



10 FOODS

That Turn Back
The Clock On Aging



10 Foods that Turn Back the Clock on Aging

by

PUREHEALTH®
RESEARCH

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TABLE OF CONTENTS

TABLE OF CONTENTS	3
INTRODUCTION.....	4
AVOCADOS.....	5
NUTS AND SEEDS.....	6
BLUEBERRIES.....	7
SPINACH	8
TOMATOES.....	9
SWEET POTATOES	10
SALMON.....	11
CARROTS	12
GREEN TEA	13
WATER.....	14
CONCLUSION.....	15
CITATIONS:.....	16
RESOURCES:	17

INTRODUCTION

Do you look in the mirror and miss your youth? Do you long for the days when you looked younger and felt healthier? Well, the good news is that those days don't necessarily have to be relegated to the past. When you start to change your outlook on the foods you are eating, you can find that it might just be possible to turn back the clock on aging. Along with exercise, the right foods can make a massive difference.

Let's look at 10 of the best foods that you can incorporate when you want to turn back the hands of time. The foods included in this guide are certainly not the only healthy options available but are some of the top choices to add to your diet.



AVOCADOS



Avocados are healthy and delicious. They could make a perfect addition to a sandwich, a salad, or they could be eaten on their own. Avocados can also work well in a smoothie or be made into a dip for vegetables.

You will find that avocados are **filled with potassium**, as well as **vitamins A, B, C, E, and K**. Although avocados have a lot of fat in them, it is a **healthy fat** that the body needs. They have fatty acids that **provide anti-inflammatory effects**. This helps the skin to retain elasticity and it can help the skin to stay smooth¹.



NUTS AND SEEDS

Nuts are a lot healthier than you might imagine. However, this is only true if you are eating unsalted and unsweetened nuts. Almonds, peanuts, sunflower seeds, and other nuts are **filled with nutrients including vitamin E**, which is good for the skin. Nuts are good for the overall health of the body².

You can eat the nuts plain, or you could choose to put them into some yogurt or on top of a salad if you prefer. They are great for snacking on the go, and they are easy to carry along with you. Try to limit yourself to about **10 nuts a day as they are calorie rich**.



BLUEBERRIES



Berries, particularly blueberries are bursting with mouth-watering goodness, and seem to be a particular favorite. Blueberries are often thought of as a superfood because of the health benefits they can offer. Research shows that **the polyphenolic compounds found in blueberries can help to lower oxidative stress and inflammation in the body³.**

Blueberries make a good snack on their own. They are also good on certain types of salads or with yogurt.



SPINACH



Spinach is a popular anti-aging food that can provide a range of benefits. Studies have shown that the **vitamin K** in spinach could help to improve bone density and reduce the risk of hip fractures⁴. Spinach has plenty of other nutrients and benefits. It is **full of antioxidants, it has iron, magnesium, and vitamins A, C, and E in addition to K.**

There are plenty of ways to get more spinach into your diet. Ideally, you will be eating fresh spinach rather than canned, but either option is better than none. Spinach salads are mild and make a fabulous addition. Or you could cook some with virgin olive oil on a skillet to go along with a salmon filet. Another option is to take a handful of spinach leaves and put them into the blender along with some blueberries and protein powder for a healthy and delicious smoothie.



TOMATOES

It's time to start adding more tomatoes to your diet. Put them on sandwiches, in salads, slice them up and eat them with a little pepper on a hot day or in a refreshing caprese salad... there are countless ways you can eat more tomatoes. It's a delicious type of food that **can provide potassium, magnesium, and vitamins A and B. They also contain lycopene and vitamin C.** It's believed that vitamin C can help to increase the production of collagen in the body⁵. This means that it could help to improve the look and feel of your skin.



SWEET POTATOES



Regular white potatoes are filled with starch and carbs that aren't going to be doing too much for you. However, sweet potatoes are a different story. Not only do they have more flavor than white potatoes, but they are also much healthier.

Sweet potatoes are **filled with vitamins including C and E. They have beta-carotene that is turned into vitamin A**, which can help to improve the elasticity in the skin. The sweet potatoes can also help to improve the overall look of your skin⁶.

Of course, you do need to be careful with sweet potatoes. They are healthy, but you don't want to put butter, marshmallows, brown sugar, or any other of those "holiday toppings" on them. That would defeat the purpose. Enjoy their natural yumminess grilled, baked, or as mashed sweet potatoes.



SALMON

Eating salmon is excellent for your skin. **It's packed with omega-3 fatty acids**, which can help reduce inflammation. One reason for premature skin aging is that collagen and elastin tend to break down due to inflammation. Salmon can also help the skin to retain more moisture. The omega-3s in salmon and other fatty fish can help to keep your skin looking younger and healthier⁷.

Salmon boasts high-quality lean protein, which is great for muscle building. Becoming fitter is a great way to stave off the appearance and the effects of aging.

You can enjoy grilled salmon or baked salmon filets. You could also put cold, cooked salmon in to a salad or on a sandwich. There are plenty of ways for you to add extra goodness to your meal planning.



CARROTS



Carrots, like sweet potatoes, are high in beta-carotene, which provides a range of health benefits for your hair, skin, as well as the rest of the body⁸. **When beta-carotene is ingested, the human body converts it into vitamin A. In carrots, this is called retinol,** which might be familiar to you. Retinol is found in quite a few anti-aging beauty products on the market today. Carrots could also help to preserve your vision, support the immune system, and could help to fight cancer.

You can eat carrots raw, which is the healthiest way to do it, as it ensures the most nutrients. You could also roast them, which keeps most of the nutrients intact. One of the other great things about carrots is that they make a colorful and tasty side for many dishes.



GREEN TEA



Green tea is not only delicious but also **contains healthy bioactive compounds and is considered a superfood**. It can be consumed hot or cold, and readily found in stores today. Researchers found evidence it improves brain function, ramps up fat-burning, lowers risk of cancer, type 2 diabetes, and heart disease.¹ However, make sure you aren't getting sugary, chemical-filled green tea. It's best if you buy a box of tea bags, put some in your handbag or car and brew your own.

Not only is green tea tasty, but research backs up the claims that it can produce anti-aging effects. Researchers found that green tea could delay collagen aging by an antioxidant mechanism⁹. Bring home some green tea today and have it once or twice a day for the health benefits.

¹ <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea>



WATER



While green tea is a great, healthy drink, you will also want to have plenty of plain, fresh water in your diet. Water will help to keep your skin and the rest of your organs properly hydrated from the inside. **Water is also important when it comes to delivering vital nutrients to all parts of your body.** Having plenty of water will also help to improve the elasticity of your skin¹⁰.

As you get older, the elasticity in the skin starts to go, and it's harder to produce collagen. By keeping the skin hydrated and elastic, and by eating other foods on this list to help promote collagen building, you can keep a more youthful appearance.

Just keep in mind that when you are trying to get enough water for the day, it should be water, supplemented with some green tea. You can't include things like beer, wine, soda, or sugary fruit juices, as they aren't healthy for you and promotes premature aging.

If plain water isn't for you, consider adding something to it to make it a bit more palatable. For example, you might like sparkling water. It has the "feel" of soda but the health benefits of water. You could also put some lemon, berries, cucumbers, or melon chunks into the water to provide some added flavor and nutrients.



CONCLUSION

These are 10 of the best foods that can help reduce the effects of aging and turn back time. However, it's just the start of your journey toward better health and a more youthful appearance. There are many other foods that you can start adding to your diet that will help you look younger and feel better.

It's important that you keep looking for new, healthy foods to enjoy, so you never get bored with your healthier diet. Fortunately, you can find plenty of healthy options that also happen to be delicious. Invest in some healthy cookbooks, as well, so you can experiment developing culinary delights that will tickle your tastebuds as well as add pizzazz to your healthier lifestyle journey!



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