

30 TOP SUPER-ANTIOXIDANT FOODS & SPICES

That Slash Your Risk of Dementia,
Cancer & Heart Disease



BRIAN VASZILY |

Founder of The Art of Anti-Aging
Host of *The Age-Defying Secrets Summit*

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The Most Powerful Healthy Aging & Longevity Steps You Aren't Hearing About

In *The Age-Defying Secrets Summit*, you are about to discover the proven most effective yet largely *unknown* natural steps you must take to look and feel your best, avoid and overcome disease, and live long and well.

Each of the 21 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!

And to start things off, in this important new report, you're about to discover why a variety of antioxidant rich foods are so important to your body and mind as you age, which ones are best for you, and how they will protect you.

Please DO share this useful report with loved ones!



"You need and deserve to know the most effective steps you can take to ward off disease and live long and well. The problem is, for so many of us these essential steps are generally unknown.

That's why you truly don't want to miss The Age-Defying Secrets Summit. In it, 21 top healthy aging and longevity MDs and researchers will each reveal the most effective yet little-known steps you must take to live long and well. Plus, it's hosted by my good friend and veteran natural health researcher, Brian Vaszily, who has a gift for bringing the best out of those he interviews — and who has a knack for making things fun as well as life-changing!"

DAVID PERLMUTTER, MD

Board-Certified Neurologist, 6-Time NY Times Bestselling Author

HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, where over 700,000 people in their “middle years” and “golden years” have signed up for our healthy aging insider insights. I’m also your host for *The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren’t Hearing About*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the “anti” means **we’re against all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are **100% committed to providing you with the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community. 😊



BRIAN VASZILY, FOUNDER

CLARITY ON WHAT WILL MAKE THE BIGGEST IMPACT ON YOUR HEALTH AND LIFE

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *The Age-Defying Secrets Summit* truly may be THE most life-changing and possibly even life-saving event you ever experience.

You see, in *The Age-Defying Secrets Summit*, I'm getting straight to the heart of the matter for you. That's because I'm gathering 21 of today's most renowned healthy aging and longevity doctors and researchers, each from different areas of expertise. And I'm challenging them each to reveal their answers to this one MISSION-CRITICAL question for you:

"From your specific area of expertise, what are 3 to 5 things that almost no one knows about – but that everyone needs and deserves to know – because of how powerfully it can help them look and feel their best, avoid and possibly even overcome disease, and live long doing it?"

Yes, that means you're getting TOTAL CLARITY on only the most important and effective secrets that will make the most difference in your health and life.

True, you don't yet know from which of the 21 top doctors and researchers the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come. That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online *The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren't Hearing About* if you aren't signed up already and...](#)

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.

With that noted, the summit actually starts NOW, with this useful new report....



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30 TOP SUPER-ANTIOXIDANT FOODS & SPICES

Antioxidants are a must in your diet if you want to keep your health and vitality as you age. These well-studied compounds are some of the best protection you have against dementia, heart disease, cancer, and many other age-related diseases.

Fortunately, you don't have to spend a fortune on exotic superfoods to get your daily "dose" of antioxidants.

In fact, some of the best antioxidant-rich foods are sitting at your local grocery store, waiting to finally be recognized for their health-boosting potential.

But before we get into the list of top superpowered antioxidant sources, what exactly are antioxidants and why are they so critical for living at optimal health?





WHAT ARE ANTIOXIDANTS? FREE-RADICAL FIGHTING SUPERHEROES

Antioxidants are anti-inflammatory and anti-aging powerhouses. They work in complex ways within your body but are best understood in relation to their free-radical fighting power.

As you may know, free radicals are unstable molecules that are present within your body. There are different types of free radicals but all have one characteristic in common: an unpaired electron.

This “missing” electron makes free radicals highly unstable and causes them to react destructively with other molecules within your body, including proteins, lipids, carbohydrates, and nucleic acids (DNA and RNA).

The cumulative damage free radicals cause at the cellular level is known as oxidative stress and is linked to accelerated aging, chronic inflammation, and a greater risk of many chronic diseases. ⁽¹⁾

Free radicals can be formed in your body through both normal metabolic processes and through external stressors— radiation, smoking, environmental pollution, pesticide/chemical exposure, etc.— so there’s no getting away from them.

But this, thankfully, is where antioxidants come in and neutralize free radicals by “donating” an electron to them, which essentially makes them harmless.

As long as your body has a constant supply of antioxidants to keep free radicals in check, their effects on your body and health are minimal.

UNFORTUNATELY, THIS IS NOT THE CASE FOR MOST PEOPLE...



WHY YOU MUST LIMIT FREE RADICAL DAMAGE FOR GOOD HEALTH

Many people know that free radicals are associated with negative health effects in a general sense and that consuming antioxidants, therefore, has positive effects for health, aging, etc.

However, free radicals and oxidative stress are much more detrimental than most people realize, which makes regularly consuming a range of antioxidants absolutely critical for good health.

Take dementia, for example— one of the worst and fastest-growing age-related diseases of our time.

There are many variables that can put you at a greater risk of dementia (an umbrella term that includes Alzheimer’s disease), but studies have found that an overproduction of free radicals that generates oxidative stress in brain tissue is likely a major contributing factor. ⁽²⁾⁽³⁾

Free radicals and oxidative stress are also implicated in the development of heart disease, particularly because accumulated free radical damage contributes to chronic inflammation, which puts a big strain on your heart. ⁽⁴⁾⁽⁵⁾

Perhaps the heaviest hitter of all is the link between free radicals and cancer.

Because they do damage to cells and especially to DNA, free radicals are thought to be majorly implicated in mutations that lead to tumors and ultimately the formation of cancer. ⁽⁶⁾⁽⁷⁾

The list of diseases linked to free radical damage could go on (and includes diabetes, inflammatory joint diseases like rheumatoid arthritis, degenerative eye diseases, and even asthma), but you get the idea. ⁽⁸⁾

THE BOTTOM LINE IS THAT YOUR BODY NEEDS A GOOD SUPPLY OF POWERFUL ANTIOXIDANTS TO HALT THE DAMAGING EFFECTS OF FREE RADICALS— AND TO SLASH YOUR RISK OF THE DISEASES THAT GO WITH THEM.



WHERE ANTIOXIDANT-RICH FOODS COME IN

When it comes to building up antioxidant levels, your body does manufacture certain antioxidants like glutathione and alpha lipoic acid. However, many other antioxidants are only found in external sources.

This means that consuming a range of antioxidant-rich foods is key to keeping ahead of free radicals.

But how do you know whether a specific food is high in antioxidants or not?

To start with, if you want to consume antioxidants, you need to turn to plant foods where these compounds are abundantly present.

In plants, antioxidants serve as pigments, defensive systems against pests, protection against other types of stressors, and much more. It's these "superpowers" that translate to human health when you consume antioxidant-filled plants.

TO GET EVEN MORE TECHNICAL ABOUT IT, YOU CAN CHOOSE PLANT FOODS THAT SCORE HIGH ON ANTIOXIDANT CAPACITY— OR LOOK FOR OTHER CHARACTERISTICS (DETAILS BELOW).



MEASURING THE ANTIOXIDANT CONTENT OF FOODS

There are a few different ways experts can measure the antioxidant content of specific foods, but these methods do have their limitations.

For example, determining the ORAC value of foods is a helpful way to compare them side by side. ORAC stands for Oxygen Radical Absorbance Capacity and is an estimation of the antioxidant capacity (or antioxidant activity) of each food.

However, ORAC values don't measure the total antioxidant content of any given food (scientists are still working on a way to determine this).

Similarly, the FRAP (short for ferric reducing ability of plasma) value of foods is an indication of how well their antioxidant content neutralizes a specific free radical, but again, this doesn't tell you what the total antioxidant content is.

In short, these measurement systems can be useful for comparing different foods and their antioxidant potential, but it's important not to get too caught up in them.

WHAT YOU SHOULD DO IS...



KEEP IT SIMPLE

The best way to maximize your antioxidant intake is to eat a wide range of differently colored plant foods (aka “eat the rainbow”).

Because many antioxidants also function as plant pigments, eating differently colored fruits, vegetables, herbs, etc. helps to ensure that you are getting a range of unique antioxidants that each have their own benefits.

AND AS AN IMPORTANT NOTE: THIS REPORT FOCUSES ON FOODS, SPICES, AND HERBS THAT ARE READILY AVAILABLE, EITHER AT THE GROCERY STORE OR A CLICK AWAY ONLINE IN A FEW INSTANCES.

There may be other exotic superfoods out there with a higher antioxidant content, but the point is to make it as practical as possible for you to fill up on antioxidants that help protect you from dementia, cancer, heart disease, and more— starting with herbs and spices.

TOP ANTIOXIDANT-FILLED HERBS AND SPICES

CLOVES

Herbs and spices are usually tops as far as antioxidant content goes, which means they can give you a significant antioxidant boost, even though you only consume them in relatively small amounts.

Cloves soar to the top of the list with a sky-high ORAC value of 290,283 (that's over 60 times the ORAC value of blueberries!) and beat out all other herbs and spices for highest antioxidant value. ⁽⁹⁾

Phenolic compounds, particularly one known as eugenol, make up most of the antioxidant content of cloves. They have been shown to help stop tumor growth and promote cancer cell death in lab studies with especially notable effects against esophageal cancer cells. ⁽¹⁰⁾⁽¹¹⁾

Other research has found potential antidiabetic effects of cloves and eugenol, particularly an ability to slow glucose absorption into the bloodstream. ⁽¹²⁾



TRIPHALA



Triphala is a highly revered Ayurvedic herbal formula that has made its way West. It's made up of three separate herbs/fruits— amla (Indian gooseberry), bibhitaki, and haritaki— which together have an incredible ORAC value of 706,250!

Amla is particularly outstanding for its vitamin C content (up to 20-30 times the amount found in oranges) that combines with other antioxidants to give it both neuroprotective and anticancer properties. ⁽¹³⁾

Bibhitaki contains several powerful antioxidants, including one known as ellagic acid that has shown potential in studies for preventing or slowing the progression of diabetes. ⁽¹⁴⁾⁽¹⁵⁾

Haritaki is also rich in antioxidants, particularly tannins like gallic acid and ellagic acid, that have specifically exhibited cardioprotective and anti-arthritis activity. ⁽¹⁶⁾

As you can imagine, these three fruits taken together as the herbal formula that is triphala give your body a super-antioxidant boost that is protective of nearly all aspects of your health!

CINNAMON

Cinnamon is one of the world's most popular spices and not far behind cloves as far as antioxidant value goes. ⁽⁹⁾

It's rich in numerous plant compounds that possess antioxidant power, but one of the most notable is cinnamaldehyde, the compound that gives cinnamon bark its distinct, spicy fragrance.

Cinnamaldehyde has multiple beneficial properties (like anti-inflammatory and heart-protective power), but it's particularly impressive as an antidiabetic compound that contributes greatly to cinnamon's ability to help lower and stabilize blood sugar levels AND improve insulin resistance. ⁽¹⁷⁾

Polyphenols present in cinnamon— rutin, quercetin, kaempferol— have even demonstrated insulin-like activity, giving this spice even more diabetes-fighting potential. ⁽¹⁷⁾

Interestingly, at least one study has shown that not only does cinnamaldehyde have its own direct antioxidant action, it may also enhance your body's own antioxidant defense system, which is incredible! ⁽¹⁸⁾



TURMERIC



Turmeric has become a well-known superfood and is packed full of antioxidant compounds known as curcuminoids. By far, the most powerful compound in the group is curcumin, which has been the subject of numerous research studies.

It would take too long to list all the benefits of curcumin (which is a potent free radical neutralizer, by the way), but it really shines in two areas: fighting inflammation and fighting cancer.

Like most antioxidants, curcumin can reduce chronic inflammation in your body, but it has also proven to have significant effects on the pain and inflammation associated with arthritis. In some instances, it has even matched the effects of common NSAIDs. ⁽¹⁹⁾

As far as its cancer-fighting potential goes, curcumin has shown activity against multiple types of cancer cells (breast, lung, digestive, hematological, etc.) AND an ability to enhance conventional cancer therapies. ⁽²⁰⁾

CACAO

Cacao powder (the raw form of cocoa powder) is both delicious and extremely high in antioxidants known as polyphenols. It's also one of the best food sources of flavanols (a sub-category of polyphenols).

This outstanding flavanol and polyphenol content gives cacao special benefits for your heart.

Studies have found that consuming it regularly can lower your risk of heart disease by reducing blood pressure, raising “good” HDL cholesterol levels, and preventing “bad” LDL cholesterol from becoming oxidized. ⁽²¹⁾⁽²²⁾

The polyphenols in cacao also have strong neuroprotective properties, improving blood flow to the brain and potentially cutting your risk of neurodegenerative diseases like dementia. ⁽²³⁾⁽²⁴⁾

Cacao powder added raw to smoothies, etc. will give you the best antioxidant boost, but low-sugar dark chocolate is also good for your heart and brain— in moderation.



GINGER



Ginger is a spicy root related to turmeric and similarly rich in antioxidants. Its main active compound, gingerol, is the star of the show and has both anti-inflammatory properties and a powerful ability to reduce oxidative stress. ⁽²⁵⁾

As you may know, ginger is often used as a remedy for indigestion and has proven to be one of the most potent and effective herbs/spices for fighting all types of nausea. ⁽²⁶⁾

However, ginger benefits far more than your digestive system, and studies have now shown that it can be particularly helpful for the pain and inflammation associated with osteoarthritis, likely due to the presence of gingerol and other antioxidants. ⁽²⁷⁾

Ginger extract has also exhibited protective properties for your brain, even improving memory and potentially slowing age-related cognitive decline. ⁽²⁸⁾

OREGANO

Oregano checks in not far behind cloves for both ORAC and FRAP values. The volatile oils found in the leaves of this herb are where much of the antioxidant concentration is found, including rich amounts of the phenolic compounds carvacrol and thymol. ⁽⁹⁾

This high concentration of carvacrol and thymol is what researchers believe gives oregano its free radical fighting power as well as potent antibacterial properties. There's also evidence from preliminary lab studies that these compounds can kill colon cancer cells. ⁽²⁹⁾⁽³⁰⁾

In addition, oregano contains smaller amounts of rosmarinic acid— a phenolic compound you'll hear more about in the next section that can help protect brain function. ⁽³¹⁾

Overall, oregano is an incredibly potent source of antioxidants, even when you only consume it in small amounts.



ROSEMARY

There may be no better “common kitchen herb” for boosting memory and overall brain function than rosemary. And not surprisingly, much of this outstanding ability is due to the presence of powerful antioxidants within the plant.

Like all the other herbs on this list, rosemary contains numerous antioxidants, but the two that stand out the most are rosmarinic acid and carnosic acid, which give the essential oil anti-inflammatory and antimicrobial properties. ⁽³²⁾

Rosmarinic acid, in particular, is worth highlighting because it's thought to make a big contribution to rosemary's brain-boosting effects.

To give you just a brief overview, rosemary has been found to boost memory, mood, concentration, and mental performance through aromatherapy alone. The extract has also shown anti-inflammatory effects on the hippocampus— the part of your brain connected to memory, learning, and emotions. ⁽³³⁾⁽³⁴⁾

Rosemary and the antioxidants it contains have even shown potential for protecting against Alzheimer's disease, making it a true “brain tonic”! ⁽³⁵⁾



VEGETABLES HIGH IN HEALTH-BOOSTING ANTIOXIDANTS

BEETS

The bright red-purple color of beets gives you a clue to the high amount of antioxidants they contain. In particular, this root vegetable is rich in a group of antioxidants known as betalains, which also act as pigments.

Betalains have numerous beneficial actions when you consume them, including an ability to reduce oxidative stress, protect your liver, and potentially improve exercise performance. ⁽³⁶⁾⁽³⁷⁾

More significantly, betalains are linked to a lower risk of certain cancers like colon cancer and cancer of the digestive tract. They also have anti-inflammatory power that can help relieve the pain and inflammation of arthritis. ⁽³⁸⁾⁽³⁹⁾

If that weren't enough, beets also contain various carotenoids— like beta-carotene and lutein— that are protective of eye health and may help prevent age-related macular degeneration. ⁽⁴⁰⁾



MUSHROOMS

Though they aren't brightly colored, mushrooms are an excellent source of antioxidants, including several that are difficult to find elsewhere.

Medicinal mushrooms, like turkey tail and reishi, are particularly potent but even "normal" culinary mushrooms contain high amounts of special anti-aging antioxidants like ergothioneine and glutathione. ⁽⁴¹⁾

Again, the list of health benefits associated with fungi antioxidants is too long to list here, but their exceptional cancer-fighting potential has to be mentioned.

Certain mushrooms, particularly turkey tail, contain polysaccharides that have antioxidant power and have been shown to inhibit the growth of human cancer cells and enhance conventional cancer treatments. ⁽⁴²⁾

And while many other plants and plant compounds are still in the "preliminary study" phase as far as cancer goes, certain mushroom extracts are already approved in Japan as an adjuvant cancer treatment. ⁽⁴³⁾

As a quick note, the antioxidant compounds found in lion's mane mushroom are also incredibly neuroprotective and may help to improve cognitive impairment. ⁽⁴⁴⁾



KALE

Kale may be one of the healthiest vegetables on the planet and does not disappoint as far as antioxidants are concerned.

Red varieties of kale contain just under twice as many antioxidants as green varieties, particularly in the form of anthocyanins, which are responsible for giving the leaves a red-purple tint.⁽⁹⁾

Anthocyanins have numerous health benefits and are particularly notable for their antidiabetic effects and their ability to help protect against cardiovascular disease.⁽⁴⁵⁾

Of course, there's no reason to look down on green kale because it's still a top antioxidant vegetable. This leafy green is especially rich in vitamin C (a powerful antioxidant in its own right) as well as lutein and quercetin.

Lutein is a carotenoid that is highly supportive of eye health and may help prevent certain eye diseases, while quercetin is a powerful flavonoid antioxidant that can help reduce symptoms of rheumatoid arthritis and has anticancer potential.⁽⁴⁶⁾⁽⁴⁷⁾⁽⁴⁸⁾



OTHER GREENS— PARTICULARLY SPINACH AND CHARD



Though kale might be the “supergreen” as far as antioxidant content goes, many other greens are also full of health-boosting antioxidants.

For example, spinach (Popeye's favorite) and Swiss chard are both rich in lutein, zeaxanthin, and beta-carotene, all carotenoid antioxidants.

As briefly mentioned earlier, these carotenoids are especially protective of eye health and help to shield your eyes (and more specifically the macula) from the damaging effects of blue light. This means they are also linked to a reduced risk of macular degeneration and cataracts.⁽⁴⁶⁾

(Do note that, while incredibly healthy, spinach and chard are high-oxalate foods with low calcium bioavailability, so it is not recommended to eat them daily.)

A number of greens are rich in vitamin C as well, which is an immune-boosting antioxidant that has significant anti-aging properties for your skin.⁽⁴⁹⁾

RED CABBAGE

All types of cabbage contain important nutrients like vitamin C, vitamin K, and vitamin A, but red cabbage outscores green cabbage for antioxidant content.

Just like red varieties of kale, red (or purple) cabbage gets its color from plant pigments known as anthocyanins that also double as powerful antioxidants.

As mentioned earlier, anthocyanins are heart-protective and possess antidiabetic properties, but researchers have found that they have strong cancer-fighting potential as well. ⁽⁴⁵⁾

Multiple studies have shown that anthocyanins have anti-proliferative activity against multiple types of cancer cells, selectively inhibiting the growth of cancer cells while leaving normal cells alone. ⁽⁵⁰⁾

This suggests that a diet full of anthocyanin-rich foods— like red cabbage— may help to prevent cancer, especially since these antioxidants have also exhibited an ability to starve tumors of their blood supply, which is critical for stopping malignant tumor formation. ⁽⁴⁵⁾



BROCCOLI



Broccoli is truly a super-antioxidant food and one of the most nutritious cruciferous vegetables.

It contains a host of hard-hitting antioxidants, including carotenoids to boost eye health, quercetin to reduce inflammation and protect against cancer, and kaempferol to support your heart. ⁽⁴⁰⁾⁽⁴⁸⁾⁽⁵¹⁾

Broccoli also contains a unique and very powerful plant compound known as sulforaphane. Researchers have found that sulforaphane seems to possess some antioxidant activity of its own, but it really shines by activating your body's own cellular antioxidant defense system to protect against age-related diseases. ⁽⁵²⁾

In addition, sulforaphane has specifically shown an ability to reduce neuroinflammation associated with the development of neurodegenerative diseases AND has detoxifying properties that rid your body of carcinogens and protect DNA from mutations that may lead to cancer. ⁽⁵³⁾⁽⁵⁴⁾

To get the most cancer-fighting compounds from broccoli (and to make it more digestible), try steaming it.

ARTICHOKES

Artichokes are not as common in the western diet as other vegetables, but there's good reason to eat more of them.

Not only are artichokes rich in essential minerals and dietary fiber, they are also packed full of antioxidants (more so than many other vegetables), particularly one known as chlorogenic acid.

Chlorogenic acid (also found in coffee, interestingly enough) is linked to serious health benefits like better heart health, a lower risk of certain types of cancers, and better glucose regulation that may cut your risk of diabetes. ⁽⁵⁵⁾

Besides chlorogenic acid, artichokes also contain numerous other antioxidants, like cynarin and silymarin, that may treat or prevent liver disease as well as rutin, quercetin, and gallic acid that have even more anticancer effects. ⁽⁴⁸⁾⁽⁵⁶⁾



TOMATOES



Tomatoes (which are technically a fruit, but they don't get offended if you call them a vegetable) are an excellent source of vitamin C and, like many other red vegetables, especially rich in antioxidant carotenoids.

The major carotenoid in tomatoes is known as lycopene. It has some outstanding health benefits, including the potential to protect against various forms of cancer (particularly breast, lung, and prostate cancer) and to cut your risk of developing or dying from heart disease. ⁽⁵⁷⁾⁽⁵⁸⁾

In addition to lycopene, tomatoes also contain other eye-boosting carotenoids, like beta-carotene, as well as chlorogenic acid—the same cancer-fighting, heart-protective antioxidant found in artichokes. ⁽⁵⁹⁾

To get the most antioxidants from tomatoes, cook them rather than eating them raw.

Though you might think that heat would destroy antioxidants, studies have shown that it actually increases the availability of carotenoids in tomatoes, particularly lycopene. ⁽⁶⁰⁾

ORANGE VEGETABLES (SWEET POTATOES, CARROTS, PUMPKIN, ETC.)

If you want to protect your vision and slash your risk of age-related eye diseases, eat more orange vegetables like sweet potatoes, carrots, pumpkin, and butternut squash.

The orange coloring of these vegetables tells you that they are rich in carotenoids like beta-carotene (sweet potatoes), lutein (carrots), alpha-carotene (pumpkin), and zeaxanthin (butternut squash).

Each one of these antioxidants plays a supportive role for your vision and helps to protect your eyes from oxidative stress and inflammation. They can even help to prevent certain eye diseases like macular degeneration, cataracts, and diabetic retinopathy. ⁽⁴⁰⁾

Even better, some preliminary studies have shown that a carotenoid-rich diet “may contribute to the preservation of cognitive function during aging,” meaning they keep your mind sharp for longer. ⁽⁶¹⁾

Carrots also contain another type of antioxidant known as polyacetylenes that may help protect you from leukemia and other cancers. ⁽⁶²⁾



ASPARAGUS

Asparagus spears are filled with polyphenols, flavonoids, vitamin C, and vitamin E.

Not much has been said about vitamin E up to this point, but it’s a critical, though “ordinary”, antioxidant for overall health. Especially when combined with vitamin C, vitamin E is very protective of your skin and helps to prevent damage and signs of aging from UV exposure. ⁽⁶³⁾

Studies have also found that vitamin E helps to stop platelet hyperaggregation and clumping, which in turn may help to prevent atherosclerosis and heart disease. ⁽⁶⁴⁾

Another more exciting antioxidant in asparagus is glutathione. ⁽⁶⁵⁾

Glutathione is sometimes called the “master antioxidant” because it helps to protect your body from oxidative stress and boosts other antioxidants in your body. It’s one of few antioxidants produced by your cells, but production of glutathione frequently drops as you age.

Glutathione has many benefits, but impairment is linked to neuron loss in the brain, so it’s absolutely an antioxidant you want to consume to protect cognitive function. ⁽⁶⁶⁾

TOP SUPER-ANTIOXIDANT FRUITS

ELDERBERRIES

Elderberries have surged in popularity in recent years because of their documented ability to fight certain viruses, including those that cause the flu and the common cold. However, there's another reason to eat more of these tiny berries— their antioxidant content. ⁽⁶⁷⁾

Like other deeply pigmented foods, elderberries are particularly rich in anthocyanins.

If you remember from previous sections, anthocyanins possess heart-protective, antidiabetic, and cancer-fighting properties.

(And elderberries have been documented as beneficial for blood pressure, able to improve blood sugar, and a potential tumor inhibitor.) ⁽⁶⁸⁾

But there's even better news: These dark-colored plant pigments are also neuroprotective and may help to slow the development and progression of Alzheimer's disease. ⁽⁶⁹⁾

The addition of polyphenols, flavanols, and vitamin C, truly makes elderberry a super-berry!



RASPBERRIES & BLACKBERRIES

Eating raspberries is a delicious way to boost your intake of heart-protective and cancer-fighting antioxidants.

Black raspberries and blackberries have the highest antioxidant content, including a high amount of anthocyanins, but red raspberries aren't too far behind and also contain anthocyanins along with ellagitannins. ⁽⁷⁰⁾

This rich antioxidant content gives these berries an ability to protect the health of your heart, specifically by decreasing levels of oxidative and inflammatory stress that cause detrimental changes to your heart as you age. ⁽⁷⁰⁾⁽⁷¹⁾

In addition, studies have found that the antioxidants and other compounds in raspberries can kill stomach, colon, and breast cancer cells. The antioxidants in black raspberries may also inhibit a variety of cancers, which could help prevent cancer formation. ⁽⁷²⁾⁽⁷³⁾



BLUEBERRIES (ESPECIALLY WILD-GROWN)

Blueberries could well be considered the first recognized superfood, and though they've fallen out of the spotlight somewhat, they still absolutely deserve that title.

As far as antioxidant content goes, blueberries are close to the top of the fruit and vegetable list (beat only by herbs, spices, and a few other super-fruits). However, wild-grown blueberries are truly outstanding and contain nearly double the antioxidant content of store-bought blueberries.

The main antioxidants in blueberries are flavonoids, including anthocyanins.

Preliminary studies show that the unique antioxidant makeup of blueberries is particularly beneficial for brain health and may even help delay the decline in brain function that happens with age. ⁽⁷⁴⁾

Of course, since they are rich in anthocyanins, eating blueberries will also boost heart health and potentially cut your cancer risk.



GOJI BERRIES



Goji berries are bright red berries that have been used in traditional Chinese medicine for at least 2000 years. They have outstanding anti-aging properties, mainly due to their high vitamin, mineral, and antioxidant content.

The interesting part about goji berries is that they contain very unique compounds called proteoglycans, which are polysaccharides that have powerful antioxidant properties. ⁽⁷⁵⁾

This unique set of antioxidants has been linked in studies to a reduced risk of heart disease and cancer as well as slowed skin aging. They have also shown an ability to lower blood sugar, which may help to combat diabetes. ⁽⁷⁶⁾⁽⁷⁷⁾

Alongside the proteoglycans, goji berries are also rich in carotenoids, like zeaxanthin and beta-carotene, that protect eye health. ⁽⁷⁸⁾

Fresh goji berries can be hard to come by (unless you grow them yourself), but the dried version is readily available and retains a high nutrient content.

STRAWBERRIES

Strawberries are a pretty humble fruit, but don't let their unassuming nature fool you. They have an antioxidant content higher than most vegetables and are rich in anthocyanins, which give them their bright red color.

The main anthocyanin in strawberries is known as pelargonidin, and they also contain ellagic acid, ellagitannins, and proanthocyanidins.

Ellagic acid and ellagitannins have significant cancer-fighting potential and are known to be protective of heart health. Ellagic acid also possesses antidiabetic properties and can enhance insulin signaling. ⁽¹⁵⁾⁽⁷⁹⁾

Proanthocyanidins are concentrated in both the flesh and seeds of strawberries and are powerful free radical neutralizers.

They are linked to prevention of cancer in the digestive tract and inner organs and boost heart health by protecting against LDL cholesterol oxidation and by inhibiting platelet aggregation. ⁽⁸⁰⁾

The bottom line is that you should not pass this "ordinary" fruit by because it truly is an antioxidant powerhouse.



PAPAYA



Papayas are an excellent source of immune-boosting vitamin C, and the orange coloring of the fruit is indication of its rich carotenoid content.

Like tomatoes, papaya is loaded with lycopene that helps protect against cancer and heart disease. It also contains zeaxanthin and beta-carotene, which both protect eye health and decrease your risk of macular degeneration. ⁽⁴⁰⁾⁽⁸¹⁾

Interestingly, though carotenoid-rich foods are largely associated with healthy vision, there is indication that papaya may also be protective of brain health.

In one study, patients with Alzheimer's disease were given a fermented papaya extract for six months. At the end of this time, the results showed that the patients had a 40% drop in oxidative damage markers associated with Alzheimer's (no change in the control group). ⁽⁸²⁾

This was just one small study, but it might be reason enough to add more of this tropical fruit to your diet!

RED AND PURPLE GRAPES

Grapes make it into this report because they contain an extremely impressive antioxidant compound known as resveratrol.

Resveratrol (first “discovered” in red wine) has made headlines because of its long list of heart benefits. It has been found to lower total cholesterol, raise HDL (good) cholesterol levels, and potentially lower LDL (bad) cholesterol levels. ⁽⁸³⁾⁽⁸⁴⁾

Other research has shown that resveratrol also has an “anti-atherosclerotic” effect, which means it may help protect against atherosclerosis— a buildup in your arteries that can eventually cause a rupture or blood clot. ⁽⁸⁴⁾

Resveratrol may lower blood pressure as well, which is more good news for your heart. ⁽⁸⁴⁾

The benefits of resveratrol don’t stop there, though.

Several studies have found that it has neuroprotective properties, may slow cognitive decline, and can inhibit beta-amyloids, which are protein fragments linked to the development of Alzheimer’s. ⁽⁸⁵⁾⁽⁸⁶⁾

Resveratrol is most concentrated in the skin of red and— to a lesser extent— purple grapes, so choose them more often than green grapes.



OTHER OUTSTANDING ANTIOXIDANT FOODS (AND ONE BEVERAGE)

PECANS



Nuts may not be a food that immediately springs to mind when you think of antioxidants, but a few types of nuts are surprisingly rich in these beneficial plant compounds.

Pecans are at the top of the list with an antioxidant content that surpasses most vegetables and even some fruits.⁽⁹⁾

The most significant antioxidants in pecans are tocopherols (different forms of vitamin E) and phenolic substances.

Together, these antioxidants help prevent the oxidation of LDL cholesterol, which is important because this type of oxidation increases inflammation in the arteries and is a risk factor for heart problems.⁽⁸⁷⁾

Pecans also significantly increase blood antioxidant levels after consumption— a good sign that the antioxidants they contain are highly bioavailable to the human body.⁽⁸⁷⁾

WALNUTS

Walnuts are without a doubt one of the healthiest nuts out there and simply packed full of healthy fats, vitamins, minerals, and antioxidants.

The main antioxidants in walnuts are vitamin E and polyphenols. Much of this antioxidant content is concentrated in the papery skin surrounding the nut, which is fortunately usually left on after processing.⁽⁸⁸⁾

To break it down even further, some of the most prevalent antioxidants in walnuts include ellagic acid (cancer-fighting and heart-protective), catechin (more heart support), and melatonin— a compound most people don't realize is an antioxidant.⁽¹⁵⁾⁽⁷⁹⁾⁽⁸⁹⁾

Melatonin is a hormone most associated with regulation of the sleep-wake cycle. It basically helps to regulate your internal clock, which is essential for good quality sleep.

However, melatonin is also an extremely powerful antioxidant that is “uncommonly effective in reducing oxidative stress” and especially protective of your brain and heart. It can even reduce the toxicity of certain drugs and may make treatment-resistant cancers more susceptible to therapy!⁽⁹⁰⁾



LENTILS



Lentils contain a surprisingly high amount of antioxidants. On the ORAC scale, they rank above store-bought blueberries but below wild-grown blueberries and beat out most vegetables.

Polyphenols make up the bulk of the antioxidants in lentils. The exact makeup differs slightly between differently colored lentils, but flavanols, catechins, anthocyanins, phenolic acids, and tannins are usually present.⁽⁹¹⁾

Flavanols have been shown to promote greater brain oxygenation, which helps to improve cognition and may prevent age-related decline, and anthocyanins are neuroprotective as well.⁽⁶⁹⁾⁽⁹²⁾

The specific antioxidants in lentils were also able to stop cancer growth in one lab study and have shown an ability to improve blood sugar.⁽⁹¹⁾⁽⁹³⁾

Importantly, the antioxidant content of lentils does not seem to diminish after you cook them, although you may want to soak them overnight first to reduce their antinutrient content.⁽⁹³⁾

BLACK, PINTO, AND KIDNEY BEANS

Beans are an excellent source of fiber and are also one of the most antioxidant-packed legumes. Kidney, black, and pinto beans (in that order) are particularly high up on the ORAC scale.

There are numerous antioxidants present in beans, but one of the most notable is kaempferol, which is found in the highest amounts in pinto beans.⁽⁹⁴⁾

Kaempferol has displayed impressive cancer-fighting potential in lab and animal studies and may suppress the growth of cancers in the lungs, kidneys, breasts, and bladder. It's also powerful at lowering the chronic inflammation that contributes to many age-related diseases.⁽⁹⁵⁾

Kaempferol has shown antidiabetic effects in other studies and a significant ability to protect heart health, specifically by combating atherosclerosis.⁽⁹⁶⁾

Like lentils, beans do contain antinutrients that may impair absorption of certain nutrients, so it's a good idea to soak them overnight before cooking them.



ALL COLORS OF TEA (BUT ESPECIALLY GREEN)



Tea is one of the healthiest beverages you can drink on a daily basis, especially because all varieties are full of disease-fighting antioxidants.

Black, white, green, oolong— all types of tea are a top dietary source of flavonoids, which are linked to benefits like preventing the development of diabetes, heart disease, cancer, and neurodegenerative diseases like dementia. ⁽⁹⁷⁾⁽⁹⁸⁾

However, for the most powerful antioxidant boost, you should turn to green tea.

Green tea contains exceptionally potent antioxidants known as catechins, including the superstar known as epigallocatechin-3-gallate (EGCG).

EGCG is widely recognized as an incredibly beneficial plant compound and plays a protective role against many diseases, especially heart disease and diabetes. Along with the other antioxidants in green tea, EGCG may also lower your risk of dementia. ⁽⁹⁹⁾⁽¹⁰⁰⁾

Matcha is the most concentrated form of green tea and therefore the most antioxidant-packed. However, remember that all types of tea are beneficial, so drink the one you like the best and will be motivated to consume regularly.

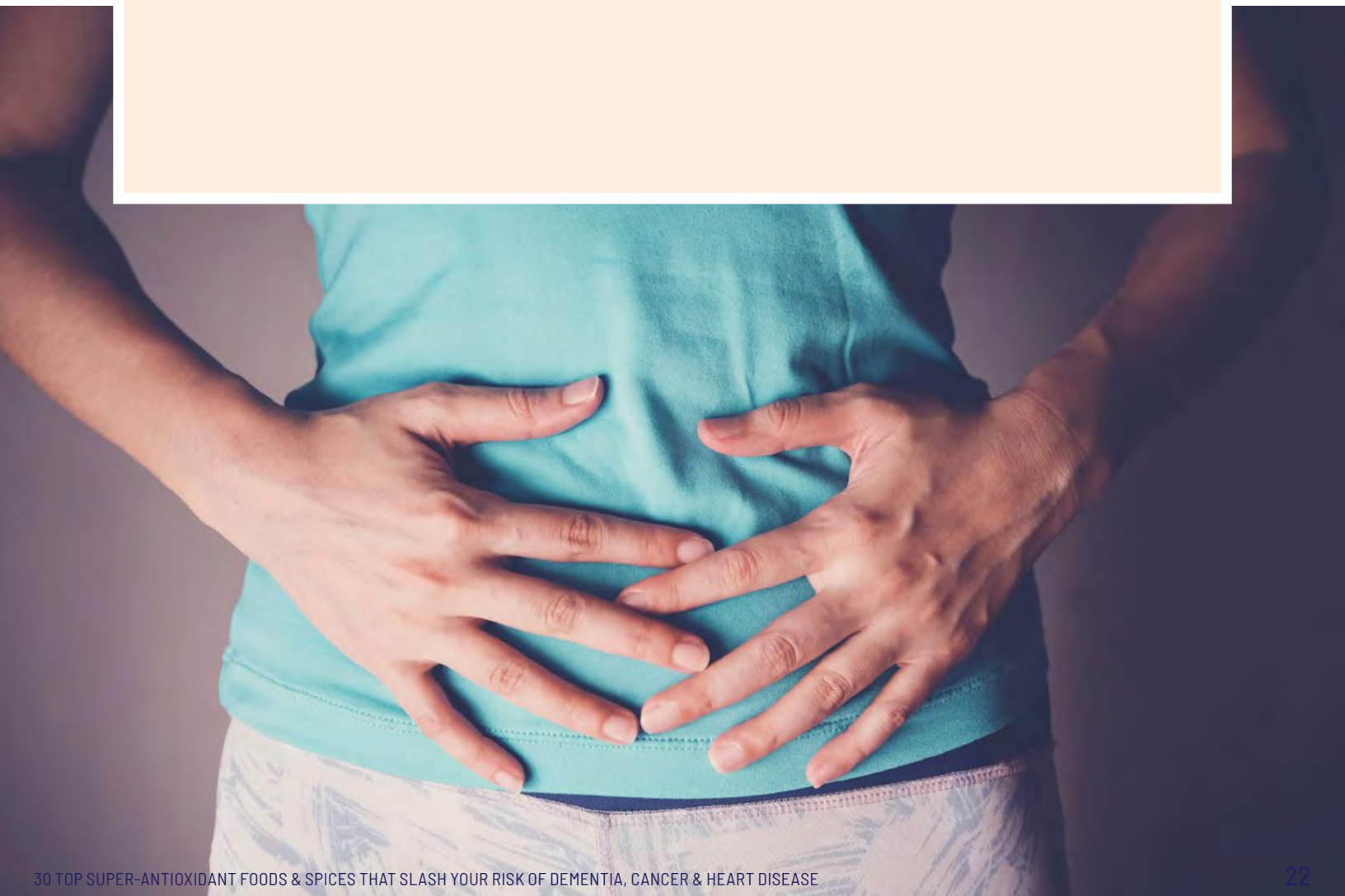
EAT YOUR **ANTIOXIDANTS** FOR **BETTER HEALTH**

With all the amazing properties that antioxidants possess, it's clear that getting enough of them is critical for good health and one of the best ways to protect your body (and mind) as you age.

Remember, rather than focusing on one specific antioxidant or group of antioxidants, the best approach is to get as wide a range of antioxidants as possible to slash your risk of multiple diseases— cancer, dementia, heart disease, diabetes, and more.

To do this, simply make sure you include an array of differently colored plant foods in your diet, particularly the super-antioxidant ones listed in this report.

THAT'S ALL THERE IS TO IT!



NOW, GET READY FOR THE MOST LIFE-CHANGING HEALTH SECRETS OF ALL...

So again, here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about **getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

The special report was just a small taste of that (and please DO share this report with family and friends)...

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“Life-changing’ is a term thrown about too loosely these days. However, Brian Vaszily’s popular summits are widely known for delivering on that promise. And with the important knowledge being revealed in his new Age-Defying Secrets Summit – no less than the proven most effective yet little-known steps for you to live long and well – you can be certain you’re in for the most life-changing (and possibly even life-saving) yet. My strongest advice? Listen very closely to this one.”

WENDY TRUBOW, MD

Leading Functional Medicine & Women’s Health Doctor, Bestselling Author

“What steps are you NOT hearing about that will make the most powerful difference in how long and well you live? Twenty one of today’s most trusted healthy aging and longevity doctors and researchers are about to reveal the life-changing answers in The Age-Defying Secrets Summit. My good friend and natural health veteran, Brian Vaszily, is an outstanding host, the secrets you’ll learn are as essential as it gets, so be sure to listen closely to this important event.”

DR. JOEL FUHRMAN

World-Renowned M.D., 7-Time NY Times Bestselling Author



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