 inches.

Bring to a boil then reduce to low simmer. Cook for 24 hours. Strain the broth through a mesh sieve. Discard solids.

Store broth in fridge for up to 5 days or freeze for later use.

Sip this mineral and collagen-rich elixir daily for youthful skin, flexible joints, strong bones, a healthy gut, and overall vitality.

Bone broth nourishes your body from the inside out as you age!

And its concentrated nutrition and anti-inflammatory properties make it a potent anti-aging drink.

Collagen, amino acids, and minerals nourish the skin, soothe joints, seal gut lining, boost immunity and detox the body.

Make your own broth using organic animal bones and simmer for many hours to extract the most health-promoting compounds.

Sip bone broth daily straight-up or used in cooking.

Pair with anti-inflammatory spices like turmeric and ginger for added benefits.

With its impressive nutrition profile and research backing, bone broth deserves a place in any graceful aging diet.

Drink up for youthful vitality!



Chapter 3: Fatty Fish

Omega-3 Powerhouses

Fatty fish variety like salmon, mackerel, sardines, and trout are among the best dietary sources of anti-inflammatory omega-3 fatty acids.

These potent healthy fats help counteract many undesirable aspects of aging when consumed regularly.



Eating fatty fish provides omega-3s in a more bioavailable and higher dose than plant sources like walnuts or chia seeds.

Aim to include fatty fish in your diet 2-3 times per week for the greatest anti-aging impact.

Omega-3s in Fatty Fish

All fish contain some omega-3s, but cold-water fatty fish are the superstars.

Fatty fish get their name from higher levels of beneficial polyunsaturated fats.

Here are the key omega-3s they provide:

- EPA (eicosatetraenoic acid) – Has strong anti-inflammatory properties that protect cardiovascular health and brain function.
- DHA (docosahexaenoic acid) – Supports brain development, signaling, and cognition. Over 30% of the brain is composed of DHA.



The EPA and DHA in fatty fish are in a ready-to-use form unlike the ALA omega-3s found in plants, which the body must convert to active forms. Just 3 ounces of salmon provides over 1000 mg of EPA/DHA.

Anti-Aging Mechanisms

Regularly consuming omega-3 rich fatty fish provides these anti-aging effects:

- Lowered systemic inflammation reducing risk of heart disease, arthritis, diabetes, and Alzheimer's disease
- Enhanced cardiovascular health through better blood pressure, triglycerides, and cholesterol
- Improved brain function, cognition, and mental health into older age
- Healthy eye development and protection against macular degeneration
- Smoother, hydrated skin with reduced sun damage
- Potential anti-cancer effects inhibiting tumor growth.

The anti-inflammatory and cardio-protective properties make fatty fish consumption one of the most powerful dietary steps you can take for longevity.

Research on Fish Intake

Population studies link higher fish consumption to lower risks of chronic disease and death.

The renowned Okinawa Centenarian study found that fatty fish was a staple of those who lived over 100 years. Clinical research also demonstrates benefits:

- Eating fish twice per week reduced heart disease death by 36% in one major study.
- Higher fish intake is linked to lower cholesterol and healthier blood pressure.

- Eating more fish improves memory, focus, and cognition as we age.
- Supplementing with fish oil lowers arthritis symptoms by reducing joint inflammation.

While research continues, the case for regular fish intake for anti-aging is very compelling.

Incorporating More Fatty Fish

To gain anti-aging benefits, aim to consume fatty fish 2 to 3 times per week.

Excellent choices are wild caught salmon, Pacific mackerel, Atlantic herring, local trout, and Pacific sardines.

These species offer more omega-3s and less mercury or contaminants.

Simple ways to eat more fish:

- Canned salmon or sardines on toast, salads or in pasta
- Baked, grilled, or pan seared fillets with veggies
- Smoked salmon slices in omelets or sandwiches
- Ceviche, poke bowls, and fish tacos
- Seafood stews or salmon burgers
- Look for sustainable wild caught or responsibly farmed fish. Avoid deep fried preparations which undermine the healthy fat benefits.

Baked Salmon with Lemon and Herbs

This simple recipe allows the fatty fish to shine:

Ingredients:

1 lb wild salmon fillet
2 Tbsp olive oil
Juice of 1 lemon
1 clove garlic, minced
2 tsp dried oregano or dill
Salt and pepper to taste

Directions:



Preheat oven to 400°F.

Place salmon skin-side down in a baking dish.

Mix olive oil, lemon juice, garlic and oregano. Pour over the fish.

Bake 15-20 minutes until just opaque in the center.

Serve over greens or veggies.

Fatty fish like salmon and mackerel deliver anti-aging omega-3s that enhance heart and brain health, while lowering inflammation. Aim for two weekly servings of sustainably sourced fatty fish. Bake, grill, or pan sear seasonings for fast, delicious meals.

Chapter 4: Nuts and Seeds

Nutrient Powerhouses



Nuts and seeds are nutritional powerhouses packed with compounds like healthy fats, vitamin E, magnesium, and fiber that provide anti-aging protection.

Consuming a variety of nuts and seeds regularly can benefit your heart, brain, cells, gut microbiome, and more as you get older.

Just a small handful a day is enough to gain significant anti-inflammatory, antioxidant, and anti-disease effects.

Nuts and seeds deliver a wealth of anti-aging compounds:

- Healthy unsaturated fats like omega-3s (chia, walnuts) and monounsaturated fats that benefit cholesterol and triglyceride levels.
- Vitamin E, an antioxidant that prevents oxidative damage to cells and tissues.
- Magnesium, which relaxes blood vessels, regulates blood sugar, and aids sleep.
- Zinc for immune function and enzyme activity needed for metabolism.

- Plant protein for sustained energy, muscle building, and satiety.
- Fiber to feed the microbiome, lower cholesterol, and control blood sugar.

This potent nutrient combination provides comprehensive anti-aging activity.

Anti-Aging Mechanisms and Effects

Several key mechanisms make nuts and seeds longevity superfoods:

- The healthy fats, fiber, plant sterols and amino acids improve cholesterol ratios and lower heart disease risk.
- Vitamin E, magnesium, and plant compounds provide antioxidant and anti-inflammatory activity.
- Arginine benefits circulation and blood pressure. Zinc supports immune function.
- Fiber feeds beneficial gut bacteria and binds to toxins for elimination.
- Folate, beta-sitosterol and other nutrients promote healthy cell development and regeneration.
- The nutrients in nuts support healthy brain aging, cognition and mental health.

Research Supporting Nuts and Seeds

Population studies consistently link higher nut and seed intake to reduced risks of heart disease, diabetes, cancer, and mortality.

The PREDIMED study found a 40% lower heart disease incidence in people eating nuts daily.

Randomized trials also demonstrate improvements in cholesterol, blood pressure, blood sugar, oxidative stress, inflammation, and endothelial function in people eating more nuts and seeds.

Aim for a daily serving of around 1 ounce of nuts or 2 tablespoons of seeds. Walnuts, almonds, pistachios, chia seeds, flax seeds and hemp seeds are excellent choices.

Look for raw or dry roasted.

Try incorporating more nuts and seeds into your diet with these ideas:

- Sprinkle seeds like pumpkin, sunflower or sesame on salads, oatmeal and yogurt.
- Enjoy a quarter cup of mixed nuts as a snack.
- Spread nut butter on toast or blend into smoothies.
- Make homemade trail mixes with dried fruit and dark chocolate.
- Add nuts to stir fries, vegetables or grain dishes.
- Swap out flour for ground nuts in baked goods.
- Blend nuts into plant-based milks and creams.

The dense nutrition and research-backed benefits make nuts and seeds a no-brainer for an anti-aging diet.

Just a small amount daily provides big anti-aging payoff!

Nuts and seeds deliver concentrated nutrition to counteract many processes of biological aging.

Their healthy fats, antioxidants, minerals and fiber reduce inflammation, improve cholesterol, support cells and microbiome, enhance cognition, and promote longevity.

Aim for a one ounce serving of nuts or two tablespoons of seeds each day as a simple dietary upgrade for lasting health.



Chapter 5: Avocados

Anti-Aging Fruits



Avocados are an amazingly nutritious fruit full of healthy fats, antioxidants, vitamins, and minerals that provide comprehensive anti-aging benefits.

Regularly enjoying avocados can help reduce cholesterol, lower inflammation, protect eyesight, and support healthy cells and heart as you get older.

Just half an avocado a day supplies key compounds that counteract many of the undesirable effects of aging.

Avocados stand out for their unique nutrition profile:

- Monounsaturated oleic fatty acid - protects heart health by lowering LDL cholesterol
- Carotenoids lutein and zeaxanthin - antioxidants that preserve eye function

- Vitamin E - transports vitamin A and protects cell membranes
- Potassium - reduces blood pressure and guards against muscle cramps
- Phytosterols - help lower cholesterol absorption in the gut

Anti-Aging Effects

Through these key mechanisms, avocados combat the aging process:

- The monounsaturated fats lower cholesterol, improving cardiovascular risk factors.
- Lutein and zeaxanthin accumulate in the eyes to filter damaging blue light and prevent macular degeneration.
- Vitamin E scavenges free radicals to reduce oxidative damage to cells, tissues, and organs.
- Potassium supports nerve and muscle function as we age.
- Phytosterols inhibit cholesterol absorption, further optimizing cholesterol levels.

Overall, avocados enhance heart health, eye health, nervous system function, and cellular integrity.

Avocado Research

Observational studies consistently show higher avocado intake is associated with reduced metabolic syndrome risk factors.

Clinical studies also demonstrate that avocados lower cholesterol, blood pressure, inflammation, and oxidative stress.

One study found eating an avocado daily improved cholesterol levels similarly to statin drugs in people with high cholesterol.

Aim to eat around one half to a full avocado daily to gain benefits. Ripe, fresh avocados have the most antioxidant activity.

Simple Ways to Eat More Avocado:

- Mash on toast with seasoning for avocado toast
- Dice into salads, sushi, tacos or sandwiches
- Blend into smoothies, yogurt bowls, hummus or sauces
- Mix into omelets, frittatas or quiches
- Use as a substitute for mayo or cheese
- Make chocolate avocado mousse for dessert



Avocados are one of the tastiest anti-aging foods you can eat.

Their creamy flavor and texture allows you to reap major nutritional benefits in a deliciously satisfying way.

With their unique nutrition profile, avocados deliver essential compounds to promote heart health, eye health, cell function and longevity as you age.

Just a half an avocado a day protects against inflammation, aging, and disease.

Their richness, adaptability and research-backed benefits make avocados a true anti-aging superfood.

Chapter 6: Herbs and Spices

Anti-Aging Flavor Enhancers



Herbs and spices add delicious flavor to dishes while providing a potent source of antioxidants and anti-inflammatory compounds that promote longevity.

Many common spices like turmeric, cinnamon, ginger, and garlic contain beneficial plant chemicals that combat inflammation, enhance detoxification, improve gut health, and support overall vitality as you age.

Using herbs and spices generously is an easy way to boost the anti-aging properties of your diet.

Herbs and spices contain a wide variety of beneficial phytonutrients:

- Antioxidants like quercetin, curcumin, and catechins that neutralize free radicals to prevent cell damage.
- Anti-inflammatory agents like gingerols, capsaicin, and boswellic acid that inhibit inflammatory pathways.
- Vitamins like vitamin C, vitamin E, vitamin A, and folate that support optimal cell function.

- Minerals like iron, magnesium, and potassium that are essential cofactors for longevity.
- Prebiotics like garlic and onion that feed beneficial gut bacteria.

Using fresh herbs and spices ensures you get the most active forms of these compounds.

Anti-Aging Mechanisms

Research suggests herbs and spices produce anti-aging benefits through several mechanisms:

- Lowering oxidative damage and inflammation involved in aging, cardiovascular disease, cancers, and neurodegeneration.
- Enhancing detoxification in the liver to clear harmful compounds from the body.
- Improving gut health and microbial balance as prebiotics.
- Providing essential micronutrients to optimize cell metabolism and function.
- Activating receptors like TRPV1 that mimic calorie restriction benefits.

Herb and Spice Research

Numerous studies link greater spice and herb intake to reduced risk of chronic diseases and mortality.

Clinical trials also show positive effects on biomarkers like cholesterol, triglycerides, and inflammatory markers.

To maximize benefits, incorporate spices like cinnamon, turmeric, ginger, garlic, black pepper, and cayenne liberally into dishes.

Use fresh herbs like parsley, cilantro, basil and mint abundantly as well.

Ideas for Incorporating More Herbs and Spices:

- Add turmeric, cinnamon, ginger and cloves to smoothies
- Use garlic, onion and herbs generously in soups, grains, beans, veggies
- Make dressing and marinades with fresh herbs
- Infuse vinegar and oils with herbs for drizzling
- Drink green tea, turmeric tea, or herbal blends daily



Experiment with global spice blends in dishes like curry powder, berbere, five spice, and ras el hanout.

Discover new herb and spice combinations that deliver flavor and longevity benefits.

Zesty Herb Marinade

This marinade packs an antioxidant punch.

Ingredients:

- 1/4 cup extra virgin olive oil
- 1/4 cup fresh lemon juice

2 cloves garlic, minced
2 Tbsp fresh oregano, chopped
2 tsp dried thyme
1 tsp each salt and pepper

Whisk all ingredients together. Marinate proteins or vegetables for 30+ minutes before cooking.

Herbs and spices contain a treasure trove of compounds that counteract aging-related cellular damage and inflammation.

Using them abundantly adds anti-aging benefits to your diet in a delicious way.

Chapter 7: Berries

Sweet Anti-Aging Treats



Berries, including strawberries, blueberries, raspberries, and blackberries, provide a potent source of antioxidants and anti-inflammatory compounds that promote longevity.

The polyphenols, anthocyanins, and other beneficial plant chemicals in berries protect cells from oxidative damage, reduce inflammation, enhance cognition, and support cardiovascular and brain health as you age.

Their sweet, satisfying flavor makes it easy to reap their anti-aging benefits.

Berries contain certain antioxidants not found in other foods:

- Anthocyanins give berries their red, blue, and purple hues. These flavonoids have strong anti-inflammatory and antioxidant properties.
- Ellagitannins, found abundantly in strawberries and raspberries, fight free radicals and support healthy arteries.
- Vitamin C stimulates collagen production, supports immunity, and acts as an antioxidant. Berries have among the highest vitamin C levels of any fruit.

These compounds reduce oxidative stress and cellular aging throughout the body.

Anti-Aging Effects

Through their potent antioxidant and anti-inflammatory activities, berries provide these anti-aging effects:

- Improved blood flow and arterial function, reducing cardiovascular disease risk.
- Lower risk of oxidative stress and neuroinflammation involved in neurodegenerative diseases.
- Enhanced nerve signaling, memory, cognition, and motor control.
- Protection against DNA damage that can lead to cancer initiation.
- Healthier inflammatory response regulating cytokines involved in arthritis, diabetes, and dementia.
- Delayed muscular fatigue and healthier muscle tissue composition.

Research on Berry Intake

Numerous studies demonstrate berry consumption lowers risks of diabetes, cancer, hypertension, Alzheimer's and Parkinson's disease.

Clinical trials show improved blood pressure, arterial function, memory, cognition, and reduced oxidative stress markers.

For benefits, aim for 1-2 cups of mixed fresh or frozen berries daily. Focus on color variety to get diverse compounds.

Simple Ways to Eat More Berries:

- Add berries to smoothies, oatmeal, yogurt, and salads
- Enjoy a fruit salad or berry compote for breakfast or dessert
- Make berry muffins, pies, tarts, or fruit crisps
- Blend berries into vinaigrettes, salsas, chutneys, and jams
- Snack on berries alone or make homemade trail mixes

Berries are a delicious way to promote graceful aging.

Their sweetness makes it effortless to reap their antioxidant power daily.

Berries provide a rich source of anti-aging antioxidants and anti-inflammatory compounds that protect your brain, heart, and whole body as you age.

Just one to two cups daily delivers these longevity benefits.

Enjoy berries in both fresh and frozen forms as part of sweet and savory dishes for a tasty dose of youth-promoting nutrition.

Mixed Berry Smoothie

This nutrient-dense smoothie harnesses the anti-aging compounds in berries for breakfast or a snack.

Ingredients:

- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 1 banana
- 1 cup non-dairy milk or yogurt
- 1 Tbsp ground flaxseed
- 1 Tbsp nut butter
- 1 handful spinach
- 1 cup ice

Instructions:

1. Add all ingredients to a high-powered blender.
2. Blend until smooth and creamy.
3. Drink immediately or store in fridge up to 24 hours.

With hearty produce plus three types of berries, this smoothie provides a synergy of antioxidants and nutrition to start your day off right.

The possibilities are endless when making berry-filled smoothies.



Chapter 8: Leafy Greens

Anti-Aging All-Stars



Leafy green vegetables like spinach, kale, Swiss chard, arugula, collard greens, and lettuce are nutrition superstars packed with antioxidants and compounds that mitigate oxidative stress and inflammation involved in aging.

Regularly consuming leafy greens provides vitamin C, vitamin K, lutein, fiber and many other beneficial nutrients that enhance brain health, reduce cell damage, improve bone density, and support graceful aging.

All leafy greens provide valuable antioxidants, but some stand out for their anti-aging nutrient density:

Spinach - Extremely high in vitamin K, which protects bones. Also provides vitamin A for immune function and lutein for eye health.

Kale - Contains antioxidant compounds like quercetin, kaempferol and isothiocyanates that combat oxidative stress.

Swiss Chard - Rich source of vitamin C and vitamin K. Its anthocyanins improve brain health.

Arugula - Provides nitrates that dilate blood vessels, improving circulation.

Collard Greens - Folate helps repair DNA damage. Fiber binds to toxins for removal.

Romaine Lettuce - High in vitamin A, potassium, and folate. Its flavonoids regulate inflammation.

Anti-Aging Effects

The nutrients in leafy greens produce the following anti-aging benefits:

- Vitamins C and E neutralize free radicals to prevent cell damage by oxidative stress.
- Vitamin K regulates calcium deposition, preventing vascular calcification and supporting bone density.
- Lutein and zeaxanthin accumulate in the eyes, filtering blue light and protecting vision.
- Fiber lowers LDL cholesterol levels in the blood to reduce plaque buildup in arteries.
- Compounds called nitrates boost circulation by dilating blood vessels.
- Folate is needed to repair DNA damage and support optimal cell function.

Research on Leafy Greens

Observational studies consistently link higher leafy green intake to reduced risks of cancer, heart disease, diabetes, Parkinson's disease, Alzheimer's, and overall mortality.

Clinical trials also show leafy green consumption lowers inflammatory markers, cholesterol levels, and blood pressure.

Shoot for 1-2 cups daily for benefits.

Simple Ways to Eat More Leafy Greens:

- Add greens like spinach, kale, arugula, etc. to smoothies.
- Include greens in sandwiches, wraps, tacos and burgers.
- Saute greens in olive oil or vegetable broth as a side dish.
- Blend into pestos, dips, soups, and sauces.
- Skewer greens for easy grilling.

Greens are extremely versatile. Find simple ways to include them in meals and snacks daily.

Leafy greens provide broad spectrum nutrients that optimize health as you age.

Compounds like vitamin C, lutein, nitrates, and folate counteract aging on a cellular level, supporting brain, eye, bone, heart, and immune function.

Eat 1-2 cups of leafy greens daily to continuously flood your body with anti-aging compounds.

Chapter 9: Cruciferous Vegetables

Anti-Cancer Warriors



Cruciferous vegetables like broccoli, cauliflower, cabbage, Brussels sprouts, and kale contain a group of compounds known as glucosinolates that have potent anti-cancer effects.

These vegetables boost detoxification processes in the body, regulate inflammation and oxidative stress, and protect against DNA damage.

Regularly eating cruciferous veggies can significantly reduce your risk of common age-related cancers.

Cruciferous veggies contain glucosinolates, a large group of sulfur-containing compounds:

- Sulforaphane - This glucosinolate enhances detoxification enzymes in the liver and promotes apoptosis in cancerous cells.
- Indole and isothiocyanates - These compounds regulate gene expression and inhibit tumor growth.

- Lutein - This antioxidant carotenoid protects against skin and eye damage from UV radiation.

These plant chemicals have synergistic effects in preventing cancer initiation and progression.

Anti-Cancer Mechanisms

Through various mechanisms, cruciferous vegetables provide anti-cancer benefits:

- The liver detoxification enzymes induced by sulforaphane remove carcinogens and toxins from the body before they can damage cells.
- Isothiocyanates modulate gene expression and signaling pathways involved in cancer cell growth and apoptosis.
- Antioxidants like lutein scavenge free radicals created by toxins that can damage DNA.
- Anti-inflammatory effects counter chronic inflammation involved in tumor development.

Research on Cruciferous Vegetable Intake

Higher intakes of cruciferous vegetables consistently associate with lower risks of lung, colorectal, bladder, breast, prostate and other common cancers in epidemiological studies.

Clinical trials also show increased excretion of carcinogens and lower biomarkers of oxidative stress.

For cancer-fighting benefits, aim for 1-2 cups of cruciferous vegetables daily as part of an overall high antioxidant diet.

Focus especially on broccoli sprouts, Brussels sprouts, kale, arugula, and cabbage.

Simple Ways to Get More Cruciferous Vegetables:

- Roast Brussels sprouts and broccoli florets with olive oil, salt, and pepper
- Add shredded cabbage, kale, or arugula to slaws, salads, and tacos
- Steam broccolini and asparagus as a side dish
- Puree cooked cauliflower into a low carb “rice”
- Use watercress and arugula in sandwiches and wraps
- Blend kale into smoothies and soups

Roasted Brussels Sprouts and Broccoli

This simple recipe delivers the powerful anti-aging compounds of cruciferous vegetables.

Ingredients:

- 1 lb. Brussels sprouts, trimmed and halved
- 1 head broccoli, cut into florets
- 3 Tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions:

1. Preheat oven to 400°F.
2. In a bowl, toss Brussels sprouts and broccoli with olive oil and seasonings.
3. Arrange in a single layer on a baking sheet.
4. Roast 20-25 minutes until browned and tender.



5. Serve immediately as a side or on top of grains or salad.

Roasting caramelizes the natural sugars while retaining the sulforaphane and other beneficial compounds.

Enjoy this simple veggie side to boost your anti-cancer defenses.

Harness the anti-cancer potential of cruciferous vegetables by including them in both raw and cooked preparations.

Regularly eating these vegetables can significantly lower your risk of common age-related cancers by enhancing detoxification, regulating inflammation and oxidative stress, and protecting cells from DNA damage.

Aim for at least one serving daily as part of an antioxidant-rich longevity diet.



Chapter 10: Green Tea

A Potent Beverage for Longevity



Green tea has been consumed for centuries in East Asia for its health promoting properties.

It provides bioactive compounds like catechins and L-theanine that are potent antioxidants and support brain health.

Drinking green tea may help reduce risk of heart disease, cancer, Alzheimer's, and Parkinson's diseases.

Sipping just a few cups a day can significantly impact your longevity.

Green tea contains beneficial catechins that account for much of its anti-aging effects:

- EGCG (epigallocatechin gallate) - This catechin is a powerful antioxidant that protects cells from free radical damage.
- L-theanine - This amino acid boosts alpha brain waves to induce relaxation without drowsiness. It may also support cognition.
- Vitamin C - A free radical scavenger that supports immunity and collagen production for skin health.

The compounds in green tea provide these anti-aging mechanisms:

- The catechins neutralize free radicals and chelate metal ions reducing oxidative cell damage.
- EGCG modulates cell signaling pathways involved in cell death, DNA damage repair, and metabolism.
- L-theanine increases dopamine and alpha brain waves, enhancing attention, relaxation, and memory.
- Vitamin C stimulates collagen synthesis and regenerates other antioxidants like vitamin E.
- Anti-inflammatory effects lower chronic inflammation involved in heart disease and cancer.

Research on Green Tea

Population studies link green tea consumption with reduced risks of cardiovascular disease, cancers, Alzheimer's, and Parkinson's disease.

Clinical studies also show beneficial effects on cognition, cholesterol levels, blood pressure, and oxidative stress.

For anti-aging benefits, regularly consume 2 to 3 cups of brewed green tea daily.

Select high quality loose leaf or bagged teas.

Matcha green tea powder provides even more antioxidants.

Green Tea Smoothie

Blend this antioxidant-rich smoothie to start your day.

Ingredients:

- 1 cup brewed, chilled green tea
- 1 banana
- 1 cup spinach
- 1 cup non-dairy milk
- 1 Tbsp ground flaxseed
- 1 tsp matcha powder (optional)
- 1 cup ice

Directions:

1. Brew green tea and let chill completely.



2. Add all ingredients to blender and blend until smooth.
3. Enjoy immediately

Green tea provides catechins and L-theanine that are potent antioxidants and support brain health as you age.

Just a few cups a day can significantly reduce age-related disease risks.

Brew loose leaf or high-quality bagged tea. Add matcha powder or use in smoothies for extra benefits.



Chapter 11: Chocolate, Wine, and Coffee

Bonus superfoods for longevity



While chocolate, wine, and coffee are often seen as indulgences, when consumed in moderation, they can provide anti-aging benefits.

Dark chocolate contains flavanols that protect cells and heart health.

Red wine offers antioxidant resveratrol that may improve cardiovascular function and longevity.

And coffee delivers antioxidant polyphenols that enhance focus and may help reduce disease risks.

Dark Chocolate

Cocoa and dark chocolate contain flavanols that function as antioxidants in the body. Research shows these benefits:

- Improves blood flow and arterial function lowering heart disease risk
- Lowers blood pressure and improves cholesterol for heart health
- Enhances focus, attention and mood through theobromine
- May protect skin from sun damage when applied topically

For anti-aging effects, choose at least 70% cacao dark chocolate with minimal processing.

Aim for 1-2 small squares (around 30 calories) per day. Avoid excess added sugar.

Red Wine

Red wine contains a polyphenol called resveratrol, found in grape skins. Studies show potential benefits:

- Increases HDL cholesterol and reduces LDL levels
- Inhibits platelet aggregation improving arterial function
- Activates proteins linked to increased longevity

- Provides antioxidant and anti-inflammatory effects

Limit wine to 1 glass (5oz) per day for women and 1-2 glasses for men to gain advantages without alcohol risks.

Choose minimally processed dry red wines like Pinot Noir.

Coffee

Coffee is rich in polyphenol antioxidants that confer several anti-aging effects:

- Reduces risks of type 2 diabetes, liver disease, stroke and several cancers
- Enhances focus, alertness, and concentration acutely
- May help delay Alzheimer's and Parkinson's diseases
- Stimulates thermogenesis and fat-burning



Drink 1-2 cups of high-quality coffee per day. Avoid excess cream and sugar.

Choose organic and avoid burnt beans. Decaf provides benefits without caffeine.

When consumed judiciously, chocolate, wine and coffee can be part of an anti-aging diet, providing key antioxidants, boosting focus and cardiovascular function, and reducing disease risks.

Enjoy moderate amounts of high quality varieties as part of your longevity lifestyle.



Conclusion

Aging is inevitable, but incorporating the strategies in this book can help you age actively and healthfully.

Small, consistent changes to your diet and lifestyle compound over time for significant benefits.

Make it a habit to include a variety of anti-aging superfoods covered in this book like leafy greens, berries, avocados, nuts, fatty fish and green tea.

Let herbs and spices generously flavor your plant-based longevity diet.

Compliment smart nutrition with regular exercise, stress management, quality sleep, social connection and a positive mindset.

While genetics play a role, you have more control over your health and quality of life than you may think.

Your actions directly influence cells, genes, and biological processes that determine how well you age.

View longevity not as something out of your control, but as the cumulative result of daily choices over decades.

Make the most of every day through nourishing foods, healthy habits, and practices that sustain your energy, vitality and engagement with life.

Small tweaks to your diet, background lifestyle factors, and mindset can profoundly shape your health in later decades.

Commit to lifelong learning and growth. Set goals and design systems that support consistent healthy behaviors.

And approach your longevity journey with curiosity, patience and compassion.

Your future self will thank you for the seeds you plant today.

May the strategies in this book help you live life to the fullest!

For a younger healthier you!!

Sandy

www.antiagenaturally.com

www.deroosehealth.com