THE AGE REVERSER

10 Superfood Hacks to Stop Aging in its Tracks and Regain Your Youth

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Introduction

Aging is an inevitable fact of life. We all grow old at some point and we can’t really stop it. But we can either accelerate it, or slow it down.
How?

Would you believe it comes down to what we eat?

These days a lot of people are getting old before they ever reach old age. Wrinkles, gray hair, failing eyesight, aching joints, and others are affecting people who would never have been considered seniors otherwise. The fact is, in today’s world, we’re aging a lot faster than we used to.

A major part of this is down to what we eat. The modern American diet is one of the worst in the world, and has not only contributed to rising obesity rates, but also a whole host of diseases as well. Recent research has shown that it is also part of the reason we’re all aging so fast.

What you put into your body matters, and chances are pretty good that your current diet is aging you faster and faster every single day. And we’re here to help you with that.

The solution isn’t Botox, other expensive forms of plastic surgery or unnatural chemicals. It’s a lot simpler than that.

I’m going to teach you how to overhaul your diet with a few simple foods so that you can start reversing your age. This isn’t going to be some crazy crash diet, and you’re not going to have to live on smoothies for the rest of your life (although one or two can be pretty tasty!). Not at all.

In the following pages, you’re going to learn how superfoods can help you slow, and even reverse, the aging process. I promise it’s going to be simple to implement, and you’ll see results in no time at all.

So, let’s get started, shall we?
CHAPTER 1

Food And Aging

What you eat can accelerate your aging, or it can slow it down. This might come as a surprise, and it is true that not a lot of people know this.
I know which one I’d rather choose.

How many people do you know that actually think about what they eat? Think about this for a second. Sure, the health and fitness industry is perhaps bigger now than it ever has been, with a ton of people jumping on the bandwagon, yet it’s still common to come across people who don’t pay any attention to their diet.

This lack of care for what we eat is aging – maybe even killing – us. Most of us have easy access to a ton of different foods, but the easiest to obtain, cook and eat among our variety of options is usually the unhealthiest. So many people would rather grab that burger and fries combo from the nearest fast food place than get some organic meat and vegetables to cook.

This isn’t just helping us pack on the pounds – it is also aging us. Our bodies have a complex relationship with food, and even if your metabolism is sky-high and you don’t seem to put on any weight, eating a bad diet can still take its toll.

For instance, the modern American diet has been linked to a number of different diseases, including heart disease and strokes. It can also age you, making you go gray prematurely, adding wrinkles to your skin, and a number of other unsavory things.

So, as you can see, with aching joints, wrinkles, less energy, graying hair, and so many others, we’re getting old before our time.

Sure, there are numerous things that affect how you age. These include your genetics, environment, how much sun you get, and so much more, but food plays a massive role. One that is bigger than a lot of us realize.

Take sugar as an example. Did you know that overindulgence in sweet treats can make you look years older than you actually are?

It doesn’t just add to the numbers on the scale— it also increases your risk of diabetes, and even wrinkles. It adds lines to your skin by damaging the protein fibers that maintain your skin’s elasticity.
A diet that causes chronic inflammation can also lead to premature aging. Inflammation is the body’s natural response to harm or disease, but when it continues unabated for an extended period of time, it can cause great harm to your body. Not only does it put you at risk of diseases such as cancer, but it also accelerates wrinkle formation, and leaves your skin looking dry and saggy.

If you don’t get enough protein, your skin suffers as well. Protein helps stop tears, wrinkles and cracks from forming on your skin, and if you don’t get enough of it, you can expect your skin to suffer.

You have to keep in mind that what you eat is more than just fuel for your body. It has an impact on your insides and outsides, so if you look in the mirror and look older than you are, your diet could be the cause.

However, I understand that perhaps not everyone is prey to the common American diet. You could be eating healthily already. Yet you’re still not getting the energy that others have found with their health foods. You’re still seeing fine lines on your face, aching all over when you wake up, or maybe hearing your knees “crack” every time you bend over to pick something up.

That’s aging for you. And what I’m really saying here is that it doesn’t have to be like this. There’s such a simple solution to reversing the dreaded effects of aging. Yet most people are reluctant to take the leap of faith because it’s too easy. It makes more “traditional” sense to gradually slow aging down through lifestyle changes, rather than stopping it dead in its tracks and reversing its effects almost effortlessly. I totally get that.

But if you’re someone who wants to cut through all the BS and just stop feeling so lethargic, being unable to do the things you want to do, then by all means click here. You’ll find out how you can fast-track the process to regaining your youthful looks and reinvigorate your life.

If you still want to change the way you eat and start slowly reversing the damage from inside out, read on. In our next chapter, we are going to take a look at the various foods that accelerate aging, so that you will know exactly what to avoid when it comes to your diet.
CHAPTER 2
Foods That Accelerate Aging

Now you know that food can affect how fast you age, it’s time to learn what foods should be avoided as much as possible.

The following stuff will need to stay off your plate, but chances are you’ll already be consuming a lot of them. This is fine. You don’t have to go cold turkey immediately. Making small, sustainable changes to your diet each day will lead to big results if you stick with it.
SWEET TREATS

I’ve already mentioned how sugar can accelerate the aging process to an alarming degree, so this is an obvious one. Sugar ages your skin by initiating a process known as glycation.

The theory is that having excess sugar in your blood causes it to bond with proteins and damages them. Essentially, the sugar damages the collagen that keeps your skin looking firm and young.

I’m not saying you can’t have the occasional sweet treat, but be careful not to overdo it.

ALCOHOL

Your liver is your body’s waste processor because it breaks down toxins and expels them naturally. If toxins end up accumulating in your liver, your skin will begin to suffer in a variety of ways, including acne and wrinkles, and as most people should know, alcohol harms the efficiency of the liver if taken in excess.

Alcohol also dehydrates you, drying out your skin, and can even affect your sleep patterns. This isn’t good at all, as lack of sleep has been linked to accelerated aging.

Again, this doesn’t mean that you need to avoid alcohol entirely, as the occasional glass of red wine or two can even be beneficial to your health, but those happy hour binges should be avoided.
PROCESSED MEAT

It’s usually advisable to avoid processed foods in general, but processed meat is especially bad for you. Overly processed sausages, deli meat and even bacon can accelerate your aging more than anyone would like.

It’s all down to what’s inside these forms of meat. Sulfites, preservatives and other harmful additives can contribute to inflammation and cause free radicals, which can harm your body’s cells. This damage can cause you to look a lot older than you are, and even put you at risk of cancer!

ENERGY DRINKS

Energy drinks are everywhere, and the market hype will have you believe that they’re the solution for everything, from getting through a sucky workout to getting a boost on a particularly hard day. Let me tell you: they’re most definitely not.

The thing is that these drinks tend to be very high in sugar, and as I’ve already said, that can play a big part in aging. They’re also incredibly acidic. This can damage your teeth, making them more susceptible to stains and eroding enamel.

You also mustn’t forget how packed with caffeine and sodium they are. These can very easily lead to dehydration and bad skin, with the latter even associated with increased risk of cardiovascular disease.

REFINED CARBS

I’m referring to carbs that have been heavily processed, and thus stripped of almost all their nutritional value. They actually mimic what sugar does to the body. This is because they have very little fiber and are broken down very quickly, which results in an insulin spike. If this keeps happening, it can lead to the development of insulin resistance. This will wreak havoc on your skin and accelerate the aging process exponentially.

You’ll need to avoid white rice, bread, bagels, pretzels, pasta and cereal as much as possible. Always try and go for complex carbs, which are foods like brown rice, brown bread, quinoa, and whole-grain pastas.
CHAPTER 3  
Anti-Aging Superfoods

Now we’re getting to the good stuff. The following foods are going to help you reverse the aging process, and maybe even aid your weight loss efforts as well. If you include the following ten foods in your diet, not only will you have healthier and younger skin, you’ll also be healthier overall.

The following are genuinely deserving of the term ‘superfood’. Sure, this might be overused these days, but I assure you that the ones I’m about to give you deserve the hype.
1 | **AVOCADO**

The humble avocado has become something of a running joke for people who don’t understand the hype behind it, and has become more popular than ever in mainstream fitness culture for those that do. While other countries have been eating it for years, the US has only recently caught on to its incredible benefits. It’s high in vitamin E and skin-protecting antioxidants, all of which ensure that your skin stays young for as long as possible. If you want to turn back the clock, avocados are a great place to start.

2 | **BLUEBERRIES**

If you haven’t started adding blueberries to your diet yet, now is the time to start. These delicious little morsels have so many benefits for your health, it would be a crime not to have them daily. Their high content of vitamin C helps with blood circulation, and provides the skin with minerals to fight aging. They’re also an excellent source of potassium and help fight puffiness, and are absolutely packed to the brim with antioxidants.

3 | **KALE**

Yet another superfood taking the health world by storm, kale is something you’re going to want to get a lot more of from now on. It’s one of the best sources of phytonutrients, which is an antioxidant compound that helps protect against UV damage from the sun. Add in its beta-carotene and lutein content, which help keep skin elastic, and you’ve got an excellent age-reverser. As an added bonus, they’re packed with vitamin K, which aids in keeping heart disease and osteoporosis at bay.

4 | **RED WINE**

Remember when we said a glass or two of red wine wouldn’t cause a problem? Well, if you make that red wine yourself, you’re going to be helping to keep yourself looking young. Its incredibly high content of antioxidants means that this lovely beverage has anti-aging properties and even helps reduce cholesterol. It’s also a power fighter of chronic inflammation. Just keep in mind that if you drink it in excess, it can do more harm than good, so always remember to drink it in moderation.
5 | DARK CHOCOLATE

This is for all you chocoholics out there. It turns out that indulging in this relatively sweet treat can actually help fight aging. There is one caveat, however. It needs to be made with a minimum of 70% cocoa, and preferably with minimal sugar. Dark chocolate is packed with B vitamins, and even some protein, so it packs a powerful anti-aging punch, and can even aid your weight loss efforts.

6 | COLD WATER FISH

This includes sardines, salmon, and mackerel, so you’re going to want to start including more fish in your diet from now on. These are all excellent sources of omega-3 fatty acids, which help fight aging by strengthening skin-cell membranes, thereby keeping your skin soft and supple by locking in moisture. They’re also excellent fighters of inflammation, and help keep your skin free of blemishes.

7 | KIDNEY BEANS

Pulses, or legumes, are things like beans, chickpeas and lentils, and are an excellent addition to any diet. Kidney beans especially are a great source of fiber, potassium, and zinc, which help your body fight off heart disease and reduce cholesterol. Most importantly is that these are packed to the brim with protein, which, as we’ve established, is one of the most powerful anti-aging nutrients out there.

8 | POMEGRANATES

Here’s another healthy sweet treat for those of us with a hankering for sweets. Pomegranates are packed with vitamin C, which protects against damage from the sun’s harmful UV rays and helps prevent wrinkles. It is also a good source of two powerful antioxidants—ellagic acid and punicalagin. The first helps fight free radical damage, while the second helps the body preserve collagen, which aids in keeping your skin soft and smooth.
9 | BROCCOLI

While this one might seem to be the most pedestrian food on the list, it is actually far from it. There’s a very good reason why a meal of chicken and broccoli is popularly considering to be a typical fitness meal. This green vegetable is packed with nutrients, including vitamin C and beta-carotene, as well as a healthy dose of fiber. This means that it not only helps fight aging and heart disease, but also weight loss efforts by filling you up with very few calories.

10 | TOMATOES

Did you know that these delicious red morsels fight aging? Now you do. They’re filled with lycopene, which is a powerful anti-aging nutrient, as well as a ton of antioxidants, making them an excellent addition to any age-reversing diet. Versatility is another point in their favor, as they can be roasted, baked, eaten raw, added to salads, sandwiches—the list just goes on, so there’s no reason not to have them on your plate.

The above superfoods will help you on your way to regaining the strength and energy you’ve once had. The key is to be consistent. It’s no use if you keep to a healthy diet one week, then binge-eat McDonald’s the next. I’ve included some tasty, straightforward recipes in the next chapter so that you won’t be at a loss on how to get started.

If you find yourself repelling from the idea of making a complete diet overhaul, start small and add one or two of these superfoods to your daily diet. Stock up on them when you go grocery-shopping, so that you won’t have any excuse not to include them in your meals. Make sure to skip the snack aisles where chips and other unhealthy foods are kept!

Now, I get that it may be difficult to commit to eating healthy. It’s why most diet fads die out within months. It’s not in our nature to deny ourselves of foods that bring us comfort, pleasure, and convenience.

Which is why I believe there’s another answer out there, if you’re not the disciplined sort. Many of my friends and family have tried to eat clean and green, but they always fall back to their old habits after a while—it’s just that easy.
The only simple, yet effective way so far that I’ve discovered, is to fuel your body with this one thing. You can click here to check out this presentation that details everything I’ve discovered in my battle with aging. This works faster, better, and has longer-lasting effects than any superfood that I’ve tried. And the amazing thing is that it’s all-natural.

In fact, your body produces it! But the ravages of time have dulled your body’s ability to manufacture it, so there’s no harm in giving your body an added boost to kickstart the process again.
CHAPTER 4
Age-Reversing Recipes

In this chapter, I’m going to give you a few powerful age-reversing recipes that are sure to help you turn back the clock. Keep in mind that you don’t have to structure your entire diet plan around these; just use them and the foods in the previous chapter for inspiration.
Asian-Inspired Avocado Salad

**INGREDIENTS**
1 avocado peeled, pitted and chopped bite-size
1/2 cup carrots thinly sliced
1/3 cup onions thinly sliced
1 cup cilantro roughly chopped
2 tablespoons ponzu sauce
1 teaspoon sesame oil
1/2 teaspoon sesame seeds

**METHOD**
Toss the avocado, carrots, onions and cilantro together in a bowl.
Add the ponzu, sesame oil before mixing again.
Sprinkle with sesame seeds, before tossing and serving

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Blueberry Smoothie

**INGREDIENTS**
1 cup almond milk
1 banana
1/2 cup fresh or frozen blueberries
1 tablespoon chia seeds
2 tablespoons ground flaxseeds
2 teaspoons Vitamin C powder
1 tablespoon cacao nibs
2 tablespoons peanut butter
1/4 cup water or 2-3 ice cubes

**METHOD**
Put everything in a blender and blend.
Kale and Sweet Potato Soup

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 small onion chopped
- 2 cloves garlic minced
- 1 bunch kale ribs removed and chopped
- 1 large sweet potato peeled and diced
- 3 stalks celery chopped
- 15.25 ounce can corn kernels drained and rinsed
- 8 cups low sodium chicken broth

METHOD

Add the olive oil, onions and garlic to a large pot on high heat and cook until the onions are translucent.

Slowly add your kale, one handful at a time, and let it soften.

Once the kale is soft, add the sweet potatoes, celery, corn and chicken broth and bring the soup to boil.

Lower the heat and let it simmer for 30 minutes, until the vegetables are tender. Serve.
Salmon with Sweet and Sour Red Wine Cabbage

INGREDIENTS

2 tsp. olive oil
1 medium sweet onion
1 head red cabbage (2 pounds)
salt
Pepper
½ c. dry red wine
2 tbsp. balsamic vinegar
½ pt. blackberries
4-piece skinless center-cut salmon fillet
Parsley

METHOD

Bake your salmon at 425 degrees F for 15 to 20 minutes, until the fish is flaky.

Meanwhile, cook the onions in olive on medium high heat until they are tender.

Add the cabbage, salt and pepper, and cook until it starts to wilt.

Add the red wine and vinegar before bringing to a boil before letting it simmer on medium for 25 minutes.

Remove from the heat and add the blackberries.

Serve the salmon and cabbage together.
Chocolate Banana Almond Bites

INGREDIENTS

2 large ripe bananas
1/8 cup almond butter
1/8 cup unsweetened applesauce
1 cup dark chocolate

METHOD

Peel and slice the bananas into quarter-inch pieces.

Mix the butter and applesauce together in a dish before place some of it between two slices of banana.

Freeze your mini banana sandwiches in the freezer for half an hour.

Melt your dark chocolate before removing the bananas from the freezer.

Take out the bananas and coat with the chocolate before placing back in the freezer for 15 minutes.

Serve.
Kidney Bean Burgers

INGREDIENTS

- 1 (15.5 ounce) can kidney beans, drained and mashed
- 1/2 cup cooked quinoa
- 2 tablespoons diced red bell pepper
- 2 garlic cloves, minced
- 2 tablespoons minced onion
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon chopped fresh basil
- 1/2 cup flaxseed or almond flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon olive oil

METHOD

Mix all the ingredients – excluding the olive oil – together in a large bowl.

Form them into four patties.

Cook them in olive oil in a large skillet over medium heat. Cook until both sides are brown.

Serve on a whole meal bun.

 Hint: This goes great with the next recipe! 
Roasted Broccoli with Garlic and Lemon

INGREDIENTS

- 2 heads broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1/2 teaspoon lemon juice

METHOD

Preheat your oven to 400 degrees F.

Toss the broccoli in the oil, salt, pepper and garlic before spreading out on a baking sheet.

Bake them until they’re tender and squeeze lemon juice over them before serving.

Hint: These go great with the burgers!
Pomegranate Chicken Stuffed WITH GOAT’S CHEESE

INGREDIENTS

For the Chicken:
- 4 Chicken breasts
- 4 Oz Goat Cheese
- Salt
- Pepper
- Garlic Powder
- 1 Tbsp. Olive Oil

For the Balsamic Reduction:
- 1/4 Cup Shallots minced (about 4 small shallots)
- 2/3 Cup Balsamic Vinegar
- 2 Tbsp. Pomegranate juice
- 1/4 Cup Low-sodium chicken broth
- 1/4 Cup + 1 Tbsp. Brown sugar
- Pinch of salt
- 1/2 Cup Pomegranate arils
- 1/4 Cup Fresh basil diced

METHOD

Preheat the oven to 350 degrees F.

Spray a baking tray with cooking spray and set aside.

Cut a hole in the center of the chicken, making sure not to cut all the way through, and stuff with cheese seasoned with salt, pepper and garlic powder.

Cook the chicken in olive oil in a large pan until lightly browned on each side before transferring it to the baking dish and setting aside.

Turn down the heat and add the shallots to the pan, cooking them until soft, before adding the balsamic vinegar, pomegranate juice, chicken broth, brown sugar and pinch of salt.

Bring the mixture to a boil and cook, stirring constantly, until the sauce thickens, before pouring over the chicken and baking for about 20 minutes, or until it’s cooked through.

Serve.
Tomato Basil Soup

INGREDIENTS

1 small onion chopped
1 clove garlic chopped
2 tablespoons unsalted butter
1 tablespoon extra virgin olive oil
1/2 teaspoon red pepper flakes
1/2 teaspoon dried thyme
28 ounce can crushed tomatoes
5 medium tomatoes chopped
2 cups water
1 teaspoon kosher salt
handful basil leaves chopped
salt and pepper to taste

METHOD

Add 1 tbsp. butter, olive oil, garlic, onions, thyme and chili pepper flakes to a large pot on high heat and cook until the onions are translucent.

Add the crushed tomatoes and tomatoes to the pot and boil for 3 minutes.

Add a cup of water and bring to the boil before adding the basil, reducing the heat and letting it simmer for 40 minutes.

About 20 minutes into the 40, stir in half a cup of water and leave it for the other 20, stirring occasionally to stop the bottom from burning.

Once the 40 minutes are up, add to a blender and blend until smooth with salt and the rest of the butter. Add water until you reach your desired thickness while blending.

Serve.
Conclusion

There you have it. I’ve given you the steps you need to take to transform your diet from an age accelerator to an incredible age reverser. It might not be the easiest thing to do, but by taking small steps every day, you’ll be moving in the right direction.
Essentially, all it boils down to is cutting out the bad stuff, such as refined carbs, alcohol and excess sugar, and replacing them with a diet of healthy, organic whole foods. By including more of the 10 superfoods into your daily meals, you’ll not only look younger, but feel it as well.

You don’t have to age prematurely. It’s a choice you make. To be healthy or not. Eat right and exercise to begin changing your body and your life for the better. But while superfoods can indeed help you fight aging, there’s something that can give you an incredible boost in that department. Something that can rejuvenate your cells in no time at all.

If you want to learn the secret of how to restore your worn-out cells to new, healthy ones, without the hassle of cooking up a storm, click here to find out more.

I wish you all the best in your fight against aging!

George Bridgeham