

NATURE'S 25 TOP NUTRIENT-DENSE FOODS

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Nature's 25 Top Nutrient-Dense Foods

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YOUNGER, LONGER

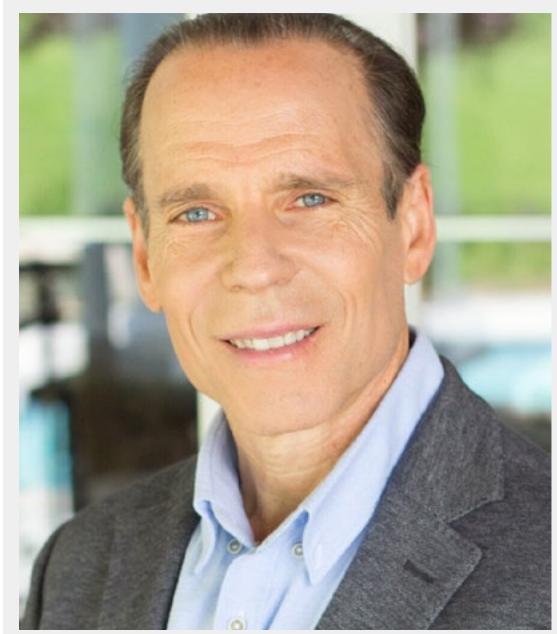
The Insider's Health Summit

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 25 of nature's top nutrient-dense foods. The evidence shows these foods truly earn their "superfood" title!
(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...

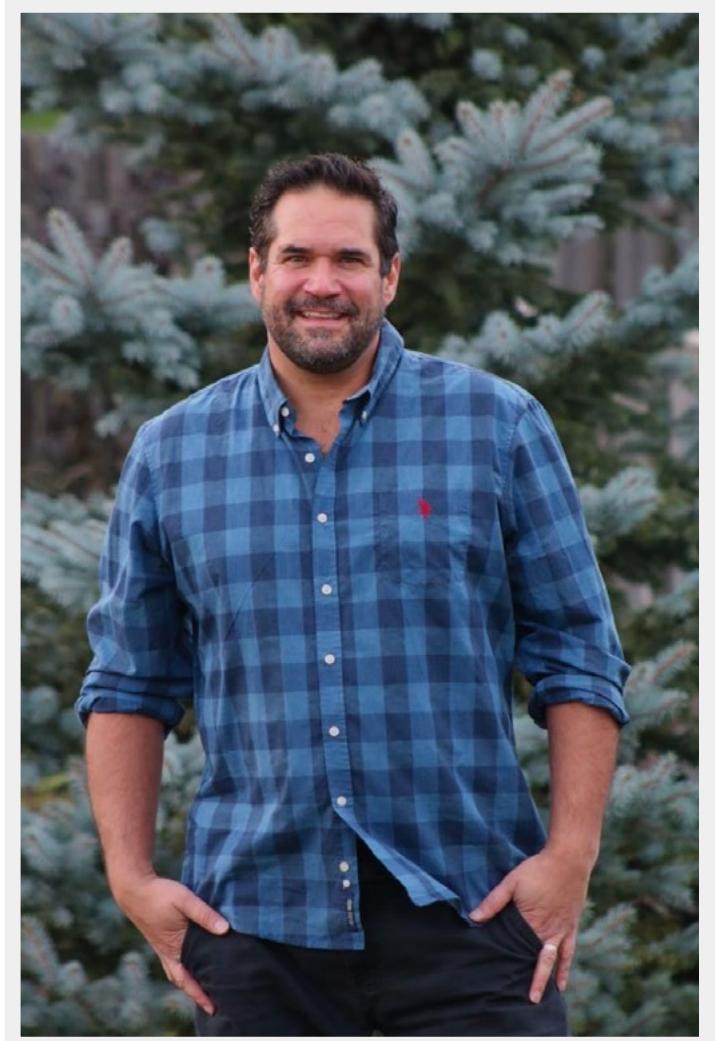
Here at The Art of Anti-Aging, **the “anti” means we’re *against* all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

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....

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INTRODUCTION

By now you've likely heard the term "superfood." Although there is no scientifically based definition, a food is generally elevated to that status when it offers a high level of nutrients that are particularly beneficial to your health and overall well-being, often linked to the prevention of disease.

Basically, superfoods are very nutrient-dense—the exact opposite of what so much of the typical American diet is made up of today, such as fast food, convenient packaged foods, sodas, and the like. In fact, about three-fourths of the U.S. population follows a diet that's low in vegetables and fruits, yet most far exceed the recommendations for consuming added sugars and sodium. It's no wonder that the adult obesity rate in the country recently passed the 40 percent mark for the first time to 42.4 percent, an increase of 26 percent since 2008.^{1,2}

One of the best ways to improve your physical and mental health, avoid early aging, and reach and maintain your ideal weight is to focus on consuming more nutrient-dense foods and less "junk." You'll be providing your body with the nutrients it dearly needs while boosting its ability to burn fat at the same time.

Now, many foods have been referred to as "superfoods," sometimes due to the marketing of food companies that benefit from promoting them as such.

To clear the confusion and help you live long and live well, below you'll find 25 of nature's most nutrient-dense foods that truly earn the designation of "superfoods." Enjoy the learning, and the eating!

1 Avocados

Some people still avoid avocados due to their high fat content, but this exceptionally nutrient packed fruit contains mostly monounsaturated fat, a healthy type of fat found in studies to increase HDL, or “good” cholesterol, to improve heart health. As avocados are also high in fiber, the combination helps one feel fuller and more satisfied longer, decreasing the chances of unhealthy snacking.

Research published in the *Nutrition Journal* looked at how eating a meal that included avocado affected the appetites of participants who were obese or overweight. It revealed that those who ate just a half an avocado at lunch had a decreased desire to eat for as long as five hours afterward.³

This “super” fruit is also high in vitamin E, an antioxidant many Americans don’t get enough of, along with potassium and magnesium. In fact, avocados provide more magnesium than most fruits in addition to being rich in folates. Plus, just one cup contains nearly a quarter of the daily recommended value for folic acid. If you find yourself hungry in between meals, consider snacking on a few slices of avocado – it will help you avoid the temptation to turn to unhealthy foods while keeping your metabolism revved up, too.⁴



2 Blueberries

Sometimes called nature's candy, blueberries have a sweet, juicy flavor few can resist, and they're one of the most nutrient-dense foods on the planet. They provide benefits for your health that far exceed their tiny size, jam-packed with antioxidants like proanthocyanidin and anthocyanins that have been found in scientific research to aid weight loss. They may also help fight cancer and provide anti-aging benefits to the skin.⁵

Blueberries also contain a particularly powerful anti-inflammatory compound called quercetin, a phytonutrient that is known to reduce excess inflammation. Foods like blueberries that are rich in quercetins can help manage many different types of inflammatory conditions, including the pain of arthritis, allergy symptoms, chronic fatigue and even heart disease.⁶



3 Spinach

All leafy greens provide a wealth of nutrients, and spinach, a nutritional powerhouse, may be the most popular of them all. In addition to many vitamins and minerals like vitamins A and K, folate, magnesium, and iron, it provides powerful antioxidants that have been linked to disease protection and anti-inflammation. Like blueberries, it contains quercetin as well as kaempferol, a flavonoid that has been found to lower the risk of cancer.

Research published in *Food & Function* summarized the protective benefits of spinach based on its bioactive compounds and phytochemicals, stating that these substances can help lower the risk of disease, DNA damage and oxidative stress. They have also been found to positively influence metabolism and even trigger the release of satiety hormones that make one feel fuller after eating a meal. For these reasons, the experts concluded that consuming more spinach may help fight obesity, type 2 diabetes, heart disease and cancer.⁷



4 Kale

This member of the cruciferous family of vegetables is another of the most nutrient-dense foods on the planet. While it's incredibly rich in nutrients, it contains very few calories at just 33 per cup. Similar to spinach, that cup contains an astounding amount of vitamin K, with 684% of the daily recommended value, and jam-packed with vitamins A and C. It's also filled with the flavonoids kaempferol and quercetin, which as mentioned, have powerful protective properties supporting heart health while lowering the risk of cancer and reducing inflammation.

Kale is a great plant-based source of calcium, helpful for those who don't consume dairy when it comes to supporting bone health and a wide range of cellular functions. Plus, kale offers something spinach doesn't – it's low in oxalate, a compound that can prevent minerals from being absorbed.

If you're concerned about high cholesterol, adding more kale to your diet may help you reduce it. It contains more than 40 phenolic compounds which can help reduce high cholesterol levels and fight many other serious medical conditions. A 2008 study found that male participants with high cholesterol experienced a 10 percent reduction in LDL (the "bad" cholesterol) levels after drinking kale juice. This is due to the compounds in kale which have the ability to bind to bile acids that are produced by the liver. This causes them to be excreted rather than be reabsorbed. As a result, the body uses its stored cholesterol to replace lost bile acids.⁸



5 Hemp Seeds

Hemp seeds make a great healthy snack on their own or can be tossed into a smoothie or sprinkled onto a salad. They are unique as they contain many of the nutrients necessary for maintaining a healthy diet, including a nearly perfect balance of omega 3 to omega 6.

They're also rich in vitamin E, powerhouses of antioxidants, dietary fiber, and many minerals like magnesium, iron, zinc and copper. In fact, they're one of the world's most nutritionally complete food sources.

Hemp seeds are loaded with proteins that are easier to digest than animal proteins. As hemp requires far less carbon concentration, it's better for the environment, too. These tiny seeds provide nearly 9.5 grams of protein in just three tablespoons.

As hemp seeds contain a healthy ratio of omega-3 to omega-6 fatty acids that support heart health, reducing the risk of heart disease, along with high levels of an amino acid called arginine, consuming them along with an overall healthy diet can help lower the risk of heart problems.

This ideal ratio also provides anti-inflammatory benefits that may help manage the symptoms of chronic diseases like arthritis, metabolic syndrome and type 2 diabetes.



6 Spirulina

A form of sea algae, spirulina is often used by mixing it into a smoothie. As it's primarily made up of protein and essential amino acids, it's often recommended to vegans and vegetarians thanks to its high natural iron content. In fact, spirulina provides a highly absorbable form of iron that's easier on the digestive system than protein from meat. A true superfood, it's extremely high in protein, an excellent source of B vitamins, contains over 800 percent of the body's daily need for vitamin A, and many antioxidants and other nutrients. Assuming it's harvested properly, from bodies of water that are not contaminated, it's one of the most powerful nutrient sources there is.

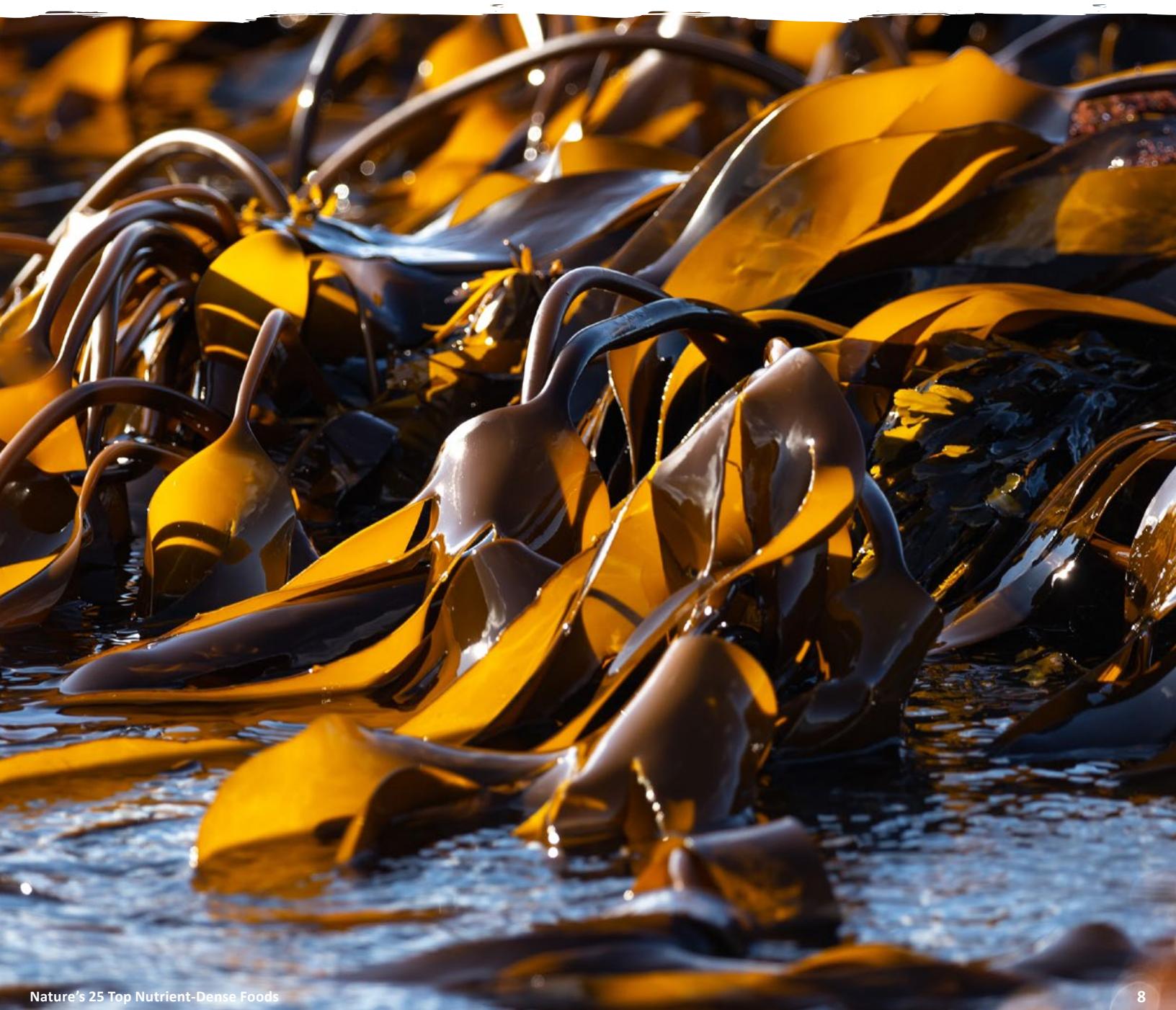
Spirulina is also one of the few foods that have a natural Gamma Linolenic Acid (GLA) content. This can provide anti-inflammatory properties that have been shown to help combat chronic inflammation, asthma, eczema, arthritis, obesity, diabetes, atherosclerosis and even cancer. This nutrient-dense food can also bind with heavy metals in the body to help eliminate them as it's high in chlorophyll, which is known to aid in removing toxins from the blood while boosting the immune system. In fact, research conducted in 2006 discovered that taking 500 milligrams of spirulina each day combined with zinc supplements was enough to reduce arsenic toxicity by nearly half.⁹



7 Sea Vegetables

Sea vegetables such as wakame, nori, kelp and dulse are jam-packed with vitamins and antioxidants. They're also some of the most mineral-rich foods on the planet, including a very rich source of naturally occurring iodine, with just one gram being all that you need to meet your body's daily requirements. Readily available in massive amounts in the ocean, they've long been a staple of Asian diets, dating back to ancient times.

And consuming sea vegetables may even help you lose weight. Newcastle University scientists discovered that a compound called alginate in seaweed was especially effective at preventing the absorption of fat. The researchers found that it may reduce the rate of fat absorption by 75 percent thanks to its inhibitory effect on lipase, a digestive enzyme.¹⁰



8 Sauerkraut (Fermented Cabbage)

Fermented foods like sauerkraut are considered to be an outstanding source of probiotics and they're also incredibly nutrient dense – just seek out the traditionally fermented type, and avoid the typical canned stuff, as it's been pasteurized which means that most of the healthy bacteria have been killed off. At just 27 calories a cup, it's loaded with vitamin B6, vitamin K, folate, thiamin, and riboflavin. It also provides a third of the body's needs for vitamin C and is rich in minerals like magnesium, potassium and iron.

Fermenting cabbage to make sauerkraut increases the nutritional benefits while also making it more digestible and providing important probiotics that help create a better balance of gut bacteria. Some experts say that may be the key to a longer, healthier life. And in the early 1900s, sauerkraut was actually created as a way to treat stomach-related illnesses in addition to preserving foods during times of famine.

Consuming sauerkraut may even affect the risk of developing some types of cancers. One study out of the University of New Mexico, as reported by the *Seattle Times*, found that it could reduce the risk of breast cancer in women by as much as 74 percent. The publication notes that hundreds of Polish women and Polish-born U.S. immigrants who were observed and consumed four or more servings of sauerkraut and cabbage each week during adolescence were 74 percent less likely to develop breast cancer as compared to those who ate 1.5 or less servings a week.¹¹



9 Wild-Caught Salmon

If you do eat fish, it's important to note that fatty fish that are least likely to contain mercury and other contaminants, such as wild-caught salmon, can provide many important nutrients that are beneficial to your health. Salmon in particular is packed with important omega-3 fatty acids that provide significant anti-inflammatory properties in addition to benefiting your waistline. There have been multiple studies that have suggested the omega-3 fats in salmon may decrease belly fat and promote weight loss in obese or overweight individuals.¹²

A study of Alaskan Yup'ik Eskimos -- who consume 20 times more omega-3 fats from fish on average than those who live in the continental U.S. -- suggested that a high intake of these fatty acids may help prevent obesity-related chronic diseases such as heart disease and diabetes. Published in the *European Journal of Clinical Nutrition*, the researchers noted that while this population has an overweight/obesity level similar to people in the lower 48, their prevalence of type 2 diabetes is significantly lower and may be at least partly attributed to their high consumption of omega-3 rich fish.¹³

Salmon is also rich in high-quality protein that can help maintain muscle mass during weight loss and the aging process. It's an excellent source of B vitamins, which work together to maintain optimal function of the nervous system and brain. It's also high in potassium, selenium, and antioxidants like astaxanthin, which is what gives this fish its red pigment. Astaxanthin is said to reduce the risk of heart disease by helping to increase the "good" cholesterol, HDL, and decreasing oxidation of LDL, the "bad" cholesterol.



10 Watercress

Although in appearance it more so resembles a type of lettuce or spinach, watercress is actually a member of the Brassicaceae family of veggies, which also includes Brussels sprouts and cabbage.

And if people eat this delightful little green veggie at all, it's typically as a garnish.

However, watercress is one of the most nutrient-dense veggies on the planet, and with its peppery flavor and amazing health benefits, it deserves a starring role in your salads and other dishes!

Amongst its many benefits, watercress may:¹⁴

- ▶ Reduce the risk of breast, colorectal, and other cancers
- ▶ Reduce the risk of Alzheimer's and help brain health
- ▶ Lower "bad" LDL cholesterol and protect against heart disease
- ▶ Boost athletic performance
- ▶ Protect against osteoporosis and improve bone health
- ▶ Boost eye health and protect against cataracts
- ▶ Boost collagen production for more beautiful skin

Watercress is very high in a wide range of nutrients, and it's SKY-HIGH in a vitamin many people don't get enough of, vitamin K -- one cup provides 106% of the RDA! Vitamin K is especially important for healthy blood and bones.

As for how to use watercress, it is actually incredibly versatile.

You can eat this delicate, peppery-tasting veggie raw, such as in salads, and in fact eating it raw is one of the best ways to get the most nutrition out of watercress. You can also add it to soups and stews, add it to smoothies for a peppery kick, and really use it in any recipe that calls for a leafy green.



11 Garlic

Garlic is a natural wonder that can add delicious flavor *and* powerful health benefits to all sorts of dishes. It's the most effective broad-spectrum antimicrobial agent with 39 different anti-viral, -fungal, and -bacteria agents, while providing an excellent source of vitamin B6, vitamin C, selenium and manganese. It's also a good source of minerals like calcium, phosphorous, potassium, copper and iron. Garlic provides powerful anti-infection properties while boosting the immune system to help prevent catching the flu or a cold. It can also lower high cholesterol and blood pressure, and even reduce the risk of heart disease and cancer.

Many of garlic's benefits are due to a potent compound called allicin which is what gives it its pungent taste and smell, while also providing antimicrobial properties. Scientific studies have shown that if you have a bacterial or viral infection, consuming garlic may be able to relieve it. If you have a sore throat or a cold, crush a clove and let it sit for about 10 minutes which releases the allicin. Then swallow it or include it in your meals throughout the day. You can also do this regularly to help prevent illness.¹⁵



12 Camu Camu

While you probably won't yet find this sour orange-purple fruit in your local grocery store or farmer's market, if you visit South America you may be able to sample it fresh. Camu camu is indigenous to the Amazonian lowlands and contains a very impressive range of nutrients. In fact, it has the highest natural vitamin C density of any food on Earth, from 20 to 50 times the level of what your typical orange provides. It's filled with bioflavonoids, phytochemicals, amino acids, and minerals like potassium. It can even reduce levels of cortisol, the stress hormone, and helps to facilitate the uptake of serotonin, the happy hormone – in other words, camu camu may even make you happier!

Camu camu may help lower inflammation levels, too, as it contains an antioxidant called ellagic acid that has been found to inhibit an enzyme that triggers inflammation. One study found that male smokers who drank just a third of a cup of camu camu juice for a week managed to significantly reduce inflammatory markers.¹⁶

While this lemon-sized fruit isn't readily available in North America, it can be purchased in powder form. As with all the foods covered here, it's recommended you choose an organic form. And...

BONUS -- Camu camu is also exceptional when applied topically as "food" for your skin! In part, that's because of its unparalleled vitamin C content, which is important to feed your skin in order to build and maintain healthy collagen levels in the body. Other antioxidants in camu camu can have other very powerful anti-aging effects, as well, such as eliminating the appearance of dark spots and wrinkles.



13 Moringa

Moringa, native to regions of Asia and Africa and otherwise known as the “miracle tree,” has sometimes been cited as THE most nutritious plant species ever studied. Every part of it is edible, including the flowers, leaves, seeds, pods, even the root. The leaves provide a powerful protein punch with nearly 30 percent by dry weight. They’re also high in vitamins A and C, magnesium, iron, calcium and zinc, in addition to containing nearly four dozen antioxidants and phytochemicals that have been shown in studies to decrease chronic inflammation. There has been some research showing it has the potential to treat obesity and malnutrition, too.¹⁷

In North America, moringa is generally available as a liquid shot or powdered supplement that can be added to salads, smoothies, oatmeal, and soups or brewed as a tea. If you’re into gardening, you can even grow your own, as moringa is resilient, fast growing, and hardy. Plus, it can survive in a variety of climates, even in substandard soils.



14 Beets

Beets provide a wealth of health benefits, including being one of the few sources of a phytonutrient called betalain. This compound is what gives them their red color and is associated with their ability to reduce the risk of cancer. The beet root and greens are rich in magnesium, potassium, iron, phosphorous, beta-carotene, folic acid, fiber and vitamins A, B and C. The root is the source of all forms of its B vitamins. Its leafy greens, meanwhile, provide flavonoids, carotenoids, and even more iron than spinach.

A study from Saint Louis University showed that eating beets can “acutely improve running performance.” The researchers noted that runners who consumed beets an hour before a race were able to run 3 percent faster, with the most significant improvements shown during the final leg. They believe the nitrates in beets help to reduce the oxygen cost of endurance exercise, which allowed the runners to use less energy to produce the muscular force necessary for propelling forward.¹⁸



15 Chili Peppers

If you like spicy foods, you'll be happy to learn that chili peppers are also very nutrient dense. Like all peppers, they contain an antioxidant called capsaicin that gives them their kick, promotes health, and even boosts the metabolism and, research shows, even may aid weight loss. They can even stimulate certain chemicals in the brain that help decrease hunger. Chili peppers in particular contain a high amount of this compound along with exceptional anti-inflammatory and analgesic effects.¹⁹

Chili peppers are high in healthy flavonoids and carotenes. They provide 108 percent of the daily requirements for vitamin C in just one tablespoon to help the body resist infection and fight off free radicals. They're a good source of vitamin A, vitamin B-6 and iron, too. In fact, combined with their high vitamin C content, it helps the body to better absorb the iron chili peppers contain.



16 Turmeric

This superstar is a bright yellow-hued spice that is often used in Indian dishes such as curry. It has a long history of medicinal use in traditional Chinese medicine and Ayurvedic medicine, and in more recent years, its benefits have been well-documented in scientific studies.

Turmeric provides powerful anti-inflammatory properties to help battle inflammation that can help reduce the risk or improve a wide range of conditions. Now, inflammation is an essential part of the body's processes, helping to battle foreign invaders and repair any damage left behind. However, when chronic inflammation sets in, it causes harm to the body's tissues. Experts believe chronic, low-level inflammation is rooted in nearly every chronic disease like heart disease, arthritis, Alzheimer's, metabolic syndrome and cancer, among many others. Research has found that curcumin, a compound in turmeric, has the ability to block a molecule that gets into the cells' nuclei, triggering genes linked to inflammation. In fact, it provides such potent anti-inflammatory effects, it's been found in research to be as effective as some anti-inflammatory medications, but without the side effects.^{20,21}

Curcumin can also boost the body's antioxidant capacity to help battle free radicals that can damage cell membranes. This oxidative damage is believed to be one of the mechanisms behind aging and all sorts of diseases. As oxidation and inflammation have been found to play a significant role in aging, using turmeric often may not only fight off disease, but lengthen one's lifespan and help one look and feel younger, too. Finally, athletes on a nutritional regimen high in anti-inflammatory foods and antioxidants, such as turmeric, have been found to train harder, more efficiently, and more effectively.²²

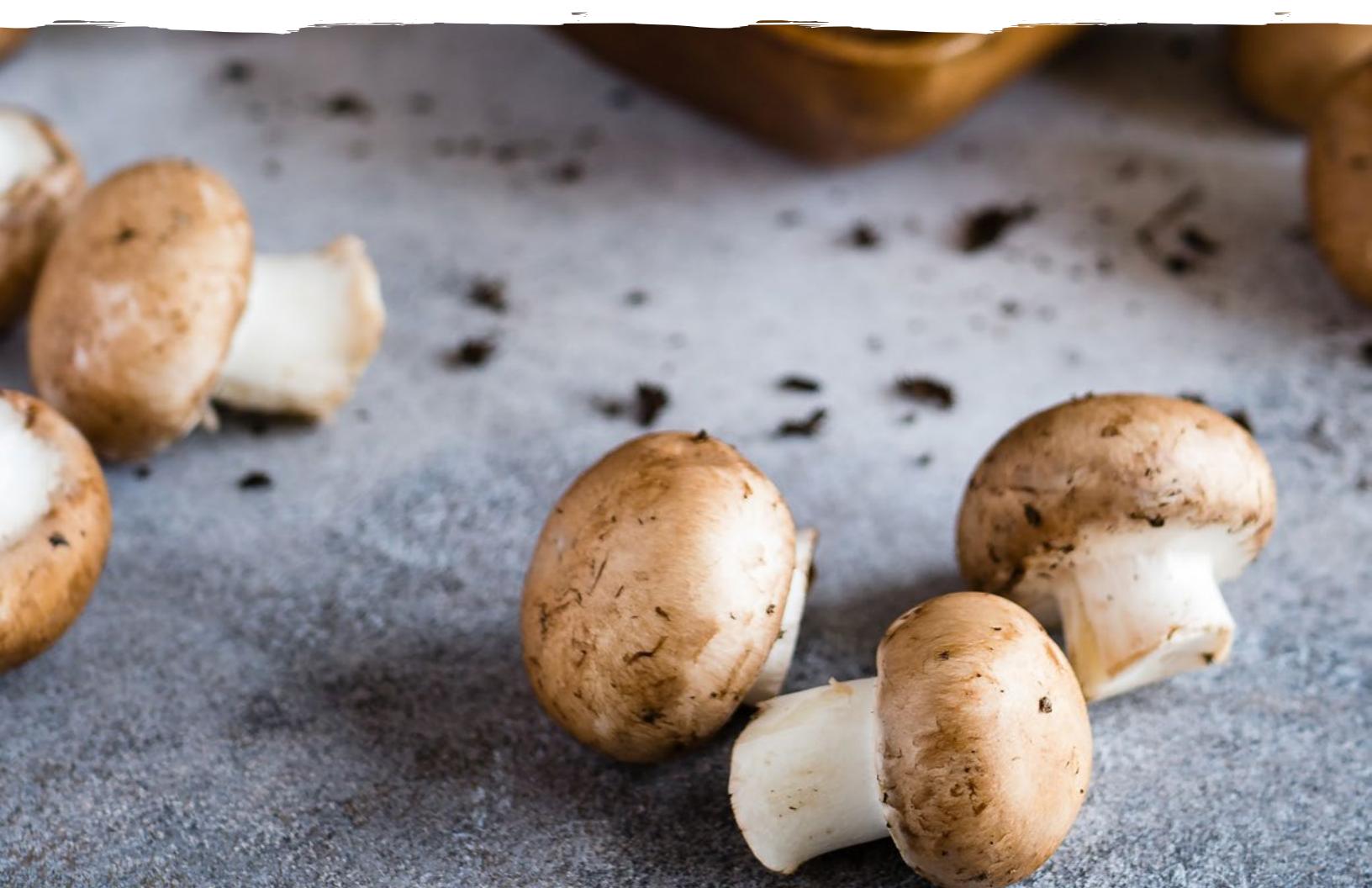


17 Mushrooms

Mushrooms not only add a tasty, earthy flavor to dishes, they provide some of the most powerful medicinal benefits of all foods, from enhancing weight loss efforts to fighting heart disease and cancer. Consuming them will get you over a dozen vitamins and minerals, including magnesium, zinc, potassium and copper, as well as some B vitamins like folate.

Shiitake mushrooms in particular are a good source of vitamin D, a nutrient many are deficient in due to lack of sun exposure, and a nutrient that is not prevalent in many foods. Pennsylvania State University researchers also discovered that they are an extremely rich source of an antioxidant called ergothioneine, known to help prevent heart disease. This compound also aids in battling free radicals that can damage DNA cells. Oyster, Maitake, and Shiitake mushrooms all contain about 40 times as much ergothioneine as wheat germ, once believed to be the number one source of this compound. White button and portobello mushrooms are impressive, too, with approximately 12 times the amount of this antioxidant as wheat germ.²³

Furthermore, research from the University at Buffalo revealed that regularly consuming mushrooms may help regulate glucose levels, particularly in women. By stabilizing blood glucose levels, it helps to support optimal hormone balance necessary for eliminating excess pounds. Mushrooms are also loaded with fiber to help keep you feeling fuller longer, preventing unhealthy snacking.²⁴



18 Sweet Potatoes

Sweet potatoes provide lots of dietary fiber, a low-calorie count, and a high amount of water, which makes them an outstanding food to add to your diet if you're trying to lose weight. Their low glycemic index helps to stabilize blood sugars and prevent feelings of hunger. But they're incredibly nutrient dense too, making them a good option for anyone seeking to support their good health.

Nutritionists have referred to sweet potatoes as a true superfood because they're jam-packed with beta carotene, which functions as a powerful antioxidant and a rich source of vitamin A. Just one cup provides 769 percent of the recommended value. This is important for keeping your immune system strong, supporting bone health, vision, reproductive health and more. They're also rich in fiber, vitamin C, vitamin B6, manganese, and potassium. The fiber and antioxidants sweet potatoes contain can also promote gut health and even help to fight off some cancers.



19 Brazil Nuts

Many nuts could qualify as superfoods, and Brazil nuts are one of the most super of them all. They contain one of the most concentrated sources of the mineral selenium and may benefit your health by reducing inflammation, as well as supporting your immune system, brain and heart, while aiding in the proper regulation of the thyroid gland.

Research has linked low selenium intake with thyroid disease. If you have a low level of selenium, that means your thyroid has to work harder than it should to produce its hormones and the body will have a more challenging job changing those hormones into a form your cells can use. Just one Brazil nut contains 80 micrograms of selenium. With the recommended daily amount at 200 micrograms, you'll only need to eat a few each day to ensure an adequate level of this important nutrient.²⁵



20 Almonds

Almonds contain more fiber and higher concentrations of vitamin E and calcium than any other nut. They're a natural source of 15 nutrients, including healthy fats, fiber, magnesium, copper, riboflavin, phosphorus and manganese, in addition to containing potassium, iron, folate, zinc, niacin and thiamine.

The high level of vitamin E is what makes these tasty nuts a true star, although they're also a valuable source of protein, making them great for those who don't eat meat. Experts say they may also have a therapeutic effect on weakness caused by chronic disease like diabetes. Additionally, research published in the *New England Journal of Medicine* revealed that those who ate nuts like almonds at least seven times a week had a 20 percent lower mortality rate as compared to those who didn't.²⁶



21 Maqui Berries

Although many Americans have not yet heard about them, maqui berries, which grow wild throughout southern Chile, have been cherished by the Mapuche Indians of Chile for thousands of years. And this bright purple fruit is not only delicious, it's loaded with some of the most protective compounds of any superfruit, including "besting" blueberries in many regards. Maqui berries are incredibly rich in anthocyanins, the purple pigment that contains high antioxidant qualities that have been associated with protecting against diabetes, improve cardiovascular health and lowering blood pressure. They also contain a high amount of delphinidins, which have demonstrated powerful anti-inflammatory activity, helping to lower the risk of many different degenerative diseases involving inflammation, including arthritis, Alzheimer's, atherosclerosis, age-related macular degeneration and more. They may also inhibit the growth of colon cancer cells.

Consuming the berries or their juice has also been shown to increase insulin in the body thus suppressing blood glucose levels. That can help to stabilize energy as well as prevent the formation of new fat cells. This means it may even prove to be helpful for weight control. If you can't travel to southern Chile for the fresh berries, you can now find it in juices and powders, and they are ideal to add to a smoothie.²⁷



22 Nopal Cactus

The nopal cactus, also called the prickly pear, is indigenous to Mexico and parts of the southwestern U.S. While it's been a staple part of Mexican and Tex-Mex cuisine for years, relatively few people outside of those regions have yet heard of it.

While the flower of the cactus is one of its best attributes, a gorgeous feature in a garden, there are two edible parts, the nopal (the flat green pad) which are eaten like a vegetable with a taste similar to green beans, and the actual fruit. When the fruit is a deep red to purplish color, they're at their ripest and sweetest.

The fruit is what is most commonly consumed. It's jam-packed with antioxidants, including the flavonoids quercetin and kaempferol that provide anti-inflammatory properties, reduce oxidative stress, and contain cholesterol-lowering properties, as well. When researchers compared juices from various colors of the nopal cactus fruit, including yellow-orange, white-green, and red-purple, it was the red-purple fruit that ranked the best for antioxidant content.²⁸



23 Dragon Fruit

While this fruit doesn't exactly look like a dragon, it does have an unusual appearance, with a red skin that juts out like dragon scales or fish fins. It has a creamy white flesh, kind of like a kiwi, with tiny, crunchy black seeds. It's mostly grown in Asia and hasn't traditionally been common in the Western world, but in recent years it's become increasingly easier to find.

Dragon fruit has a flavor that's a bit like a melon with the texture of a kiwi. When eating the pulp, you'll barely notice the seeds. Pay close attention when biting down on a few and it will release a slightly tangy flavor that enhances the taste. This unusual fruit is loaded with nutrients, including cancer fighting antioxidants and a good level of fiber. It contains vitamin C along with betalains that can combat oxidative stress and the carotenoids lycopene and beta-carotene that are known to lower the risk of heart disease and cancer.



24 Tree Tomatoes

Tree tomatoes, also called tamarillos, are largely cultivated in subtropical regions around the world and exported to the United States and other places across the globe. While they come in various colors depending on the variety, red is the most common. Just one medium tree tomato contains a wealth of nutrients, including vitamins, minerals, fiber and antioxidants. Its high level of antioxidants are primarily derived from flavonol, anthocyaninidin and polyphenolic compounds, with phytochemicals that include chlorogenic acid, which is known to aid in lowering blood sugar levels in those who have type 2 diabetes.

The tree tomatoes high vitamin A content combined with its other powerful antioxidants make it particularly ideal for supporting eye health, lowering the risk of lung and oral cancers, and maintaining healthy skin. The fruit also contains lycopene and beta carotene to help fight free radicals and repair cells against DNA damage, preventing premature aging. These tomatoes are also a good source of potassium, important for controlling heart rate and blood pressure.

While tree tomatoes can be used like traditional tomatoes, they have a tough, inedible skin so they need to be peeled first. Add just a sprinkle of sea salt to balance the acidity, scoop out the pulp and enjoy.



25 Dark Chocolate

If you love chocolate, now you have an excuse to indulge... somewhat. Dark chocolate alone is one of the most nutritious foods you can eat, but it is typically combined with sugar, which is harmful to one's health. According to the Harvard T.H. Chan School of Public Health, the key is to choose bars that have the highest amount of cacao as possible - 70 percent or higher. The more cacao and the less sugar any chocolate food contains, the better it will be for you.²⁹ In fact, many people snack directly on cacao nibs, which are available widely online and are small pieces of crushed cacao (cocoa) beans that have a bitter yet chocolatey taste. The taste can take a bit of getting used to for some, but when consumed without any added sugars, it's one of the planet's healthiest snacks!

If nibs are not for you, a bite of dark chocolate with low sugar content per day can still support heart health, help relieve stress, reduce the risk of diabetes, and improve brain function, thanks to its impressive range of antioxidants. In fact, one study found that it scored higher in antioxidants than any other food that was tested, which included acai berries and blueberries! It also contains manganese, magnesium, iron, copper and fiber.³⁰

To conclude, with dark chocolate as with all foods listed here, you want their amazing depth of nutrients but not pesticides and herbicides, of course, so try to choose USDA Certified Organic versions (or the equivalent in other countries) whenever possible.



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.

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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...**

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22 Top Experts Reveal the Simple and Most Effective Secrets
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*"My good friend, Brian Vaszily, has been a shining star in the natural health world for decades now. He's not only widely respected and sharp as a tack, he's also a lot of fun! And now, Brian has organized and is hosting an online event that is about as "**must-attend**" as it gets – Younger, Longer: The Insider's Health Summit. In it, twenty-two top health experts from different areas of expertise will each reveal their most effective steps of all for you to live long and live well. It doesn't get any more important than that, and it's going to be an enjoyably epic ride with Brian, so don't miss it!"*

Susan Peirce Thompson, PhD

World-Renowned Neuroscientist, NY Times Bestselling Author

*"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



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