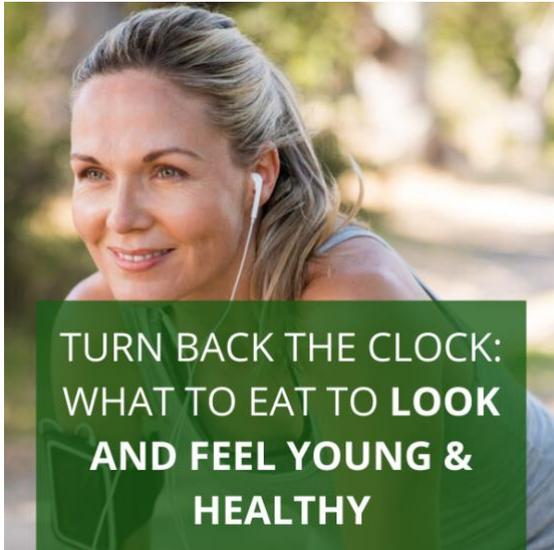


Turn Back the Clock: What to Eat to Look and Feel Young & Healthy



Do you know anyone who has lived well into their 90s or even older?

Every once in a while, you come across someone who is nearing 100, but looks and behaves decades younger.

They move easily without much joint pain, their skin has few wrinkles, they've got plenty of energy, and they still have a lot of color and vibrancy in their faces.

What's their secret? What do they have in common? And what can we all learn from them so that we are graced with the same vitality?

That's what we're going to talk about today.

Ask one of those lively 95 year olds and they'll tell you it's simple. They've stayed away from junk food. They've kept their bodies moving. They haven't had much alcohol to drink. They don't smoke. They've eaten real food.

The interesting thing is that the same way of eating and living that has kept them feeling so good for so long has also kept them looking good.

The science backs this up. The same nutrients nurture us on the inside and the outside. And they work as well for you today as they will if you live to 100.

You can buy all of the lotions and serums out there to keep your skin glowing and youthful, your hair lustrous and thick, your body toned, and your nails long and healthy. But together, they won't be as powerful as each individual thing you eat.

What you put in your body is a lot more important than what you put on your body.

Eating the foods listed below will not only slow the effects of aging and keep you looking younger longer, it will also give you boundless energy, stave off diseases, and give you greater overall health.

Isn't that what we all want as we get older?

Let's get started with the 3 most important foods for keeping vitality inside and out.

Dark, Leafy Greens

According to the Mayo Clinic, eating greens at least 6 times per week, along with an otherwise healthy diet, keeps the brains of aging adults 7.5 years younger and sharper than people who ate fewer no greens. That's likely because greens supply so much magnesium, *the single most important neuroprotector*.



Magnesium performs so many essential functions throughout the body – more than 600-700 activities in fact. Learning, memory, mood are among the many ways magnesium levels affect the brain. In addition to keeping the brain younger, it extends quality of life as well.

Dark, green, leafy vegetables are also great for our appearance as we age. A top vegan source of collagen, greens provide collagen in a more bio-available form than bone broths and other animal proteins.

Greens are also a top source of chlorophyll, which has been shown to help enhance wound healing when applied topically so, by extension, it may have some pretty potent anti-aging benefits, as many topicals used to treat wrinkles have roots in skin healing.

“By helping wounded cells repair themselves and behave like healthy cells, ingredients that stimulate healing might also improve fine lines and wrinkles,” according to Dr. Joshua Zeichner, director of cosmetic and clinical research at Mount Sinai Hospital.

Chlorophyll also has potent antioxidant effects, neutralizing free radicals, which are responsible for disrupting collagen production and DNA, causing wrinkles and promoting skin cancer.

Wild-Caught Salmon

As the best food source of omega-3 fatty acids, fish like wild-caught salmon, mackerel, anchovies, and sardines have a demonstrated link to preventing brain decline and dementia in study after study. The Mayo Clinic recommends eating salmon at least twice per week.

Salmon also supplies 44% of the recommended daily value of *choline*. If you want to keep your brain sharp as you age, choline is the friend you never knew you had.



Research has shown choline helps prevent Alzheimer's and other forms of dementia by inhibiting 3 markers of brain degeneration. Likewise, people who are deficient in choline are at greater risk for cognitive and memory problems.

Although our bodies produce a small amount of choline, we need to consume most of our supply from food and/or supplements, which is why salmon is so good for brain

health.

To further drive the importance of salmon home, if you want great skin as you age, I've got news for you... You need a HIGH fat diet rich in omega-3 fatty acids that result in more hydrated skin and shinier hair, as well as less redness and irritation.

Water

The highly under-rated factor that contributes to the appearance, feel, and overall quality of skin is hydration. If your skin is looking dull, dry, uneven, or wrinkled, the best solution is also the simplest: moisturize from the inside out.

When a flower starts to wilt, what's the first thing you do to bring it back to life? Water it, of course. The minute your skin starts to look parched, rough, lined, or flaky, water should be the first thing you turn to.

Drinking plenty of water:

- Fills in fine lines
- Gives your skin elasticity
- Evens surface texture

- Keeps skin balanced and

There is also clinical evidence that hydration keeps the heart functioning properly.

Alternatively, dehydration exacerbates the symptoms of dementia in aging adults. One of the places you'll start to see signs of dehydration and an imbalance of body's pH level is your skin. Think of warning light telling you to take before bigger problems occur.



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Aim to drink about half your body weight in ounces every day of filtered, alkaline water. In other words, if you weigh 120 pounds, drink 60 ounces of water a day. That's roughly 2 of the big Yeti metal tumblers or large glass water bottles a day, which is easily achievable.

So leafy greens, salmon, and water are the most important. If you only take away one thing today, make it one of those. But there are other foods that nurture your body inside and out. Let's run through 8 of my favorites.

1. Beans

Navy beans, lentils, and chickpeas (including hummus) are among the top sources for the micronutrient, *choline*, which helps prevent dementia by inhibiting 3 major markers of brain decline. They're also top supplies of antioxidants, which fight both the signs of aging and free radicals that contribute to cellular decline.



2. Raw Nuts

In addition to supplying magnesium and omega-3 fatty acids, nuts like walnuts and almonds are high in the antioxidants that protect cells from inflammation. So they protect and plump skin while they boost heart and brain health.

3. Broccoli, Brussels Sprouts, and Cauliflower

Vegetables in the brassica family are a top source of chlorophyll, which keeps skin looking younger, and vitamin K, which regulates calcium in the brain in addition to helping prevent Alzheimer's. They also help prevent heart disease, cancer, diabetes, and osteoporosis. Talk about powerhouse veggies!

4. Olive Oil

Extra virgin olive oil, in addition to being a healthy monounsaturated fat that fights inflammation inside and out, contains *oleocanthal*, which increases production of key proteins and enzymes for the prevention of Alzheimer's.

5. Herbs and Spices

Cinnamon, turmeric, curry spice, saffron, black pepper, sage, and lemon balm all have been clinically linked to brain health, in addition to being used for hundreds, if not thousands, of years around the world for beautiful, healthy aging.

6. Avocados

A good source of dietary folate, avocados are thought to help prevent the formation of brain tangles that may be the cause of Alzheimer's. They're also a good source of anti-inflammatory fats (which keep skin looking younger), fiber, and vitamin K – all important healthy brain function.



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7. Berries

Research is emerging on a compound found in plants, especially berries, called *fisetin*, which has been linked to prevention of cancer and diabetes, in addition to brain health. Berries are also a good source of antioxidants that protect cells from cancer-causing free radicals and keep skin youthful.

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8. Tomatoes

Tomatoes help maintain healthy skin and protect against osteoporosis. A good source of lycopene, which regulates genes that influence inflammation and brain development, tomatoes are full of powerful antioxidants that prevent inflammation in the brain.

Want a convenient way to supplement the vitamins, minerals, and healthy fats you need to age well?

We've created 2 new product bundles. Choose the one that's right for you!

Turn back the clock on signs of aging with our [NEW Anti-Aging Beauty Bundle!](#)

- **1 bottle of Daily Omega-3 – 30 servings** – Get glowing skin with the #1 most powerful supplement for skin texture, tone, and elasticity.

- **1 canister of Daily Minerals – 30 servings** – Promote an alkaline environment throughout the body, which slows decline on a cellular level.
- **1 canister of Daily Greens – 30 servings – Your choice of Berry, Citrus, or Naked flavor!** – 21 nutrient-dense alkaline superfoods that heal skin damage.
- **1 bottle of Daily Cumin3X – 30 servings** – Reduce inflammation in the skin that exacerbates the signs of aging.
- **1 canister of Organic Daily Protein – 30 servings – Your choice of Vanilla Coconut or Creamy Chocolate flavors** – Build lean muscle to tone your beautiful skin as you burn fat.
- **Anti-Aging Beauty Secrets Guide (Digital)** – I'll give you the same protocol of food and supplements that have reversed the signs of aging for my patients at my Manhattan wellness clinic, including Kelly Ripa, supermodel Petra Nemcova, and beauty expert Bobbi Brown.

Get your daily prevention against acidosis and inflammation with our **NEW Dementia Defense Bundle!** 

- **1 bottle of Daily Omega-3 – 30 servings** – The single most important supplement for reducing brain inflammation and preventing heart disease.
- **1 bottle of Daily Cumin3X – 30 servings** – Reduce chronic inflammation anywhere it strikes without harmful drugs.
- **1 canister of Daily Minerals – 30 servings** – Promote an alkaline environment throughout the body, which slows decline on a cellular level.
- **1 canister of Daily Greens – 30 servings – Your choice of Berry, Citrus, or Naked flavor!** – 21 nutrient-dense alkaline superfoods that heal cellular damage as they energize.
- **Guide to Healthy Aging (Digital)** – Discover what you can do starting today to protect your brain and body from the damage caused by chronic inflammation, including Alzheimer's and Dementia.

GET OFF YOUR ACID!

Dr. Daryl