

EAT THE TREES:

The Incredible Health Benefits
of Little-Known Leaves, Bark, Berries,
and Nuts from Common Trees



BRIAN VASZILY |

Founder of The Art of Anti-Aging
Host of Younger, Longer: The Insider's Health Summit

Eat the Trees:

The Incredible Health Benefits of Little-Known Leaves, Bark, Berries, and Nuts from Common Trees

Copyright © 2021 The Art of Anti-Aging, LLC, All Rights Reserved.

www.theartofantiaging.com

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Publisher: The Art of Anti-Aging, LLC

Disclaimer: For educational use only. The entire contents of the book are based upon research conducted by the author, unless noted otherwise. This book and the information contained within are not intended to diagnose or prescribe for medical or psychological conditions nor to claim to prevent, treat, mitigate or cure such conditions. The author and publisher are not recommending specific products as treatment of disease and do not have any interest in the sale of the substances described in this book. This information should not replace the opinions of a medical professional. These statements have not been evaluated by the Food and Drug Administration.



YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets
to Look & Feel Younger Now, Avoid Disease, and Live Long

In *Younger, Longer: The Insider's Health Summit*, you are about to discover the proven most effective non-drug, non-surgery, non-toxic steps you must take to look and feel your best now, avoid and overcome disease, and live long and well doing it.

Each of the 22 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!

In this brand-new special report, meanwhile, you're about to discover the incredible health benefits of little-known leaves, bark, flowers, berries, and nuts from some common trees.
(Please DO share this useful report with loved ones!)



*“What steps should you take, starting right now, that will make the biggest difference in how long and how well you live? That is the mission-critical question my good friend and natural health veteran, Brian Vaszily, is challenging 22 of today's leading doctors and researchers to answer for you in *Younger, Longer: The Insider's Health Summit*. Brian is an outstanding host, what you'll learn is simply crucial, so **be sure to listen closely** to this powerful online event!”*

Dr. Joel Fuhrman

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

How Do YOU Really Feel About the Following?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of *Younger, Longer: The Insider's Health Summit*, 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...

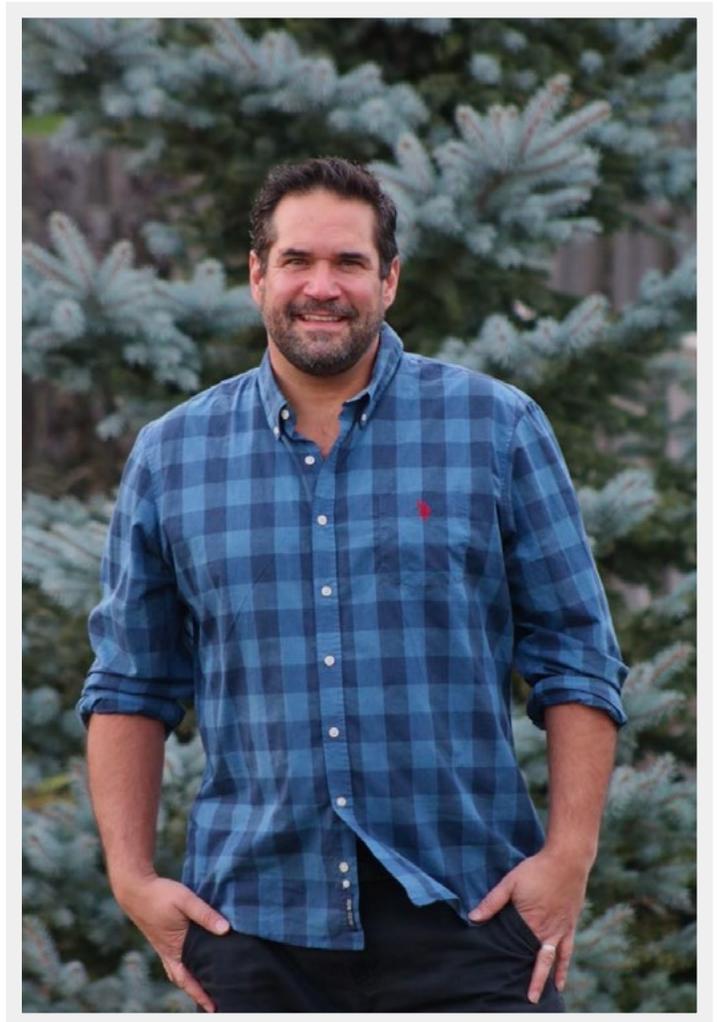
Here at The Art of Anti-Aging, the **"anti"** means **we're against all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and "over the hill."

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 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 😊



TOTAL CLARITY on the Most Effective Steps

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 *YOUNGER, LONGER: The Insider's Health Summit* truly will be the most life-changing and possibly even life-saving event you ever experience.

You see, I'm cutting to the chase and challenging 22 of today's most renowned and trusted doctors and researchers to each reveal their answers to this one ESSENTIAL question for you:

"From your unique area of expertise, what are the 3 simple and MOST EFFECTIVE steps people must take to look and feel their best now, avoid and even overcome disease, and live long and well doing it?"

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

True, you don't yet know from which of the 22 top experts in Younger, Longer 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 Younger, Longer: The Insides Health Summit](#) 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...



Table of Contents

Introduction 1

Mulberry 5

Moringa..... 6

Linden..... 7

Hawthorn 8

Birch 9

Hibiscus 10

Ginkgo Biloba 11

A Wrap-Up on Leaves 12

Let’s Give a Shout-Out to BARK!..... 12

Seque to the “Softer Side” of Tree Benefits 14

About *Younger, Longer: The Insider’s Health Summit* 16

Sources 18

Eat the Trees:

The Incredible Health Benefits of Leaves, Bark, Flowers, Berries, and Nuts from Common Trees

Trees, where would we be without them? Truth is, we wouldn't be. Almost one-third of the oxygen we breathe is generated by trees, as they extract carbon dioxide and water from the air and turn it into that precious life-sustaining substance called oxygen (O₂).

Trees are also essential to healthy eco-systems. They provide habitats for animals, supply mulch, prevent erosion, and purify air by pulling pollutant gases, odors, and even tiny particulate matter from the atmosphere.

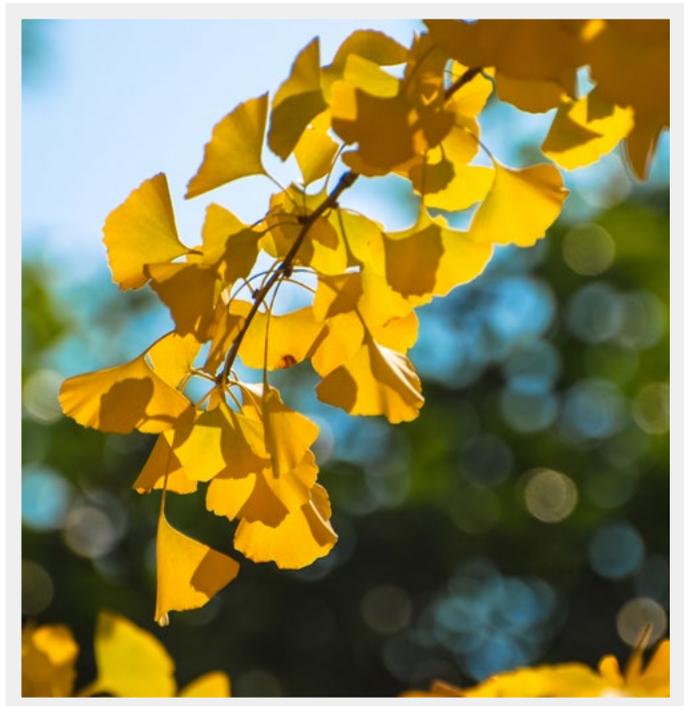
Add in the aesthetic beauty they provide and the comforting, cooling shade they make possible when the sun beats down its sweltering rays, and we might all consider becoming proud bearers of the title "tree hugger."

And there is another fascinating fact about trees that many are not aware of, or not aware *enough* of...

We Can Eat Them!

Not all of them and not all their parts. However, a surprising number of trees hold within them an equally surprising amount of powerful nutrients and extracts with healing powers and medicinal uses. Now, fruit-bearing trees are, of course, already beloved for their amazingly healthy and delicious edibles, such as apples, oranges, peaches, and plums.

In this special report, however, we're going beyond the common fruits and introducing you to a variety of trees that you may never have considered "biting into" or adding to your skin health regimen. Beyond the fruits and fragrant flowers, we will familiarize you with the genuine treasures that can be extracted from tree leaves and yes, even from tree bark!



Now, survivalists and "foraging experts" have certainly contributed to our body of knowledge about what trees can do to keep people alive in life-and-death circumstances when lost deep in the wilderness or during times of famine.

Yet the larger story has been unfolding through many millennia and all across the planet, as our ancestors fed their families and treated their ailments with plants. To this day, many cultures – including ours – continue the practices, not just out of ancient beliefs and customs, but because they have very legitimate, proven health benefits.

A Brief Primer in Phytochemicals (aka, very powerful stuff!)

We all know the familiar expression “an apple a day keeps the doctor away.” Little did we know how foretelling this expression would turn out to be. Currently, there is an explosion of research in scientific circles surrounding the potential human health benefits – preventive, protective, and healing – of **phytochemicals**, a term that refers to various biologically active compounds found in plants that have the capacity to modulate one or more metabolic processes or pathways in the body (“medical-speak” for “keep us and make us healthier”).^{1,2}

The incorporation of phytochemicals in pharmaceuticals is far from new. In fact, as much as 50% of the drugs used in modern medical practice contain some plant-based compounds. There is already a considerable body of scientific evidence that plants produce substances which possess antibacterial, antifungal, anticancer, antimalarial, antiprotozoal, and antioxidant properties, to name just a few.

What is new is the extent and the pace at which drug developers are looking to use these naturally occurring substances in place of synthetic compounds.³

It also opens the door to a much more robust development of the field of **nutraceuticals** – broadly speaking, this term refers to any product derived from plant or food sources that offers extra health benefits beyond what is, strictly speaking, nutritional value.



Take a fruit like **pomegranate**, known to be abundantly rich in antioxidants, which prevent or slow damage to cells by free radicals, the unstable molecules that are produced during oxidation. Antioxidants are believed to play a role in preventing cancer, heart disease, Alzheimer’s disease, and diabetes, among many other conditions.

Dietary supplements in liquid, powder, capsule, or pill form, as well as various additives in “fortified foods,” also fall under this umbrella called nutraceuticals. It should be noted that nutraceuticals are not regulated by the FDA in the same way as pharmaceuticals, so their efficacy, purity, concentration, correct dosing, contraindications, potential adverse effects, and drug interactions are not fully understood nor assured.

This is not to diminish the fact that under the rigors of scientific research, much promising evidence is emerging about just how effective and safe phytochemicals can be in their capacity to fight many life-threatening, chronic, diseases that have proven to be the most difficult to manage or cure.

As one prominent example, scientists are looking to the plant kingdom to accelerate the development of **anticancer agents**. It has already been documented that not only do phytochemicals possess direct anticancer activity, they can also play a role in relieving certain complications of cancer and in protecting against the side-effects of chemotherapeutic agents.⁴

Another devastating condition that is poised to benefit from phytochemicals is **Alzheimer’s disease**, the most widespread age-related neurodegenerative disease. Research suggests that flavonoids, a naturally occurring plant substance, may be beneficial to slowing down the onset of Alzheimer’s, delaying its progression, and enhancing memory and general cognition.⁵

While there are scores of conditions for which phytochemicals show promise in terms of prevention and/or treatment (beyond the scope of this piece), one more example vividly illustrates the remarkable potential of these plant-based substances to alter the trajectory of modern medicine’s battle against some of the most stubborn and destructive disease states – either on their own or in conjunction with what are considered standard 21st century therapeutics.

While modern medicine has a vast arsenal of antimicrobials to fight pathogens, the emergence of **multidrug resistant (MDR) pathogens** poses a global threat and is already impeding the efforts to treat certain resistant, highly dangerous strains. One strategy that is showing success is that of combining antimicrobial agents with certain phytochemicals that neutralize the resistance mechanism, thus “rescuing” the ability of the antimicrobials to do their job.

Additionally, a whole host of plant extracts and essential oils have been shown to act synergistically with antibiotics, antifungals, and chemotherapeutics, thus enhancing their effectiveness. And let us not forget that plant-based products, on their own, have been successfully used since ancient times to prevent and treat pathogenic diseases!⁶

In a time when sensitivity (and, hopefully, gratitude and respect) toward Mother Earth is heightening, and when the concept of “sustainability” has become a familiar, if not quite household, word, it seems a good time to pull back the curtain of modern medicine, nutritional science, and “conventional wisdom” and get curious about lessons that live beyond the Rx’s being dispensed at the neighborhood pharmacy or the \$400 skin cream at the department store beauty counter.

ATTENTION PLEASE

IMPORTANT DISCLAIMER: Before we wander too deep into the forest, so to speak, we must be clear, ***no content on this site should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.*** We are not claiming to do an exhaustive review of plant-based nutritional or therapeutic benefits; we are not advocating any particular diet or plant-based additions to it, nor any product (pharmaceutical, nutraceutical, or supplemental) – only opening eyes to some lesser known secrets of the forest in hopes of piquing interest and of encouraging new thinking about the bounty of healthy and health-promoting goodness that nature has provided us, if only we take the steps to explore, discover, learn, and ultimately enjoy the benefits.



Green Leafy Goodness Just Took On a Whole New Dimension!

Did you know that there are over a thousand species of plants with edible leaves, even though the typical kitchen table today only sees a handful of them?

The reason is one part cultural. Certain dietary practices are just part of who we are. They determine what we are likely to find on the grocery store shelves, and as a society, our lifestyles don't lend themselves to hours spent foraging in the woods for dinner.

Having said that, foodie trends suggest that we are becoming more than a little serious about eating more fresh, natural, **healthy**, plant-based foods and less of the processed stuff that comes out of cans, jars, boxes, and plastic containers at the supermarket.

The first hard truth, though, is that some plant material can be hard on the human digestive tract, even as it has many highly beneficial nutrients and fiber. Some leaves have a particularly fibrous structure composed of cellulose, which is broken down by an enzyme that humans do not possess. Cooking (and a lot of chewing) can help make these varieties "easier to swallow."

Some leaves **MUST** be cooked, as they can be toxic in their raw form. Other leaves are just outright poisonous – cooked or uncooked. Others are spikey or sticky, rendering them naturally unappealing for consumption.

The experts suggest that the younger, more tender leaves can be picked and eaten right off the tree or tossed into a salad, with the caveat that not all are equally tasty. Others prefer to dry the leaves and steep them into teas, often accompanied by the tree's flowers, berries, or even bark.

It is worth noting early on that while some trees' "component parts" may be safe to consume, even if not all equally appealing to the palate, the same cannot be said for all species of trees. Do your homework in advance or forage with an expert! One tree may have a perfectly sweet berry but a toxic sap in its trunk. That same berry may be a delicious treat when ripe but will give you some pretty unpleasant side effects if consumed before Mother Nature meant for it to be ready for snacking.

So, let's explore the wonderful bounty of healthy, happy trails through the woods! if you approach nature's culinary treasure-trove with **credible information** on the do's and don'ts, **common sense**, and a little **adventuresome spirit**, adding tree elements to your diet can represent a natural way to spice up everything from your tossed salad lunch to your nightcap of soothing tea, with some distinct health benefits along the way. To get you started, we've assembled a "sampler" of what various tree species have to offer.

One footnote before we proceed to getting smarter about tree edibles – it's about more than what you put in your mouth. Your skin also has an "appetite" for nutrients that come from trees to keep it supple, glowing, hydrated, and to resist unwanted signs of aging such as wrinkles. More on this later.

We've selected a handful of tree species that are frequently noted among the edible-leaf variety – Mulberry, Moringa, Linden, Hawthorn, Birch, Hibiscus, and Ginkgo biloba – to give you a snapshot of what they offer through their leaves and other plant parts like flowers and berries, so let's get started...



MULBERRY

Mulberry has long been the subject of interest for a wide range of nutritional and medicinal purposes. The tree produces black, white, and red mulberries that can be made into wine, fruit juice, jam, or dried fruit snacks. The large, juicy, black variety are considered the tastiest, somewhere between sweet and tart, but should be eaten ripe to avoid digestive upset and even nervous system effects including hallucinations. They aren't very commonly found in grocery stores because they don't transport particularly well, but picked right and ripe off the tree, they make a delicious treat.

The species, popularly featured in a classic children's song ("Here we go round the mulberry bush..."), also has its downsides. Its massively invasive root system can lift sidewalks and its pollen-producing capacity made the city of Tucson, AZ ban planting of the tree, citing its harm to humans prone to hay fever. Also, the milky sap of the white mulberry tree is toxic to humans, and its presence on leaves and stems can make contact with them a source of skin irritation.⁷

Mulberry extracts have long been used for medicinal purposes and their active components are believed to display protective effects against damage to human organs and systems, principally as a function of their antioxidant properties.

Through its hypoglycemic action, Mulberry is recognized as beneficial in the prevention and treatment of diabetes mellitus. By way of complex enzymatic and metabolic mechanisms, it is also believed to have benefits for the treatment of obesity.

Further still, it has properties characterized as: neuroprotective, antiatherosclerosis, immunomodulative (meaning it modifies the immune response or the functioning of the immune system, as by the stimulation of antibody formation or the inhibition of white blood cell activity) antitumor, hypolipidemic, anti-inflammatory, antimicrobial, and even anti-cancer.⁸⁻¹¹



MORINGA

Moringa oleifera is sometimes known as the miracle tree, Tree of Life, the “drumstick tree” for its shape, and even “nature’s multivitamin,” for the remarkable nutritional punch it packs. It contains a high concentration of iron, protein, calcium, potassium, and vitamins A and C.

This highly drought-resistant, fast growing tree is native to India but is now found worldwide and often used to combat malnutrition. Its leaves can be eaten fresh, have a nutty spice taste, and can be added to salads or soups. They are also frequently dehydrated into a powder form and used to give a nutritional boost to smoothies, soups, even baked goods.

Historically, Moringa has been used for a variety of medical purposes, as an antifungal, antiviral, antidepressant, and anti-inflammatory.

As more scientific inquiry has come to focus on health benefits of plants, Moringa is recognized for its wide range of medicinal and nutritional uses. Recent studies suggest that it helps to reduce blood sugar and cholesterol, is rich in antioxidants, and is useful in reducing arsenic toxicity and purifying water.¹²

Its value as a nutritional supplement stems from the essential amino acids it possesses, the carotenoids in its leaves, various phenolics, minerals, and protein. Research on its value as a nutritional and supplement is still very much ongoing.

In certain cultures, however, virtually all parts of the plant are believed to have medicinal properties, acting as cardiac and circulatory stimulants.

And – ready for this? – it may possess antitumor, antipyretic, antiepileptic, anti-inflammatory, antiulcer, antispasmodic, diuretic, antihypertensive, cholesterol lowering, antioxidant, antidiabetic, hepatoprotective, antibacterial and antifungal activities. Wow! That’s why it is very much a part of the indigenous practice of medicine, particularly in South Asia.^{13, 14}



LINDEN

Leaves of the Linden tree can be quite tasty, with young leaves the most palate-pleasing and often used as additions to salads. Their nutritional value is not very well known but are believed to be a good source of antioxidants.

However, it is the fragrant, 5-petaled, yellow-white flowers the Linden tree produces that are known to be quite valuable for health purposes. The flowers can be infused into tea, or boiled and steeped together with leaves and bark, simply for the pleasing taste they add.

Notably, going back centuries, flowers of the linden tree have been used to induce sweating, and to reduce associated cold and flu symptoms of fever, nasal congestion, and cough.¹⁵

Throughout history, Linden tea has been believed to have a calming effect, making it useful for treating anxiety and promoting sleep. Researchers concluded that the Linden extract mimics the activity of gamma-aminobutyric acid (GABA), a brain chemical that inhibits excitability in the human nervous system.¹⁶

Antioxidant benefits are quite well documented in terms of their anti-inflammatory effects and relatedly, prevention of cancer, type 2 diabetes, and potentially a host of other diseases.¹⁷⁻¹⁹

Potential benefits ranging from mild pain reduction, to diuretic effects, to lowering blood pressure, to soothing the digestive tract have been suggested, some as a result of studies in mice, but not yet clinically proven in humans.²⁰

As evidence of the strength of bonds between cultural beliefs and herbal medicinal practices, it was once believed that simply by sitting beneath a Linden tree, one could be cured of epilepsy.

At the other extreme, we are reminded of the value of rigorous scientific evaluation, as at least one study is said to have reported cardiotoxicity from the gentle flower and is therefore not recommended for ingestion by anyone with heart disease.

The components of this tea may interact with certain medications, so if you are taking any do consult with a health professional before taking any form of linden. Also, safety has not been established in pregnant or lactating women or in children and it is recommended not to consume in excess of 2-4 grams per day for everyone else.²¹



HAWTHORN

Commonly found in the United States and Europe, Hawthorn trees bear leaves that are commonly tossed into salads, especially the young tender leaves of spring. English folk foragers are known to have referred to Hawthorn leaves as “pepper and salt.”

Hawthorn berries are high in pectin, which makes them good ingredients for thickening up jams. The berries have been described as everything from sweet to tart to tangy and can make great jams, pie fillings, even syrup. Or ferment them into a tasty wine or flavor-rich vinegar that can be used as salad dressing.

And as the tree’s name suggests – beware of the thorns as you dive between the branches to pick out the perfectly ripe berry or leaf. While your grocery store may not carry Hawthorn berries, farmers’ markets and specialty health food stores are a good place to look. Hawthorn berry supplements are also available in powder, pill, or liquid form. Teas can be made from the dried berries, flowers, and leaves or premade. The Hawthorn’s flowers are used to make medicinal teas and tinctures.

Hawthorn berries are right up there in the ranks of pomegranates, grapes, blueberries, apples and avocados for their high levels of antioxidants. As such, they may offer protection against a wide variety of diseases, including cardiovascular disease.²² Heart failure, in particular, is a condition for which Hawthorn has been found to be a useful adjunct to overall treatment.²³

Traditional Chinese medicine has long believed in Hawthorn’s ability to lower blood pressure, and recent studies have indeed documented the vasodilating effects.^{24, 25}

Research also suggests that Hawthorn can play a role in prevention and treatment of atherosclerosis, lowering cholesterol, preventing oxidation of low-density lipoprotein (LDL), improving blood supply to the heart, increasing strength of heart muscle contraction, and regulate heart rhythm.²⁶

Early evidence also points to Hawthorn as aiding digestion, reducing cholesterol and triglycerides, preventing hair loss, and reducing anxiety.²⁷



BIRCH

Birch trees are members of the genus *Betula*, which turns out to have a host of interesting nutritional and therapeutic properties. As with many trees, birch bark, twigs, and leaves can be brewed into tea. The leaves are full of vitamin C and can be steamed or sauteed. They are said to have a wintergreen-like flavor.

Birch water, the sap of birch trees, harvested in early spring, is full of nutrients that are stored during the winter and released into the sap. When it is tapped it is a clear and colorless liquid with a mildly sweet taste.

Overall, it can be a very good way to hydrate, as it is low in sugars and calories and chock full of magnesium, manganese, and antioxidants. Birch water may even boost skin and hair health! Servings of no more than three per day are suggested pending better understanding of its effects and potential side-effects. If the birch water isn't consumed right away, it can be reduced to birch sap syrup or wine.²⁸

You may have heard of birch beer, a carbonated drink made from herbal extracts and birch bark. Alcoholic birch beer, on the other hand, involves fermenting birch sap rather than reducing it to an oil. Birch beer can be purchased commercially, but some folks have chosen to make it something of an art-form, one that dates back to the 17th century.

Medicinally, birch is thought to be beneficial for treating infections of the urinary tract and as a diuretic.^{29,30} While there are many potential benefits under study on compounds of the *Betula* genus to which birch trees belong, the two most promising areas being investigated are their antiarthritic and anticancer effects.³¹



HIBISCUS

When you hear “hibiscus,” inevitably the first image that comes to mind is one of its beautiful, vibrantly colored flowers, some as large as six inches across. Cultivated not only for decorative purposes, the flowers, especially the red variety, and leaves can be made into teas and liquid extracts that can help treat a variety of conditions.

Hibiscus tea has a tart taste and is made from a combination of dried flowers, leaves, and dark red calyces, which form the center of the flowers. Once the flowers have bloomed and the petals have fallen off, the calyces turn into pods which hold the seeds. Calyces are the principal ingredient of hibiscus herbal drinks. Generally considered safe, these can be found at health food stores, but there are no blanket recommendations for dosage.

Throughout history and across the Middle East, Africa, Europe, and beyond, hibiscus has been used medicinally for diseases ranging from heart and nervous disorders to infections and cold symptoms to treatment of wounds with pulp topically applied to the skin. In Iran, drinking it as sour tea is still a common treatment for high blood pressure.³²

Modern research appears to support its potential benefits for treating elevated blood pressure and cholesterol.³³⁻³⁵

Also being studied is the potential therapeutic role of hibiscus in treating obesity, metabolic functions, and fat build-up in the liver.³⁶ Research is underway with respect to its cancer-fighting properties with early encouraging results, but more study needed.³⁷

Another exciting set of properties will be of interest to those who wish to combat the signs of aging that appear in the form of dull, sagging, or wrinkling skin.

Hibiscus has a range of activities that support skin health including:

- ▶ Supporting collagen synthesis.
- ▶ Slowing down activity of the enzyme (collagenase) that degrades collagen.
- ▶ Protecting from activity of elastolytic enzymes that contribute to loss of skin elasticity.
- ▶ Easing inflammation through its antioxidant properties that neutralize damaging free radicals.
- ▶ Exfoliating the skin of dead cells to reveal more brightness.

And it may even help to accelerate wound healing when applied topically!

And, of course, the very act of staying hydrated contributes to skin health, so why not enjoy a cup of hibiscus tea as a welcome alternative to water.³⁸



GINKGO BILOBA

The Ginkgo biloba tree is among the oldest of known tree species, sometimes referred to as a living fossil. Ginkgo extract from its leaves have been the subject of hundreds of clinical trials, most famously with regard to their potential to treat cognitive impairment – as in age-related memory loss, dementia, Alzheimer’s disease. There is evidence supporting the claim that Ginkgo can, in some cases, lessen the manifestations of dementia.³⁹ While popular culture has made Ginkgo biloba practically a household name as a means of keeping brain function sharp, the clinical data still paints a mixed and less than conclusive picture.

Nevertheless, because it is relatively safe and well tolerated, Ginkgo extracts continue to be sought out to promote mental functioning, both for healthy individuals and those with signs of clinical disease, where Ginkgo is sometimes used as a supplement to other therapies.⁴⁰

What may be less popularly known, but more compelling, are the antioxidant qualities of the plant’s flavonoids and the circulation enhancing qualities of its terpenoids, which dilate blood vessels and reduce platelet “stickiness.” It is therefore of interest in treatment of claudication in which leg pain is caused from insufficient blood flow.⁴¹

Ginkgo extracts may play an important role in the prevention of neuronal degeneration in Parkinson’s disease, and very recent research has shown promise of its potential anticancer qualities.^{42,43}

Anxiety, depression, vision and eye health, headaches and migraines, asthma and COPD, PMS symptoms, and sexual dysfunction are all among the conditions for which Ginkgo is thought to have potential benefits. All continue to be the subject of study, including determining how much of the benefit is strictly derived from Ginkgo’s components and how much is a function of interaction with complementary bioactive substances.

What is known is that there is potential interaction with several commonly used classes of medications, including some blood thinners (like Warfarin), SSRI anti-depressants (like Zoloft and Prozac), and NSAIDs (like Ibuprofen). Ginkgo can cause adverse side effect in these cases that range from unpleasant to serious. Ginkgo is widely available in capsule, tablet, liquid extract, or dried leaves/tea. (44) The tree’s plum-like fruit should not be eaten, and its seeds can actually be poisonous.

As with all supplements and plant extracts, consulting with your medical provider, especially if you take medications or have a health condition, is important.

A Wrap-Up on Leaves

We've only scratched the surface when it comes to exploring what tree leaves represent as a source of nutrition and therapeutic benefit. It should be noted that many, many other plant species have nutrients and other biologically active compounds, well beyond what this article is intended to cover. But should your interest have been stirred by the possibilities we have brought to light, these are some other trees and shrubs that you might want to "leaf through:" Katuk, Gogi, Chaya, Chinese elm, Fennel, Sassafras, Oak, Maple, and the Pine family.^{45, 46}

Let's Give a Shout-Out to BARK!

Talk about eye-opening! Did you know that cinnamon comes from the inner bark of trees in the genus *Cinnamomum*. After the woody parts of the bark are removed, the inner bark dries and curls into rolls that we know of as cinnamon sticks, which can then be ground into powder – the aromatic ingredient we commonly and deliciously sprinkle into everything from breakfast buns and cookies to soups and stews.

Cinnamon, now inexpensive and widely available, was historically regarded as a highly treasured item. Looking as far back as ancient Egypt, it was deemed a gift fit for a king!

Over 3,000 years ago in India, a holistic healing practice known as Ayurveda was developed around the principles of balancing, mind, body, and spirit. In Ayurvedic medicine cinnamon is used to balance the digestive tract, to clear respiratory passages, and support healthy circulation and joint health.⁴⁷

Cambium is where most of the action is happening relative to edible tree bark – it is the inner layer found between the inner hard wood and the papery outer bark. It is soft and moist, and the part of the tree trunk that is actually growing. It is also packed with nutrients, some with a distinct sweetness in taste.

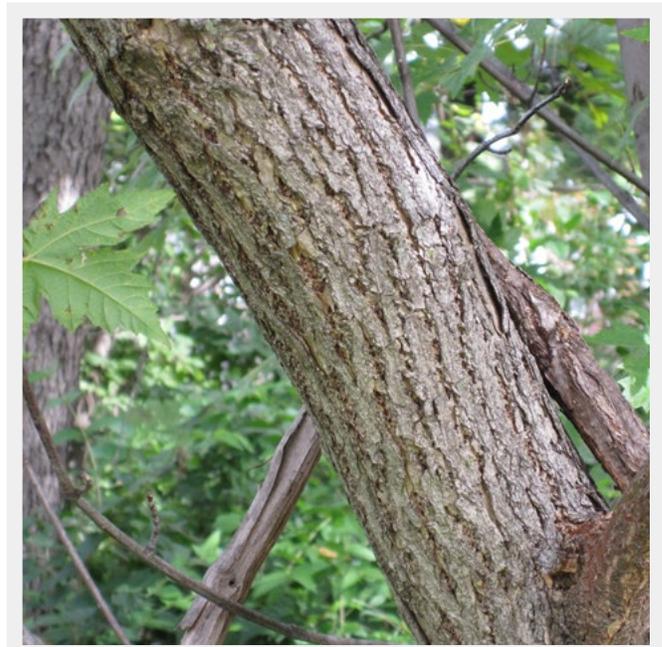


The cambium of hundreds of trees is considered edible. It can be chewed, kind of like gum, but can also be shredded and boiled to soften it. Dry roasted it becomes crouton-like and can be sprinkled atop a salad. But the most common use – if you can call using tree bark common – is drying it into a powder form and using as flour for baked goods. However, as with most things ingested, moderation is key – too much cambium can be quite disturbing to the digestive system.⁴⁸

As for outer bark, its use has mainly been confined to times of emergency food scarcity, as when birch tree bark was ground up and added to rations during World War I. The Native American tribe of the Iroquois, who inhabited the mountainous Adirondack region of upstate New York, actually interpreted the meaning of the word “Adirondack” as “those who eat trees” and was used pejoratively in reference to the neighboring Algonquin tribe.

Sassafras tea, made from sassafras bark and root, has long been considered a traditional favorite southern beverage. In recent decades, however, it has been determined that one of its ingredients – safrole – has potentially toxic, carcinogenic effects and has been banned by the FDA. Some manufacturers have developed a process for removing the offending ingredient and sassafras root bark can be purchased in herb supply stores in powder form.^{49, 50}

Hickory nut tree bark can be boiled into an earthy, nutty tasting syrup. Birch tree bark can be used as a flavoring that tastes similar to wintergreen. And pulverized pine bark is used in parts of Scandinavia to infuse cookies with a Christmas-y flavor. Ponderosa pine, in fact, bears a distinct vanilla scent. Most evergreen trees – pine, spruce, fir – have edible inner bark.



As with all edibles found in the wild, there are cautions to be aware of – some bark and cambium are toxic – containing tannin and cyanide, like yew and cherry trees.

One tree that you should hope never to encounter is the Manchineel tree – and should you find yourself accidentally close to one – back away!! The Manchineel tree grows primarily in the tropical deep south of North America (Florida Everglades and Keys especially) and northern regions of South America.

While the Manchineel is not the only tree with toxic qualities, it does stand out as the one with the biggest red flag. Do not go near it, touch it, breathe the air around it, or stand underneath it in the rain! Its fruit is highly poisonous, even lethal if ingested, and the tree’s sap causes painful, burn-like blisters, on contact.

One interesting sidenote to the edible bark discussion – did you ever wonder what people in ancient times used as dinnerware, the plates they ate off of? You guessed it, pieces of tree bark – an interesting and ingenious twist on the art of “plating.”

Finally, be respectful of the trees themselves. If you are harvesting bark for consumption, do not strip off an entire ring or you will kill the tree, effectively cutting off the irrigation system which allows water from the roots to reach the leaves.

Segue to the “Softer Side” of Tree Benefits

We’ve explored quite a range of healthful uses for everything from succulent leaves to scaly bark, but the discussion wouldn’t be complete without giving a nod to the soothing, softening, healing, anti-aging, and otherwise skin-friendly benefits of plant extracts.

The antioxidative benefits of many plant-derived extracts have been widely documented for skin health by their capacity to reduce the cell-damaging effects of free radicals (the by-products of the natural oxidative process, but one which can become a state of oxidative stress when free radicals gain the upper hand). Antioxidants are considered the hardest-working allies your skin can have against inflammation, the signs of aging, and the effects of years of sun exposure.^{52,53}

Enter the term **cosmeceuticals**. Easily the subject of an entire article unto itself, consider this segment a brief overview of tree-originating plant nutrients for the skin. And once again, as with anything ending with the suffix “ceutical” – it is advisable to consult with a professional in the field before embarking on your health-enhancing regimen. Natural does not always equal safe or even effective. Know what you are consuming, applying, and don’t rely on advertising as your information source!

The set of tree varieties believed to have therapeutic qualities is a mile long... essential oils from **cypress trees, fir trees, bay laurel leaf, tea trees**, and many others possess a dizzying array of potential benefits. Here, it is our intention to introduce you to several that have been studied scientifically and, in so doing, we may just nudge your curiosity (and further information-seeking from trusted professionals) about natural, plant-based alternatives to the synthetic, often expensive substances that crowd store shelves.

There is a lot of great research going on in the scientific world to help us better understand the benefits of plant-based substances, and our skin is definitely on the list of beneficiaries of this rigorous inquiry.

Did you know that research laboratories are, as we speak, investigating the tree nut phytochemicals for their antioxidant and other bioactive properties in almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts?⁵⁴ **Coffeberry** extract is another that is being studied for its role in combating the effects of oxidative stress.⁵⁵



Take **almonds** for example, they've long been a favorite for the skin benefits of their rich Vitamin E content. There is also mounting evidence that almond oil can help reduce hypertrophic post-operative scarring and has emollient properties that enhance complexion and skin tone.⁵⁶

Spanish chestnut trees produce the edible chestnut which may be familiar to you as a turkey stuffing ingredient at Thanksgiving, but less well-known is its extract that may have beneficial effects on skin cells that have been damaged by UVB-exposure (aka sun damage).⁵⁷

Add **pomegranate** extract to the list of protectants from the harmful effects of UVA (associated with skin aging) and UVB (associated with skin burning) rays.⁵⁸ It appears to also be useful in the treatment of skin hyperpigmentation conditions.⁵⁹

Date palm kernel extract is another skin nutrient that research has shown to have significant wrinkle-reducing qualities.⁶⁰

Pine bark extract is believed to provide protection from the sun's damaging rays, to reduce hyperpigmentation, and to improve skin barrier function and extracellular matrix homeostasis.⁶¹ The skin's elasticity and hydration may also benefit from a boost in hyaluronic acid and collagen production related to this extract.

Cocoa butter is a familiar and friendly term in the skin moisturizing business. More recently, **shea butter**, produced by the Shea Nut tree, is being used in a variety of hair and skin products for its moisturizing qualities. It may also possess anti-inflammatory and protective qualities, blocking the action of enzymes that degrade skin proteins during the aging process.⁶²

And we've saved one of the best for last...

University of Rhode Island researchers have found that **red maple leaf extract may produce fountain-of-youth-like qualities for skin** for its ability to interfere with the enzyme that breaks down elastin. This can very significantly reduce the appearance of wrinkles, loose-looking skin, and other signs of "old-looking" skin, and even help with age spots.⁶³

We May Never Look at Trees in Quite the Same Way Again

While so much of what comes to mind when we think of plant nutrients exists a bit closer to the ground – such as an irresistible strawberry patch, tomato plants, or an aromatic herb garden – I hope this report has adjusted your gaze a little skyward, as well.

The trees that shade and protect us and enrich our air with oxygen hold treasures beyond our wildest imaginings – from nutritional value to health-protecting properties to healing powers. Ancient cultures knew this, science has already confirmed some of it, and the future is destined to unlock even more beneficial secrets from the trees. Let's protect them as they protect us.

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)...

Whereas the online *Younger, Longer: The Insider’s Health Summit* truly is the PINNACLE of our mission.

Because you’re going to get **total clarity on the simple and MOST EFFECTIVE secrets you can put into play in your life starting right now to look your best, feel amazing, avoid and even overcome disease, and live a long life doing it...**

From 22 of the world’s most renowned and trusted anti-aging and longevity doctors and researchers.

[Head here now to sign up for the FREE online Younger, Longer: The Insiders Health Summit](#) if you aren’t signed up already and...

[Head here to get the COMPLETE recordings and 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, or if you’re the type who prefers to hear it all and read it all on your own schedule, when and where and as often as you choose!





YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets to Look & Feel Younger Now, Avoid Disease, and Live Long



*“The times have been challenging for all of us, and we could certainly use some solid ground to walk on. That makes this a great time to lean into the wisdom of some of the foremost natural health leaders of our times. And that’s one of the things you’re getting in Younger, Longer: The Insider’s Health Summit. My friend, longtime natural health researcher and advocate Brian Vaszily, invites you to join him in uncovering **the most effective steps you can take to look and feel your best, and to add years to your life and life to your years.**”*

Ocean Robbins
Co-founder & CEO, Food Revolution Network

*“Younger, Longer: The Insider’s Health Summit may well be one of the **most important** events that you attend this year. My good friend, Brian Vaszily, who’s been a positive force in the natural health world for over two decades, is ‘going for the gusto’ in this one. He’s challenging today’s top anti-aging and longevity experts to reveal their three most effective steps you must take to live long and live well. **Please do not allow yourself to miss this!**”*

Nick Polizzi
Top Indigenous & Ancient Medicine Researcher and Filmmaker



Sources

1. <https://ucanr.edu/datastoreFiles/608-54.pdf>
2. <https://pubmed.ncbi.nlm.nih.gov/28699495/>
3. https://www.researchgate.net/publication/340292763_Phytochemicals_and_Their_Role_in_Pharmaceuticals
4. <https://pubmed.ncbi.nlm.nih.gov/30398123/> <https://pubmed.ncbi.nlm.nih.gov/27262332/>
5. <https://pubmed.ncbi.nlm.nih.gov/30551400/> <https://pubmed.ncbi.nlm.nih.gov/27809746/>
6. <https://pubmed.ncbi.nlm.nih.gov/31158333/>
7. https://www.oardc.ohio-state.edu/weedguide/single_weed.php?id=77
8. <https://pubmed.ncbi.nlm.nih.gov/30791521/>
9. <https://pubmed.ncbi.nlm.nih.gov/31276774/>
10. <https://pubmed.ncbi.nlm.nih.gov/29129054/>
11. <https://pubmed.ncbi.nlm.nih.gov/30646503/>
12. <https://www.healthline.com/nutrition/6-benefits-of-moringa-oleifera>
13. <https://pubmed.ncbi.nlm.nih.gov/25374169/>
14. <https://pubmed.ncbi.nlm.nih.gov/17089328/>
15. https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-tilia-cordata-miller-tilia-platyphylloscop-tilia-x-vulgaris-heyne-their_en.pdf
16. <https://pubmed.ncbi.nlm.nih.gov/26144285/>
17. <https://pubmed.ncbi.nlm.nih.gov/23497863/>
18. <https://pubmed.ncbi.nlm.nih.gov/15507365/>
19. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709/>
20. https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-tilia-cordata-miller-tilia-platyphylloscop-tilia-x-vulgaris-heyne-their_en.pdf
21. <https://www.drugs.com/npc/linden.html>
22. <https://pubmed.ncbi.nlm.nih.gov/28608832/>
23. <https://pubmed.ncbi.nlm.nih.gov/18254076/>
24. <https://pubmed.ncbi.nlm.nih.gov/27852126/>
25. <https://pubmed.ncbi.nlm.nih.gov/11807965/>
26. <https://www.naturalmedicinejournal.com/journal/2011-07/hibiscus-hawthorn-and-heart>
27. <https://healthline.com/nutrition/hawthorn-berry-benefits>
28. <https://www.healthline.com/nutrition/birch-sap#benefits>
29. <https://pubmed.ncbi.nlm.nih.gov/24399121/>
30. <https://www.emedicinehealth.com/birch/vitamins-supplements.htm>
31. <https://pubmed.ncbi.nlm.nih.gov/25449458/>
32. <https://www.healthline.com/health/all-you-need-to-know-hibiscus>
33. <https://pubmed.ncbi.nlm.nih.gov/15330492/>
34. <https://pubmed.ncbi.nlm.nih.gov/10404421/>
35. <https://pubmed.ncbi.nlm.nih.gov/16213683/>
36. <https://pubmed.ncbi.nlm.nih.gov/24549255/>
37. <https://pubmed.ncbi.nlm.nih.gov/15922006/>
38. <https://www.mindbodygreen.com/articles/skin-care-benefits-of-hibiscus-tea>
39. <https://pubmed.ncbi.nlm.nih.gov/13678141/>
40. https://www.healthline.com/nutrition/ginkgo-biloba-benefits#TOC_TITLE_HDR_6
41. <https://www.mayoclinic.org/drugs-supplements-ginkgo/art-20362032>
42. <https://pubmed.ncbi.nlm.nih.gov/31141426/>
43. <https://pubmed.ncbi.nlm.nih.gov/24499319/>
44. https://www.healthline.com/nutrition/ginkgo-biloba-benefits#TOC_TITLE_HDR_15
45. <https://www.permaculturenews.org/2016/08/15/7-perennial-shrubs-trees-edible-leaves/>
46. <https://www.americanforests.org/magazine/article/edible-trees-foraging-food-forests/>
47. <https://www.mapi.com/blog/3-surprising-ayurvedic-benefits-of-cinnamon.html>
48. <https://www.atlasobscura/articles/so-you-want-to-eat-a-tree>
49. <https://www.healthline.com/nutrition/sassafras-tea-benefits#what-it-is>
50. https://tigerprints.clemson.edu/all_theses/1345/
51. <https://pubmed.ncbi.nlm.nih.gov/28539059/>
52. <https://stylecaster.com/beauty/plant-extracts-good-for-your-skin/>
53. <https://www.wellandgood.com/antioxidants-for-skin-benefits/>
54. <https://pubmed.ncbi.nlm.nih.gov/22153059/>
55. <https://pubmed.ncbi.nlm.nih.gov/18681153/>
56. <https://pubmed.ncbi.nlm.nih.gov/20129403/>
57. <https://pubmed.ncbi.nlm.nih.gov/28539059/>
58. <https://pubmed.ncbi.nlm.nih.gov/25207382/>
59. <https://pubmed.ncbi.nlm.nih.gov/32428937/>
60. <https://pubmed.ncbi.nlm.nih.gov/12779247/>
61. <https://pubmed.ncbi.nlm.nih.gov/26492562/>
62. https://digitalscholarship.tnstate.edu/cgi/viewcontent.cgi?article=1000&context=biology_students#:~:text=Shea%20Butter%20has%20also%20been,all%20forms%20of%20massage%20therapy.&text=The%20Shea%20Nut%20tree%20has,food%20and%20medicine%20in%20Africa.
63. <https://today.uri.edu/news/no-more-cosmetic-needles-maple-could-be-alternative-to-botox/>