



ANTI-INFLAMMATORY
FOODS FOR HEALTHY
AGING

We all are going to age, simple as that. The aging process will happen to us all, and there is absolutely no way to stop it. Eating properly and getting enough exercise throughout our lives is extremely important to how our lives will turn out when we get older and begin the aging process. It appears there are foods for this and foods for that when wanting to prevent a specific condition and so on, but have you ever considered anti-inflammatory foods when it comes to healthy aging? There are a lot of people that age with what we call, grace, but please take into consideration that the individuals who are aging with grace are doing different things to their bodies and minds that help them achieve such elegant aging. What are they doing?

Well, that's a pretty broad question and to be completely honest, they could be doing several different things that help them to age with authority and grace. Have you ever heard of the following saying? "We are what we eat." This is so true to every human being out there. We truly are what we eat and place into our bodies, and throughout time, that will affect how we age and how we are going to feel in the later years of our lives. Did you know that there are specific anti-inflammatory foods that you can eat when it comes to aging healthy? Today, we are going to be discussing some of those amazing foods.

The Consumption of Blueberries



Who doesn't like to eat a handful of blueberries from time to time? Blueberries are a great source of calcium, as well great for the health of the overall body. Basically, any

form of fruit is great for you to consume. It's been proven throughout various forms of research that eating a handful of berries, especially blueberries will help to reduce inflammation throughout your body, which is great for individuals who suffer from joint issues and arthritis. Eating blueberries will help you to age with grace because of the inflammatory properties they have in them. Did you know that there was a study conducted by the Journal of Nutrition, which showed that the consumption of blueberries on a daily basis could profoundly reduce inflammation?

There was another study conducted from that same journal which proved that fruit-based drinks can neutralize inflammatory results of high-carb foods, as well high-fat. How could eating a berry, especially a blueberry has such an effect on people's conditions? It's just a blueberry, right? Well, not exactly! Berries will hold a class of antioxidants, which are called flavonoids, but keep in mind that it's the anthocyanins which will contribute to the anti-inflammatory results given. Did you know that because of anthocyanins, the blueberry is the top fruit to eat with that property in it? What would be recommended would be to eat at least one serving size of blueberries each day for the given effects.

The Consumption of Raw Oats

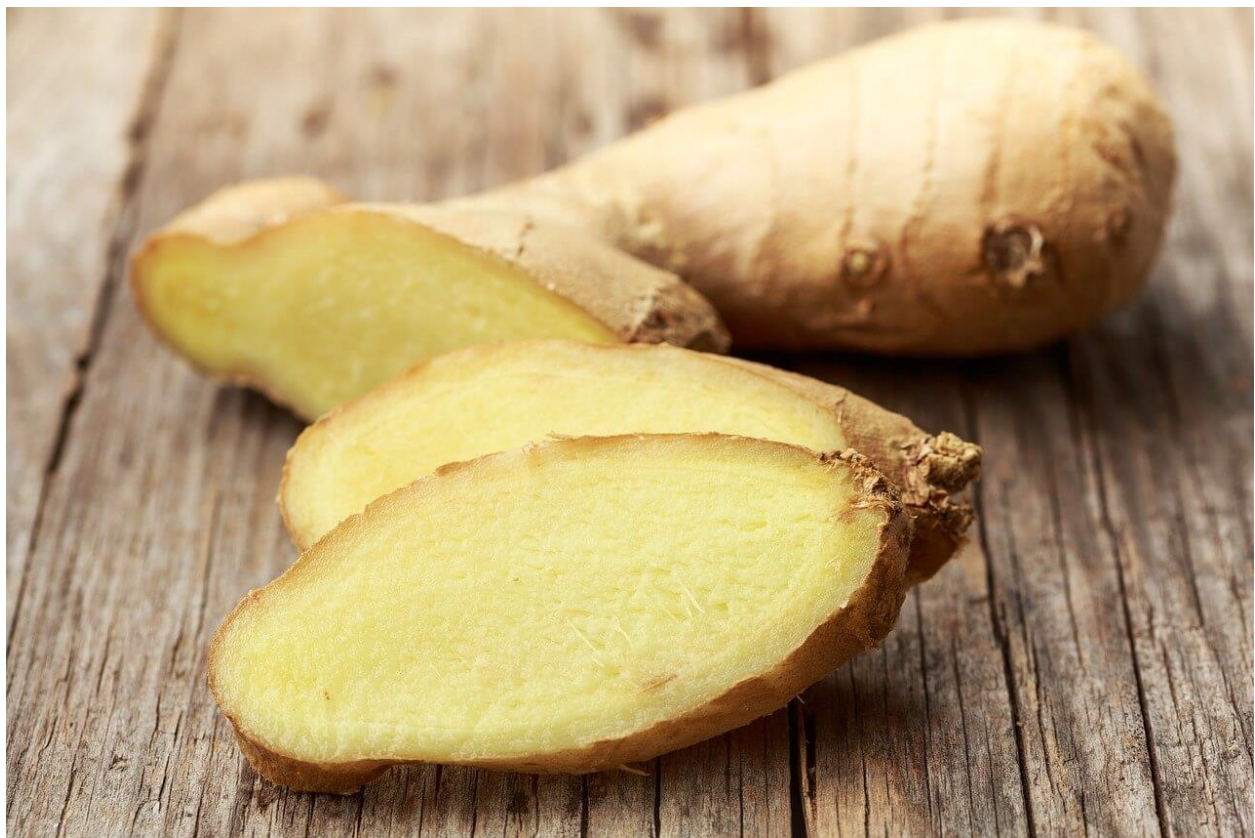


This is another great food to fight inflammation and keep you looking and feeling young! Raw oats have been considered a resilient starch, which is a category of carb that will pass over your gut undigested. Sounds intense, doesn't it? Keep in mind that instead of nourishing you, what the raw oats do is feed your healthy gut microorganisms. Now, this process will initially harvest a fatty acid which will encourage a lot more well-organized fat oxidation that is noted as butyrate. Did you know that advanced levels of this

property can significantly reduce inflammation? It sure can! Butyrate can also help to reduce resistance to insulin, too! Keep in mind that when you have less inflammation, there will essentially be less swelling and that will make for a trimmer you!

It's a known fact that when we age with grace, we usually don't have a lot of weight on us, so every day you should be eating raw oats for breakfast. You could even mix it in with a cup full of fruit, such as bananas, cranberries, or even blueberries! Eating raw oats will help your magnesium levels to stay balanced as well and keep in mind that raw oats contain absolutely no sugar, which is a huge plus for people wanting to age without extra weight on them. This is a superfood that will keep you healthy; well put together, as well reduce your various forms of inflammation.

The Consumption of Ginger



Did you know that there have been researchers that have found that ginger health benefits include mixtures that are antioxidant, antibacterial, anti-inflammatory, as well anti-disease? Now, according to several proven studies, it has shown that these compounds will block several enzymes, as well genes in your body that encourage that nasty ole inflammation! The University of Arizona scholars granted rats who had untried rheumatoid arthritis a ginger extract; it was found that throughout the essential oil and additional mixtures of the ginger root extract, it was discovered that the ginger extract was able to hinder joint inflammation, as well forms of inflammation.

Did you know that fresh ginger will be the highest in gingerol? It would be best to get ahold of the root and brew it as a tea. You will still get the given benefits if used as a tea. By reducing inflammation throughout your body, you will age a lot better because your joints will feel a whole lot better, and your overall body. When we feel better from the inside out, we tend to look and act better. It's all within that circle of life and what we do NOW to our bodies will absolutely affect us when we get older.

The Consumption of Dark Chocolate



Who doesn't love to eat some chocolate from time to time? We could guess that it would be safe to admit that most all individuals love to eat chocolate whenever they can get their hands on it! Hey, it's chocolate, right? Now, did you know that specific forms of chocolate, especially dark chocolate is good for you? There was a current study conducted, which proved that they antioxidants which were discovered in cocoa prohibited laboratory mice from obtaining extra weight, as well lowering their blood sugar stages! There was also another study conducted by the Louisiana State University, which discovered that gut microorganisms inside your gut stomach will ferment the chocolate in a heart-healthy component. It was also found that it will ferment into an anti-inflammatory compound which will shut down the genes that are associated with insulin resistance, as well forms of inflammation. It has also been proved that dark chocolate has anti-aging benefits in it that make this type of chocolate absolutely the top chocolate to consume! What kind of dark chocolate should I be buying at the store?

Well, according to all the studies conducted, it would be best if you could find the darkest chocolate possible with at least seventy percent cocoa for the maximum antioxidants added, as well not as much sugar, too.

The Consumption of Wild Salmon



Fats are good for you, but consuming the appropriate kind of fats will keep your skin and overall body so very healthy and ready for old age. Did you know that wild salmon contains a high amount of omega-3 fatty acids? These are the kinds of fats that you will need on the daily regular to help reduce inflammation, as well boosting elasticity throughout your body, resulting in a younger looking you! The omega-3 fatty acids found in wild salmon, as well other meats are highly known for their anti-inflammatory elements. Keep in mind that wild salmon will provide you equally with the properties, EPA, as well DHA, but dissimilar to the omega plant, these two properties will already be in the active form. What does all this mean?

Well, it means that they will profoundly attack access inflammation throughout the increase of a hormone called adiponectin. What does this hormone do in your body? It will enhance your muscle's capability to use carbs for forms of energy, as well will burn fat, and boost your metabolism. All of this will decrease the inflammation makers setup in your body. Consuming wild salmon will also give you younger looking skin because of the omega-3 fatty acids found in wild salmon, resulting in making your skin retain more moisture, making it very soft feeling and appearing; hence, a younger looking you!

The Consumption of Red Peppers



When it comes to anti-inflammatory foods, peppers are the superfood of that, but stick with the red pepper to gain the most benefits! Did you know that of all the bell peppers, the red is the one that will hold the highest quantity of inflammatory-biomarker-reducing vitamin C? Red peppers also have the highest amount of bioflavonoids beta-carotene, even quercetin, as well luteolin? This is all according to the food science journal. Luteolin, this property has been discovered to counteract free radicals, as well reducing forms of inflammation throughout the body and not only that, but red peppers have been found to have anti-aging properties in them that help to keep the skin and body young and even during the aging process, you will not age harshly. Keep in mind that red pepper has been linked with keeping insulin and metabolism levels at a good range, as well have been linked to assisting with weight loss and getting rid of colds. When you are aging, it's important to keep your insulin and metabolism levels balanced and your weight at a nice and healthy stance, so by eating red peppers every day or at least, every other day is going to save you in the long run.

The Consumption of Turmeric



Adding turmeric to your diet can be one of the best things that you could do for your anti-aging, as well anti-inflammatory benefits! Did you know that the active compound of turmeric has been discovered to hold powerful, anti-inflammatory, as well antioxidant properties? In recent studies, it has been shown that curcumin will directly inhibit the overall start of inflammatory paths throughout the process of shutting off the dual pro-inflammatory enzymes, which are COX2 and 5LOX. Keep in mind that for this motive, curcumin has been occupied in a variety of valuable health effects. Some of those health effects include the following: Pain that is linked to arthritis, easing forms of joint inflammation, preventing the decline of liver damage, as well heart disease.

What we love so much about turmeric is the fact that this compound has been found to inhibit a key enzyme, which is known as elastase. This specific property will essentially reduce the ability of elastin from forming in your body. Did you know that the compound curcumin has an antioxidant in it which can compare to that of vitamins C, as well E? It is also known to treat the conditions of oxidative stress, and that is the essential imbalance between the antioxidants, as well the prooxidants.

The Consumption of Beets



Eating beets can seem like something that a lot of people may not want to do because of how they look and the overall texture of them in your mouth, but did you know that they have been discovered to display powerful antioxidant, anti-inflammatory, as well chemo preventive activity? Keep in mind that one of the pigments, which is betaine has been noted as being a good nutrient that will fight swelling, but has also been known to boost your mood, rev up your metabolism, as well increases insulin resistance throughout your body. There was a review done from the journal, *Nutrients* linked eating beets with having lesser levels of inflammatory indicators, which included the CRP and the interleukin-6, as well the tumor necrosis feature, as these components are unrestricted by damaging belly fat.

It was also proven that consuming beets or even drinking the juice from beets will have amazing benefits on your eyes, skin, heart, as well your brain, resulting in keeping these organs younger. Were you aware that beets are simply packed with extremely high absorptions of antioxidants, carotenoids, folate, fiber, iron, manganese, potassium, as well Vitamin C? Eating beets are linked to assisting with skin rejuvenation! In some recent studies, it was discovered that the high levels of folates, as well antioxidants which are found in beets can decrease the severity, as well the depth of skin wrinkles by a staggering sixty percent!

The Consumption of Broccoli



The compounds of broccoli help to avert unwanted swelling throughout the body when its properties are converted into I3C, which is a compound in which research has discovered to reduce the initial making of pro-inflammatory mediators on the hereditary level. Keep in mind that broccoli is also very rich in vitamin K, which is a vitamin discovered in many cruciferous, as well leafy green vegetables. All of this has been shown to assist with regulating inflammatory responses inside your body! It's also been proven that broccoli has anti-aging properties to keep the skin appearing younger throughout the later years. There have been tested completed on mice that showed when fed older mice drinking water with the component in it called nicotinamide mononucleotide, which is often found in broccoli, what researchers found was amazing!

They found that the older mice experienced better skeletal muscle, eye, as well liver functions, insulin sensitivity, great immune function, as well including appropriate body weight and physical activity levels. This finding was posted on the website, Science Daily. It's also been proven that broccoli and other forms of leafy greens, like cabbage can help with the bounciness of your skin, protecting it in later years. For an adult that consumes at least two-thousand calories per day, it would be recommended that he or she should be eating two and a half of cup of vegetables per day.

The Consumption of Celery



In new pharmacological researches conducted, it has been proven that celery has both anti-inflammatory, as well antioxidant benefits to it. Celery has also been noted for improving blood pressures, as well cholesterol levels, and could even avert heart disease in some individuals. Did you know that the actual seeds of celery have been found to have quite the profound assistances on their own? The seeds of celery have been noted to assist in the reduction of inflammation, as well helping to fight off bacterial infections.

Celery seeds are quite the brilliant source of potassium, and even antioxidants, as well vitamins. Keep in mind that balance is the main factor when it comes to having a body that's free of forms of inflammation. What would be a great way to start eating balanced is to have foods that are both rich in sodium, as well potassium. What this will do for a good balance is sodium will bring fluid, and even nutrients to the body and the potassium will flush the toxins out. It's a great way to balance out the body and keep it looking, as well feeling younger. Celery is also very rich in a property called luteolin, which is a flavonoid that has been noted to prompt properties of antioxidation. Antioxidation is the elimination of harmful free radicals, as well anti-inflammation.

The Consumption of Pineapple



This is another great anti-inflammatory food to consume if you want to look and feel younger. Keep in mind that bromelain, which is a property found in pineapple juice has been linked to hold immune-modulating capabilities! What does that do? It is a process that assists in regulating your immune response in regards of having it create that unwanted inflammation. In several studies, it's been noted that the consumption of pineapple has been linked to assist with better heart health and this is from the powerful effects of the bromelain found in pineapples. Pineapples ate every day, just one serving size will help to lower your risk of a heart attack or stroke, and will even assist in blood clotting. This amazing property, bromelain has also been linked from research to halt blood platelets from initially sticking together or even building up against the walls of your blood vessels. Keep in mind that pineapple also has a great deal of vitamin C, vitamin B1, even potassium, as well manganese. It's noted that pineapple is complete with phytonutrients, which has been shown to work just as great as a lot of medications that reduce the indications of some of the most well-known sicknesses.

Nonetheless, did you know that to have great, younger looking skin, you will need to stock up on the vitamin C? This is because the skin will essentially require the support of vitamin C, as well antioxidants to prevent forms of damage from free radicals. Pineapple will help to promote collagen production and will keep your skin very soft, supple, and firm throughout the years if eaten regularly.