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The Top 20
Most Powerful
Anti-Aging Foods



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The 20 Most Powerful Anti-Aging Foods

By

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Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only.

The recommendations in this guide are not medical guidelines and are for educational purposes only. The author advises readers to take full responsibility for their safety and know their limits. The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting this program. If you experience any lightheadedness, dizziness, consult a physician.

If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or

if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this program, please follow your doctor's orders.

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The 20 Most Powerful Anti-Aging Foods

Here are my favorite nutritionally dense, wrinkle erasing, anti-aging, most delicious super foods nature has to offer. If you can eat these power foods weekly or even daily, you'll be looking younger in no time! These all help fight free radical damage and inflammation in your body and thus help fight damage to your skin that will give you younger, smoother, and softer skin. The added bonus? Because they fight free radical damage they also fight damage to other areas of your body and fight cancer. More please!

Be sure to bookmark this list or print it out and keep it on your refrigerator.

1. Almonds

A great afternoon snack especially when eaten instead of high-sugar processed snacks! Almonds are best when raw and are among the healthiest nut choices out there. They offer protein, fiber, and numerous vitamins and minerals and healthy fats to promote cell repair.

2. Avocados

Avocados are high in monounsaturated oleic acid. Increasing your intake of monounsaturated fats, versus both polyunsaturated fats and carbohydrates, has been shown to provide a marked improvement in insulin sensitivity, glycemic control and inflammation.

These healthy fats help cell repair and therefore help your skin fight free radical damage.

3. Bell Peppers

Bell peppers are loaded with vitamin C, but be sure to eat the rainbow of colored peppers! A red bell pepper has nearly 10 times the beta carotene of a green bell pepper - so you'll get a generous serving of antioxidants that fight skin and body inflammation each time you crunch and munch on these colorful beauties.

4. Blueberries

All berries contain beneficial amounts of fiber, vitamins, and antioxidants, however - blueberries have nature's highest levels of anthocyanidans and ellagic acid that help fight free radical damage in your body. Aim to get this cancer-fighting, skin saving super star into your diet on a weekly schedule!

Cherries are another great choice!

5. Brussels Sprouts

One of my all time favorite side dishes! They are high in fiber, vitamins, and believe it or not have nearly 25% protein content – higher than most vegetables! Even better - brussels sprouts contain indole, a cancer and inflammation fighting phytochemical. Hooray!

6. Broccoli

Broccoli is a wonderful cancer and inflammation-fighting vegetable, rich in fiber, vitamins, minerals and antioxidants. It also contains indole like Brussel sprouts as described above.

7. Cinnamon

New research has revealed that Cinnamon has been found to lower blood sugar levels and it has also been found to decrease inflammation that will slow down aging! Add this spice to your coffee, tea, and snacks for yummy flavor and a youthful boost.

8. Dark Chocolate

The potent anti-oxidants found in Dark Chocolate naturally hydrate your skin, reduce inflammation, and fight skin damage caused by the sun. It's very important to make sure it's 70 - 75 % or higher cacao content to assure less sugar - because as we know sugar ages you faster. The higher the cacao percentage will also maximize the antioxidant potency for more youth boosting benefits!

9. Eggs

Eggs are rich in protein, vitamins, antioxidants, and minerals that can fight aging. Eggs are a phenomenal choice for vegetarians!

10. Flax seeds

Flax seeds are super rich in alpha linolenic acid, a form of Omega-3 and are also full of beneficial vitamins and fiber. I love it in my smoothies or on my salads.

11. Green Tea

The anti-aging properties of tea are attributed to flavonoid phytochemicals called polyphenols. These antioxidants have been shown to exert sun damage protection by quenching free radicals and reducing inflammation. More please!

12. Garlic

Aside from being delicious, garlic is beneficial for your heart, reduces blood pressure, and is rich in antioxidants to help fight inflammation and aging. Remember - fresh is best!

13. Grass-fed Beef

A four to six-ounce portion of grass-fed beef contains between 2 and 6 times the Omega-3 fats of regular beef. Grass-fed beef is a great natural source of protein and conjugated linoleic acid (CLA) and is raised in far better conditions to regular factory-farms.

14. Hot Peppers

I love a little heat with my food. Hot peppers have cancer and inflammation fighting properties and there are many wonderful varieties of spicy peppers available. Add to main dishes, salads, and even egg dishes!

15. Olive Oil

You may have already heard - olive oil is one of the healthiest fats on the Planet! Cover and drizzle your salads, vegetables, meats and eggs in olive oil daily to improve your intake of healthy dietary fats, heart health, and reduce your risk of certain cancers. Another great alternative is coconut oil and avocado oil. Great for cooking due to their high smoke point

16. Sweet Potatoes

Sweet potatoes contain high levels of vitamins, potassium, calcium, and iron that help fight aging and one serving of sweet potato has 7 grams of fiber so you will feel full and eat less!

17. Swiss Chard

This leafy green is full of vitamin K - and is full of flavor. It also contains large amounts of fiber, vitamins, potassium, and lots of other good for your skin nutrients. It's delicious when sautéed with Garlic!

I also love leafy greens like kale or spinach. I love Kale Chips too!

18. Tomatoes

Tomatoes are full of vitamin C and lycopene, and heirloom tomatoes also have Anthocyanins. These are powerful antioxidants that reduce inflammation of your skin and body and may reduce your risk of certain cancers.

19. Wild Salmon

Wild salmon is one best sources of good for you Omega-3 fatty acids. These essential fats can only be obtained through your diet, and they help to nourish your brain, and improve cell repair. It's important to choose wild, cold-water, and fatty fish and avoid farmed and processed fish. If you're someone that doesn't enjoy consuming fish, then consider taking a high-quality fish oil supplement.

20. Yogurt

Plain, full-fat yogurt (organic and raw) is a super dense source of calcium and beneficial bacteria for gut health and anti-inflammatory benefits. You can substitute yogurt in place of processed dressings and sauces. I love it with fruits and in smoothies too!

I hope you enjoy your accelerated results for youthful skin with these delicious, youth boosting, wrinkle erasing foods!

*Please visit: www.erinhealthandwellness.com
to deepen your understanding
on fat loss and anti-aging strategies.*