77 Superfoods That Fight Aging
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77 Superfoods That Fight Aging

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How To Fight The Aging Process

Aging is inevitable. The wrinkles, sagging skin, altered fat distribution and hair loss are inevitable characteristics of the aging process. Although we may never defeat this process entirely, the rate at which it occurs can be dramatically altered. One of the most beneficial places to begin combating the aging process is by carefully tending to your diet.

When you think about it, this makes sense. There is no more intimate act than eating. You are choosing your body’s building materials with every bite that you swallow.

What you eat, literally becomes your body parts.

When you make careless decisions about your base materials, your body’s ability to construct a quality structure will obviously be diminished. If you want to look and feel young, the best thing you can do is to take each and every dietary decision seriously. You are, after all, constructing the foundation of your physical body with each and every bite.

The mechanism by which poor quality foods cause aging is through inflammation. Inflammation is a state of protective tissue response to injury or tissue destruction. Essentially, your body is forced to begin a repair process. Inflammation is not only caused by what we eat, but also by environmental toxicity, and infection.

Aging is nothing more than a chronic state of inflammation.

When you eat foods like sugar, refined carbohydrates, rancid vegetable oils, pastries, etc. you create rampant inflammation in the body. When you eat them all the time, this state becomes chronic. This situation affects longevity, aging and eventually chronic degenerative disease. Whole foods such as organic fruits, vegetables, nuts and seeds can offer vitamins, minerals and antioxidants that offer support and protection from this dangerous process.
One of the best ways to look old really, really quickly is to eat sugar.

Sugar alters receptor sites on cells so that hormones are unable to work as effectively, it causes insulin resistance by way of constant blood sugar surges, it weakens bones and muscles, stiffens joints and tendons, and wreaks havoc on your collagen which makes your wrinklely, and it also has devastating effects on your immunity. In fact, just one half teaspoon of sugar puts white blood cells (part of your immune system) to sleep for up to 4 hours.

Excessive sugar is very damaging to every cell and tissue in your body. While avoiding added sugar in foods is a very good practice, be aware that refined foods are also broken down into incredibly high amounts of sugar.

Due to the recent onslaught of refined foods in our diets, our poor bodies, which are still very “paleolithic” physiologically speaking, are ill-equipped to handle this constant barrage and over time this wears your body out.

Although generally touted as an innocuous substance, there is mounting evidence that if you want to stay looking young and free from disease, you will want to avoid refined and sugar-laden foods as often as you can.

Another enemy of a graceful aging process is AGEs, which stands for advanced glycation end-products. These are what give your processed and overcooked food their trademark flavors. The burnt toast, fried chicken, and the grilled hamburger.

The changes that occur in foods when they are cooked to this extent creates dramatic, negative effects in your body. They cause inflammation, stiffen joints, block collagen production, cause proteins to stick together which leads to reduced functionality and produce wear and tear on your body.
When AGEs are eaten often enough, the state of inflammation becomes chronic and here comes aging and disease. For this reason, eating a nice mix of raw, high antioxidant fruits and vegetables and, when you do cook, be sure to cook them lightly or al dente. Al dente is a form of light cooking where the vegetables are lightly cooked on the outside and crunchy on the inside. This breaks them down slightly to aid digestion, and keep more nutrients in tact.

Avoid overcooking at all costs. The damage that it causes goes way beyond the way you look.

AGEs have also been linked to a number of diseases including:
- heart disease
- kidney disease
- diabetes
- alzheimer’s
- arthritis
- osteoporosis

So, how do we avoid these damaging and age-accelerating processes?

You read this guide and you eat and enjoy the foods that fill its pages.

The whole, organic foods within this guide provide vitamins, minerals, enzymes, fiber, and antioxidants that are the key to looking and staying young.

The more vitamins, enzymes, minerals and antioxidants present in a food, the more assistance the food will give your body in its digestion and assimilation and the more its resource reserves are spared. When you have adequate nutrient reserves the result a young, vibrant YOU.

But before you dive right in there is one more very important concept.
You must remember that **quality is everything**. Whenever possible always opt for certified organic, seasonal and local. Despite recent evidence supposedly demonstrating that organic and humanely-raised foods do not contain greater nutrient profiles, the benefit of eating organic foods have much more to do with what these foods do **not** contain. **Pesticides, herbicides, fungicides, antibiotics, steroids, chemicals and other toxins used in conventional farming practices wreak havoc on your physiology, create irritation and inflammation** throughout our bodies and lead to that accelerated aging and degenerative disease that we are all trying to avoid.

In order to ensure you are getting the highest quality spices make sure that they are **non-irradiated and organic**.

Almost all spices, unless specifically stated as “non-irradiated” have undergone a process of ionized radiation in order to increase shelf life and kill any possible bacteria. The negative effect of this is that most of the valuable, even medicinal, qualities are destroyed as a result. This leaves the consumer with a degraded food product, and may even contain carcinogenic chemicals as a by product.

For quality animal products be sure that they are **100 % grass-fed, pasture-raised and certified organic**. The differences between 100% grass fed meats and conventionally raised meats are vast. Grass-fed animals that have been allowed to eat their natural diet, get exercise by foraging for food, and are allowed access to direct sunlight have far superior biological makeups than those of conventionally raised animals that are fed grains. Be wary of animal products that state that they are “vegetarian fed” as this can still mean that the animal was forced to eat a diet that is full of grains, soy, and corn.

**Grass-fed animals also have an ideal ratio of omega-3 to omega-6 fatty acids** whereas conventionally raised, grain-fed animals generally have between 5-20 times more omega-6s, which results in much higher levels of inflammation.
When choosing fish, make sure that they are “wild caught” and never farm raised. Wild fish are vastly superior in nutritional makeup than farm raised and will not have the plethora of antibiotics, colorings, and hormones found in their farm raised counterparts. In the words of Paul Chek, “eating a farm raised fish is no better than eating a popsicle”.

Demanding great quality food, means you will be your most vibrant self and feel younger with every bite.

Now, we do understand that there are certain legitimate reasons why it isn’t always possible to eat everything organic foods 100% of the time.

If finances are forcing you to pick and choose, always opt for good quality meat and animal products first and foremost.

Toxins are stored in fat and these types of foods will have far more fats than your fruits and vegetables. Even if you ate all of the foods in this book, without addressing the quality of your ingredients your health could still be improved, but when you do both, the sky is the limit.

Finally, one of the best things you can do when using this guide is to create diversity in your diet. Try avoiding eating the same few foods over and over. The different foods in these pages provide a vast array of nutrient profiles that nourish your body’s cells and tissues in unique and complimentary ways.

Casting a wide net is the best way to ensure optimal nutrient coverage that will bring that dreaded aging process to its knees.

Above all else we hope you enjoy the process of incorporating new and vital foods into your diet and the radiant health that is the inevitable result.

So now that you know a little bit more about the aging process let’s jump into our favorite 77 superfoods that fight aging.
About Garlic:
Garlic is actually classified as a bulb that is a member of the onion family. It grows as a vegetable but considering that we use it as an herb it can get confused and classified as both.

The bulb itself is comprised of a bunch of cloves that are wrapped in a papery skins that should be removed before consumption.

Additionally, garlic is one of the only foods that has a chemical reaction to itself when it is chopped or crushed as it releases its natural enzymes, alliin and allinase, which both live in different parts of the plant. When these enzymes combine the full health benefits begin to interact and create all the incredible health benefits listed below.

This is why if you use whole garlic cloves in a dish you get far more subtle garlic flavors but when chopped the garlic becomes more potent and noticeable in the dish.

Aged garlic contains the most beneficial properties for anti-aging as well.

Health Benefits:
Garlic is known as one of the oldest global remedies and has been used since Egyptian times. It contains germanium, a powerful stimulant for the immune system. Not only that but it is said to lower your LDL cholesterol as well as preventing blood clots, which in turn, can help avoid sudden heart attacks.
The compounds in garlic also have chemoprotective qualities to reduce the risks of cancer especially in the colon and stomach. While there are countless other amazing benefits that stem from garlic a few main notables are the lowering of triglycerides, blood pressure stabilization, and improved insulin response, which helps with weight loss as well.

**Culinary Uses Of Garlic:**

The one thing to keep in mind when cooking garlic is to avoid burning it. The finer you chop up or mince garlic the faster it will cook. As soon as it becomes fragrant in the pan you should add other ingredients to help this process out.

Garlic is great to help infuse flavor in the oil you are cooking it in and can be used to add great flavor to anything from Italian dishes to both soups and stews. Additionally, roasting garlic in the oven can change not only the texture but also brings out the flavor of its own natural sugar content making it taste much sweeter.

In fact, Emeril Lagasse used to roast 2 bulbs each day, take them on the New York City subway on the way to work from his home. He would eat one as a snack and give the other to someone sitting next to him.
About Turmeric:

Turmeric is one of the biggest staples of the Indian diet and widely becoming known as the most health beneficial spice on the planet. This seemingly bright orange powder turns a neon bright yellow color when cooked due to the curcuminoids that are present.

Health Benefits:

Listing the actual health benefits of turmeric could be a separate book in and of itself but some of the main health properties of this spice are critical to the anti-aging process.

As we age we know that inflammation begins to form which causes nagging and sometimes completely debilitating joint pains and arthritis. Turmeric is one of the highest known non-toxic anti-inflammatory substances in the world.

Also the curcumin in this spice also has positive effects on cholesterol and, due to its high antioxidant properties, helps to fight roaming free-radicals which are the little devils that can cause cancer in your body.

Because of the aforementioned benefits of this spice, it is recommended for anybody having trouble with their liver, including hepatitis. Since the liver is responsible for detoxifying the entire body this spice is as essential to your diet as you can get.

Recent studies have shown that the properties in turmeric are excellent in fighting alzheimer’s disease as well.
Culinary Uses:

Most people unfortunately don’t have this cure-all spice in their pantry. However, with the growing popularity of Indian food throughout the world, it is becoming far more well-known. It is one of the main ingredients in the famous dish, Chicken Tikka Masala, one of the more popular dishes in Indian cuisine.

Using this spice with other flavors such as cumin, sea salt, fresh ground black pepper, coconut milk and coconut oil can spice up any dish with an explosion of harmonious and delicious flavors. It can be used from chicken dishes, to vegetables, to even scrambled eggs and the taste will not disappoint you.
About Cinnamon:
Cinnamon is an extremely aromatic and pungent spice that originated from Ceylon, or what is now known today as Sri Lanka.

Most people often see cinnamon in powder form, or sticks, but it initially is harvested from tall trees and is utilized to flavor everything from apple ciders, to flavoring hard candy, to oatmeal and everything in between, including toothpaste.

Health Benefits:
One main health benefit of cinnamon is that it contains phytochemicals specifically designed to fight candida, which is a fungus in the form of yeast that tends to crave carbs (flour, wheat, bread, and sugars).

This is partially what makes cinnamon so great for digestion and also makes it known as a natural “gas reliever.” Additionally, this spice contains compounds that relieve joint pain, stiffness in muscles and even menstrual discomfort. Aside from that, cinnamon is a key component in helping reduce blood sugar and LDL cholesterol.

Culinary Uses:
Cinnamon tends to go hand-and-hand with sweet and savory dishes. Not only can you use it on a spice rubbed chicken but you can also liven up any fruit dish by sprinkling a little bit on with some raw honey. One of my favorite deserts is sauteed apples in coconut oil with raw honey, cinnammon and raw butter. This is a powerpacked superfood dessert that tastes exactly like the inside of a warm apple pie.
**About Ginger:**
Ginger is widely known in Indian medicine as the “universal remedy” due to it’s cure-all for many ailments. It was known to originate both in China and India, and while ginger is a root that comes from a plant, we many times associate it with an herb since it is processed in a fine concentrated powder form as well.

**Health Benefits:**
When you hear ginger you probably think, soothing your upset stomach. Due to the many different antioxidants present in ginger root and it’s plethora of phytochemicals, it is known to be one of the best relievers for pregnant mothers experiencing morning sickness, nausea and vomiting.

Ginger also resides in the turmeric family and is power-packed with other benefits such as fighting fibromyalgia, lowering LDL cholesterol and alleviating joint pains, all while boosting your immune system to its full potential.

**Culinary Uses:**
Ginger, in root form, should be peeled before using and can be used in just about any dish from teas, to sautéing vegetables, to chicken dishes and everything in between. This food pairs extremely well when added with garlic and lemon in any dish. With ginger, a little goes a long way as far as getting that fresh pop of flavor.
About Oregano:

Oregano is a little powerhouse herb widely known for its use in Italian and French cuisines. While it is closely related to the mint family, this herb comes in both fresh and dried forms.

Health Benefits:

The one thing that should come to mind when thinking of oregano is antioxidants. It is one of the highest rated antioxidants that there is, far outweighing apples, oranges, and even blueberries. The antioxidants slow down the aging and oxidation process but that’s not all.

Oregano is a virtual cornucopia of nutrients as it is extremely rich in calcium, magnesium, potassium, iron, zinc, manganese, vitamin A, vitamin C and niacin. All of these work hand in hand to fight inflammation.

Culinary Uses:

A little goes a long way with oregano and it pairs extremely well with red meats, lamb, and is especially useful in heightening flavors in homemade tomato sauces.

You should use dried oregano if you are placing on meats for cooking or grilling. However, if you are sautéing or adding it to sauces, then fresh oregano is the way to go.
About Rosemary:
Rosemary is an herb that flourishes in the Mediterranean region as well as French and Italian cooking. This herb is closely related to the mint family which means a dash of it is enough to get both deliciously pungent flavors and the amazing health benefits as well.

Health Benefits:
Rosemary has many medicinal properties that have been used for thousands of years. Its main benefit is to help reduce inflammation that contributes to asthma, liver disease, as well as heart disease.

While Rosemary is known to inhibit breast, colon, and skin cancers, it also turns out that it contains compounds for healthy brain function and slowing and possibly reversing alzheimer’s disease.

Culinary Uses:
Rosemary works hand-in-hand with flavors such as basil, marjoram, and oregano. It can be used to deliciously flavor red meats such as bison, venison, grass fed beef, and is especially known to work in harmony with lamb.
About Thyme:
Thyme is one of those herbs you have undoubtedly heard in the Simon and Garfunkle song “Scarborough Fair” along with other herbs parsley, sage, and rosemary. This earthy herb related to the mint family comes in both dried and fresh forms. It can also be de-stemmed to use on just about anything you wish to season.

Health Benefits:
Thyme contains a fragrant oil known as thymol, which is a powerful antiseptic. You have most likely come across thymol if you have ever gargled mouth wash before. Not only does it have powerful antioxidant and anti-inflammatory agents but can drastically help respiratory problems as well, which is why it is used in many cough drops and vapor rubs.

Culinary Uses:
Thyme can be used in a variety of different manners and unlike most herbs deriving from the mint family, this herb does not overpower dishes the way others like rosemary and oregano might.

While thyme is great for meats like beef, pork, and lamb, it is also widely used with lemon to make an excellent and succulent seasoning for white fish.

Thyme’s subtle flavors can also enhance vegetables, soups, stews and homemade stocks.
About Basil:
Basil, another member of the mint family, is widely recognized with Italian and Southeast Asian cuisine. Its cool and refreshing flavor can really heighten and bring together a mishmash of ingredients into a single harmonious and delicious dish.

Health Benefits:
Basil is rich in vitamin K, which is essential for normal blood clotting. It also plays a crucial role in bone mineralization and cell growth. This fresh little herb also is high in natural manganese which is used in many health supplements (typically in the inferior synthetic form) today to combat osteoporosis and brittle bones.

Additionally, the essential oils in basil have been found to contain extremely high antioxidant, anti-cancer, antimicrobial and antiviral properties. This is why basil is all around a great addition to your diet.

Culinary Uses:
When using basil most people tend to stick to fresh basil as opposed to dry as it contains far more flavor and the health laden essential oils. Basil’s subtle but distinct flavor goes well with other herbs of the mint family such as parsley, sage, rosemary, and thyme and can be added to tomatoes to make a caprese salad or marinara sauces to give it that fresh “from your local market” taste.

Basil is also utilized in anything from salad vinaigrettes to one of the main ingredients in pesto, which gives it its predominantly green color.
About Cloves:
Cloves are a renowned herb used primarily in Indian cuisine and packs quite a sweet but powerful taste. If you put all the sweet spices into a battle royal, cloves would win every time.

They are the dried flower bud of the Myrtaceae tree which is harvested primarily in the spice islands of Indonesia but is now found in India, Madagascar and Sri Lanka.

Health Benefits:
The main compound in cloves is eugenol which is widely known to help kill bad bacteria and viruses within your body. A tablespoon of cloves provides your recommended daily intake of manganese as well, which is critical for bone growth and also aids in protein, fat and carbohydrate metabolism throughout the body.

Culinary Uses:
Cloves tend to pair well with more of the sweet and savory foods. Apples, chocolate, oranges or other citrus fruits, pumpkin, red cabbage etc.

Additionally, cloves are used in many holiday dishes such as Christmas and Thanksgiving as they pair well with other fall and winter spices such as allspice, ginger, nutmeg, and cardamom.
**About Cumin:**

Cumin is a spice that originates in seed form but is most commonly used in a grounded powder in Indian and Mexican dishes. Cumin has a deep-rooted history and was mentioned all the way back in Biblical times.

Today cumin, which is also called black seed, is widely regarded as one of the most popular spices in the world.

**Health Benefits:**

Aside from the fact that cumin, or cumin seeds, are an incredible source of iron, magnesium, potassium and calcium, the essential oil of the seeds is antimicrobial, which means it helps to ward off detrimental organisms in the body.

Cumin also contains limonene, which is a critical phytochemical known for blocking cancers cells from forming. Additionally, whole cumin seeds have been used as a medicinal herb and steeped in teas to aid digestion.

**Culinary Uses:**

Cumin is used mainly where highly spiced foods are present. Indian, Eastern, Middle Eastern, Mexican, Portuguese and Spanish cuisines use large amounts of cumin as it goes hand in hand with most curry dishes. It is also widely used in stews, chicken dishes and fajita style vegetables containing sweet onions and peppers.
About Black Pepper:
Black pepper comes from the pepper plant, a smooth, woody vine that can grow up to 33 feet in hot and humid tropical climates. Far back in Roman times, peppercorns were prized to be so valuable it was actually used as a currency. Now, ground pepper is universally used with salt in just about every dish worldwide.

Health Benefits:
One of the reasons black pepper is so important is due to the fact it helps restore proper digestion, which is a disconcerting and growing problem nowadays. It soothes the gut wall to aid digestion.

Peppercorns contain an impressive list of plant derived chemical compounds that are known for their anti-inflammatory, carminative, anti-flatulent properties. It is also extremely high in minerals like potassium, calcium, zinc, manganese, iron, and magnesium which helps control heart rate, blood pressure, and cellular respiration.

Culinary Uses:
Black pepper is used to stimulate the taste buds so putting black pepper with sea salt not only draws out flavors from the salt, but enhances the flavors in the dish. Fresh ground pepper is quite powerful so be careful to not overpower the other spices in your dish. It can be used in just about every dish containing proteins and/or vegetables.
**About Aloe Vera:**

Aloe, which has a cactus-like appearance, resides all over the world in subtropic regions. While it is a plant, within its leaves contain the neon green aloe gel which you have most likely seen used to treat sunburn or over sun exposure.

**Health Benefits:**

Aloe, or aloe vera, is widely used to treat skin irritations due to its incredible antibacterial and anesthetic effects. Aloe vera contains many vitamins including A, C, E, folic acid, choline, B1, B2, B3 (niacin), and B6. It is also one of the few plants that contains vitamin B12. Aloe also contains up to 20 out of the 22 amino acids, which are the building blocks of protein.

However, aloe vera juice has begun to come on the scene and has the same internal effects as it does with the outside of your body. It aids digestion and helps restore your gut wall to normal as it detoxifies the body.

**Culinary Uses:**

While aloe vera is more popular in Asian and Latin American cuisines, it is mostly consumed nowadays in smoothies or fruit desserts. Despite being a green jelly-like substance, it is comprised of 99% water so it blends in well with whatever you are making.
About Licorice:
Licorice, though widely known for its role in candy, originates as a perennial plant root that is native to the Mediterranean, Southern Europe and Asia. It has been used in every culture since the Greeks and the Egyptians.

Health Benefits:
While licorice is known to help soothe your throat and lungs, this anise flavored root is also said to heal urinary tract infections, adrenal fatigue, allergies, and detoxify the liver.

It also contains at least 25 different flavonoids that make it an incredible anti-inflammatory agent and aids in facilitating immune stimulation. In addition to this, studies have shown that licorice is among the top 6 in anti-cancer properties.

Culinary Uses:
The easiest and most effective way to consume licorice is by steeping it in water and drinking it as a tea. However, be cautious not to consume too much as it contains glycyrrhizin, which has the ability to mimic a hormone found in the body known as aldosterone. Too much can raise blood pressure so be sure to use sparingly. Luckily, with this distinct and concentrated anise flavored root, a little goes a long way.
About Cayenne Pepper (Capsicum):

Cayenne is originally derived from a pepper and is named after the city of Cayenne, in French Guyana. Cayenne is used in cooking spicy dishes as a powder, or in its whole form it is utilized in many Asian dishes.

Health Benefits:

This hot spice not only heats up your dishes, it heats up your body and raises your metabolism, helping you burn fat faster. Cayenne pepper, by weight, is relatively high in vitamin A. It also contains vitamin B6, vitamin C, vitamin E, potassium, riboflavin, and manganese.

This nutrient packed pepper reduces LDL blood cholesterol, triglyceride levels, and decreases the formation of harmful blood clots, all of which help prevent heart attacks and strokes. Additionally, it is an extremely effective anti-inflammatory and pain remedy for everything from headaches to arthritis and sore muscles, as well as clearing nasal congestion and boosting immunity.

Culinary Uses:

Whole cayenne peppers are a staple of Asian Szechuan cuisine in dishes such as Kung Pao Chicken and Orange Chicken. In powder form Cayenne is used liberally in Mexican cuisine, where you will find it in hot dips, enchilada sauces, spicy bean mixtures and in meat marinades. It is also found in a large number of curries and in other Indian dishes to give them that little spicy kick.
About Burdock Root:
The burdock is a plant found throughout Europe and Asia. In Asia, the taproot of young burdock plant is harvested and eaten as a root vegetable. The burdock root has a flavor that resembles the sweet taste of parsnips, or jerusalem artichokes.

Health Benefits:
Burdock roots contain numerous compounds that are known to have extremely high levels of the antioxidants vitamin C and E, which help the human body stave off infections, cancer and neurologic conditions.

Because it is so nutrient dense and rich with calcium, chlorogenic acid, flavonoids, iron, and inulin - it acts as a prebiotic and helps reduce blood-sugar, weight and cholesterol levels in the blood.

Culinary Uses:
Burdock root is used in a variety of Japanese dishes. In general, it is used in side dishes, soups and appetizers, and pairs well with other root vegetables like carrots, parsnips, onions and even mushrooms.

The burdock root’s meaty texture discolors easily so you can stop the oxidation by sprinkling lemon juice on top. Simple seasoning with sea salt, ground pepper and oil is all you need to draw out the unique flavors before baking it in the oven.
**About Green Apples:**

Apples have been around since Biblical times in the Garden of Eden and were the first fruit recorded in the Bible. While there are over 7500 different varieties of apples cultivated currently and growing from apple orchards across the world, the green apple, or Granny Smith apple, far surpasses them all in its health giving properties.

**Health Benefits:**

Apples contain the flavonoid quercetin and a host of other phytochemicals, which is why it comes in second place for fruits as far as incredible antioxidant power. Additionally, the high fiber, pectin, and phenolics in this fruit also help lower the risk of tumors, lung cancers, asthma, diabetes and cardiovascular problems as well.

While there are a veritable host of other benefits make sure you eat the peel as it is extremely high in additional antioxidants and is known to ward off liver and colon cancers.

**Culinary Uses:**

Green apples are a crisper and more tart apple. Because these green apples have a higher acid content than other apples, they take longer to brown once you cut into them. This is why they are used more in baking. They are delicious when sautéed in raw butter with cinnamon, or paired with nut butters as a healthy, yet delicious snack.

**Note:** All fruits contain sugars that, while natural, are not ideal to ingest in large quantities. As a general rule try not to eat more than two servings of fruit per day.
About Kiwi:
Kiwi fruits, originally called Gooseberries from China, were brought over to New Zealand and changed to the name “kiwi” after the famous native bird. This little, furry, brown fruit has a peel that must first be discarded and then has a delectable, tropical, sweet flavor to it and is known as one of the most underrated health foods in the world.

Health Benefits:
Not only do kiwis have the highest ranking of vitamin C of all fruits but their incredibly high antioxidant levels help fight off oxidative stress. Meaning this powerful small fruit is a super heavyweight in fighting cancer, cardiovascular disease, macular degeneration, and even diminishing eyesight.

Because of the polyphenols, and its good source of potassium, kiwis are also known to help inflammation as it is a natural blood thinner, similar to aspirin but without the negative side effects.

Culinary Uses:
This fruit is sweet and tropical and can easily be paired with other tropical fruits for quite an amazing fruit salad. Also, if peeled it can be eaten as is. When picking a ripe kiwi it should have a little give when you squeeze it rather than being completely hard.
About Avocados:
Avocados, which most people would think are a vegetable, are actually a fruit due to the large seed in the center. These power-packed fruits are sometimes nicknamed “alligator pears” from their tough dark green exterior. Among the many different types of avocados, the most health laden is the California avocado.

Health Benefits:
While avocados are high in fat they are high in monounsaturated fat, or “healthy” fats like those that you see in olive and nut oils. A great benefit is that the fat in avocados helps regulate your insulin response, which in turn regulates weight gain, cholesterol and the storage of fat.

The regulation of insulin is key to reversing and/or avoiding diabetes and the downward spiral of health concerns that quickly follow.

They also contain the carotenoid, lutein, which is a natural antioxidant that aids in the health of your eyes, skin, and heart.

Culinary Uses:
Avocados are used in many different ways and also the primary ingredient in guacamole. They can be pitted and eaten right out of the skin or sliced up to go into your salad, adding a creamy distinct flavor.
About Blueberries:
Blueberries are a small dark blue fruit. They are originally native to North America, but due to the overwhelming studies and health benefits, blueberries have made their way across seas to all parts of the world. Get one that’s ripe and your mouth will water. Get one that’s not and it packs quite a sour punch until it’s ready.

Health Benefits:
Blueberries are not only are one of the fruits highest in antioxidants and anti-inflammatory agents, which help fight cardiovascular disease and cancers, but they are also commonly referred to as “brain food”.

The anthocyanin found in blueberries helps to fight oxidative stress and combats a host of other aging diseases such as alzheimer’s, parkinson’s, type 2 diabetes, and heart disease.

Culinary Uses:
Blueberries can be eaten perfectly fine frozen or ripe. In fact, frozen blueberries have often been studied to have far more health benefits since they are frozen at the peak of their ripeness and before they begin to lose too much nutritional value.

When looking for frozen blueberries look for “wild” and “organic” rather than cultivated.

Adding these to fruit salad, shakes, or smoothies will give a naturally sweet kick too.
About Cherries:
Cherries are found growing on trees throughout the world and, once picked, need to be pitted before eaten as they contain a hard seed in the middle. These dark, red, sweet fruits pack a wallop of wellness as and as the doctor’s saying often goes, “take 10 of these and call me in the morning.”

Health Benefits:
Cherries contains both quercetin and ellagic acid, which together contain significant anti-inflammatory agents that fight cancer and are both anticarinogenic and antimutagenic. Additionally, cherries have a well-known compound called perillyl alcohol, which inhibits tumor growth.

Among the countless other advantages is that fact that cherries contain compounds called anthocyanins, the pigment that gives cherries their bright red color. It also blocks the pain sensors in your body from inflammation, helps to reverse arthritis, and reduce joint pain, all while lowering risks of heart attack and stroke.

Culinary Uses:
Cherries are one of nature’s greatest snacks and can be eaten right off the tree, just remember not to bite down too hard on that firm pit inside. Frozen cherries are among one of the best and simplest desserts that you can add to your diet. This can help to appease your sweet tooth while getting some amazing nutritional benefits.
About Coconut:
Coconuts rest in clusters atop the tall coconut palm, also known as the “tree of a 1000 uses”, because it is so functional and has saved many shipwrecked lives due to it’s practical and nutritional value. Coconuts have a double protective barrier as it is, not only inside a big green husk, but the meat and water are also inside another harder brown interior as well. These fruits are found throughout tropic and subtropic area across the globe.

Health Benefits:
The human body needs fat and coconuts contain a large amount of beneficial saturated fat. I should debunk the myth that eating fat does makes you fat, because not only is that untrue to the highest degree but fats are actually essential for your body. Because of this, coconut helps your cell membranes, provides energy, and even provides vital vitamin A and C in your body.

While the benefits of this fruit could easily be put into a completely separate book, to list a few are: improving heart health, boosting your thyroid, increasing metabolism, promoting weight loss, supporting your immune system and when applied to your skin has anti-aging effects.

Culinary Uses:
Coconut can be used in a variety of different ways. When cooking anything, coconut oil has a high smoke point and should be used instead of extra virgin olive oil as your base for sautéing or any type of cooking that uses high heat.
Coconut milk is a great replacement for pasteurized cream (which contains many negative nutritional factors). Coconut milk can be used to thicken anything from coffee, to Indian dishes, to smoothies, to even chili.

Coconut water is another beverage that has come onto the scene in dramatic fashion due to the fact that it contains 15 times the amount of electrolytes that your favorite sports drinks have. Coconut water is a great way of quickly replenishing your electrolytes and is also a great way to ward off those pesky lingering hangovers. If possible try and get unpasteurized coconut water which you can find in some health food stores.

Unpasteurized coconut water is only found frozen and retains much more of the beneficial vitamins and nutritional enzymes than the coconut water you traditionally find on store shelves. Also, make sure your coconut water does not contain any added sugars or artificial sweeteners as these will cause massive amounts of inflammation and other detrimental health problems.

Additionally, coconut can be eaten as is and many times you’ll see the meat inside the coconut shredded and used hand in hand with dark chocolate for desserts or thrown into a fruit salad for appeal.
About Pineapple:

Pineapples are a deliciously sweet tropical fruit that originated from South America. This plant has an unmistakable shape, a tough outer skin, and and leaf stems growing out of the top, which is why the pineapple was partially named after the pine cone.

Health Benefits:

The claim to fame for the pineapple is that it contains bromelain, a rich source of enzymes with many health benefits including aiding digestion, speeding up the healing of wounds, and reducing inflammation. The reduction of inflammation can greatly help relieve joint aches, arthritis and other chronic pains.

One cup of bromelain contains your recommended daily intake of manganese, a trace mineral that is essential for healthy bones, cartilage formation and leaving your skin with that healthy radiant glow.

Culinary Uses:

The flesh and juice of pineapples are used in cuisines around the world. Rings of pineapples are often placed around a cherry and cooked with hams. Pineapple chunks are often used in a variety of ways such as in a fruit salad, as a main ingredient in savory dishes, hawaiian grass-fed hamburgers!

Note: All fruits contain sugars that, while natural, are not ideal to ingest in large quantities. As a general rule try not to eat more than two servings of fruit per day.
About Papaya:

Papayas, which are a delicious tropical fruit native to the Americas, grow from a single stem atop a tree much like a coconut. This exotic fruit packs a powerful punch in the nutritional category and was even nicknamed by Christopher Columbus as “the fruit of the angels.”

Health Benefits:

Papayas are similar to pineapples as far as health advantages go, yet, they contain a different enzyme known as papain - a digestive enzymes that helps break down protein. Moreover, this enzyme has incredible anti-inflammatory properties that helps subside pain, arthritis and is known to help heal sports injuries quickly.

Aside from the pain protecting qualities, papayas also contain the carotenoid, beta-cryptoxanthin, which studies have shown can reduce the risk of lung and colon cancer by 30%.

Culinary Uses:

Ripe papayas usually are eaten raw or within a delectable fruit salad. Before eating papayas make sure to discard the unedible peel. The tiny black seeds in the center are edible but contain a sharp, spicy taste that is sometimes a substitute for pepper. Most people discard this before eating.
About Guava:

Guava, which is known to originate in the middle Americas, is a tropical fruit extremely rich in nutritional value. This unique, flavorful fruit grows in both humid and dry climates. Guavas can tolerate colder temperatures as well, making this a very adaptable and perennial food.

While there are a few different colors, the pink or red guavas are the leaders as far as health benefits.

Health Benefits:

Guava has sometimes been referred to as a “super-fruit” for countless nutritional reasons. The high levels of the antioxidant vitamin C makes it exceptional for immune boosting as well as fighting cancer-causing free radicals. The lycopene in pink guavas prevents skin damage from UV rays and offers protection from prostate cancer.

The potassium helps to regulate heart rate and blood pressure and the myriad of complex B vitamins working with manganese and copper are required for helping aid the production of red blood cells in the body.

Culinary Uses:

In Mexican cuisine guavas are very popular in aqua frescas, however in most countries guavas are typically eat raw just like an apple.
About Lemons:

This flavorfully tart citrus fruit is the most popular in all the world and has been used in folk remedies for as far back as you can imagine. In fact, lemons have actually been nicknamed a “cure-all” due to their amazing and well-rounded benefits and uses.

Health Benefits:

While lemons are highly concentrated in vitamin C and antioxidants they also contain two more unique compounds called limonene and limonoids. These compounds have radical effects on your body.

Limonene specifically has chemopreventative properties that can reduce liver, lung, skin and mammary cancers, as well as pancreatic tumors. Also lemons help aid digestion. Additionally, they have strong antibacterial, antiviral, and immune-boosting powers and they are often used as a weight loss aid since lemon juice is a digestive aid and liver cleanser.

Culinary Uses:

Lemons are one of the flavors that are known to give your dishes “highs” or extra pungent and fresh flavors. This is why it is used in dishes ranging from chicken, to vegetables, to flavoring drinks etc.

It’s also important to note that the most concentrated flavor of the lemons do not come from the lemon juice itself but actually from the peel as it contains all the essential oils.
About Limes:
Limes are the seedless green cousins of lemons and, though they are smaller, they pack a nutritional wallop just as big. These little acidic fruits were thought to have originated back in India or Malaysia before being commercially grown throughout the Middle East in what is now Southern Iraq, or Babylonia.

Health Benefits:
Limes have specific flavonoids called flavonol glycosides. While these flavonoids have been shown to stop cell division in many cancer cell lines, they are perhaps most interesting for their antibiotic effects. They were used effectively in West African villages to consistently stop epidemics such as cholera and are extremely high in vitamin C.

Vitamin C is also vital to help the function of a strong immune system. While this is great for colds, flus, and recurrent ear infections it also helps stop these ailments from quickly snowball into more serious illnesses such as pneumonia.

Culinary Uses:
Lime juice often takes a backseat to its cousin, lemon juice, but it can be just as versatile and flavorful. You often see is it hand and hand with club sodas or sparkling waters.

The acid in lime juice can actually be used to “cook” fish without heat in a dish known as ceviche or poke. Lime juice also makes for a great marinade when cooking chicken, fish, or pork. It can also be used to enhance the flavors of many other dishes containing vegetables.
About Plums:
Plums, which are the undried versions of prunes, often get left behind in the health category for no good reason as these little fruits are nothing to dismiss. Depending on the ripeness they range from tart to super sweet and most people are familiar with two different plums, as one contains a red flesh in the center and the other a dusty white hue.

Health Benefits:
While plums are similar and contain less concentrated fruit sugars than dried plums, they are still similar in the way they facilitate digestive function. The high potassium content in plums drastically helps improve and regulate blood pressure and can help reduce strokes.

Another anti-aging benefit of these purple colored fruits is that they help with strengthening bone density. Their rich antioxidants also help neutralize cell-damaging free radicals that affect your memory.

Culinary Uses:
While plums are often mashed into a delicious jelly, most plums are pick off the tree and eaten just like a traditional apple. They are also excellent when added to a fruit salad for color and sweetness.
About Raspberries:
Raspberries come in a variety of different colors such as black, yellow and purple but the most commonly seen are red raspberries and they are a nutritional factory. These little seedy fruits grow in temperate climates around the globe.

Health Benefits:
While most people give blueberries the gold medal for nutritional benefits amongst berries, raspberries contain a myriad of beneficial health advantages. They are fiber powerhouses but it doesn’t stop there. Raspberries are also high in bone building vitamin K, calcium, magnesium, phosphorus, potassium, and immune stabilizing vitamin C.

This all-around amazing berry has ellagic acid that fights cancer cells while simultaneously protecting healthy blood cells. They also contain compounds that help fight inflammation and arthritis with no side effects.

Culinary Uses:
Raspberries can be used in a variety of different ways from being eaten raw to being used in jams and cobblers. These are very perishable fruits and should be eaten quickly after being picked or purchased.

Frozen raspberries will have a longer shelf life and also retain most of their nutritional value as they are typically frozen during the peak of their lifespan. Frozen raspberries add a deliciously tart flare to smoothies.
About Strawberries:
While strawberries are similar to all the other related berries these bright red delicious treats are a real health bonanza. The unmistakable, seedy fruit with a leafy crown on top that needs to be hulled, or discarded before eating, is a real fruit superfood.

Health Benefits:
Extracts from strawberries are known to radically help decrease cervical and breast cancer cells. Not only do they contain compounds that help improve short-term memory but, like other berries, they contain anthocyanins which fight inflammation and arthritis.

Strawberries are also high in vitamin C, calcium, phosphorus, magnesium and potassium and contain specific extracts that help protect your blood vessels.

Culinary Uses:
Strawberries, like most other berries, are great frozen as they will keep a longer shelf life and are fantastic additions to smoothies.

Strawberries are a great alternative to sugary desserts as they are very sweet and delicious. When topped with a little raw, grass-fed cream they are a dessert dream.

Strawberries go great with fresh mint as they complement each other extremely well.
**About Blackberries:**
Not to be confused with black raspberries, these little dark perennial fruits are a favorite among grazing mammals, especially deer. These can oftentimes be sweeter than raspberries but, like any other berry, have a very short lifespan when they are sweet so getting them frozen may be your best bet. Blackberries also contain numerous large seeds that are not always preferred.

**Health Benefits:**
Like the other berry fruits, blackberries contain anthocyanins, which are antioxidants that are also responsible for giving blackberries their rich and dark color. This concentrated pigment is credited with decreasing the rate at which the memory deteriorates and also fighting inflammation and joint pains.

Blackberries are also high in a soluble fiber known as pectin which helps lower harmful cholesterol levels.

**Culinary Uses:**
The soft fruit is popular for use in desserts, jams, seedless jelly, and even a staple of many wines. It is often mixed with apples and other berries to make a nice fruit salad.
About Arugula:
Arugula has been sweeping the vegetarian and salad eating scene as the strong peppery flavored leaf is known to have almost zero calories per cup (5 total) yet is a nutritional superfood. This stimulatingly flavorful vegetable descends from the Mediterranean region.

Health Benefits:
Much like spinach, arugula is extremely high in calcium. However, it contains lower counts of oxalates, a substance that inhibits calcium absorption. This coupled with the high amount of vitamin K makes this vegetable a real one-two punch with bone building and clotting.

Another added benefit is that the enzymes released when chewing this plant create a compound that actually combat cancer cells from forming, especially deadly lung and esophageal cancers.

Culinary Uses:
Arugula works great in salads but can also be excellently paired with different fruits, nuts, and cheeses. Arugula tends to follow peaches in dishes as the sweet peach is a great complement for the pepper punch flavor. Blue cheese is often seen as the arugula’s cheesy sidekick as it adds a nice creamy tart flavor.

Many different Mediterranean flavors work well with this vegetable especially kalamata olives, extra virgin olive oil, or wrapped in the salty Italian cured ham known as prosciutto.
About Beets:
Beets, or beetroot, which have been thought to originate in North Africa, have been coming strong onto the vegetable scene since juicing has gained popularity. These dietary wonders come in a kaleidoscope of different colors such as light or dark red (the most common), crimson, purple, orange and even yellow.

Health Benefits:
Beets have been utilized in holistic Eastern practices as they are known to be an incredible liver tonic and blood purifier. The high potassium content aids in optimum heart health as well. Beets contain two nutrients, folate and betaine, which work harmoniously to fight heart disease, stroke, dementia and vascular disease.

Culinary Uses:
Beets can be used in a variety of different ways and, while they have a very earthy flavor, their texture begins to change depending on how you prepare them.

Raw beet roots have a crunchy texture that turns soft and buttery when they are cooked. Blended into a smoothie they tend to be very strong in flavor and somewhat gritty so they are usually better juiced. Beets go great with other fruits and vegetables such as carrots, apples and lemons.

Beets are also very popular pickled and, in eastern Europe, they are the staple in the prized crimson dish known as borscht soup, or beet soup.
About Broccoli:

“You don’t get dessert if you don’t eat your vegetables!” This is an oft-used quote from parents to their kids if they leave broccoli on the plate. But there is a reason why mother’s force this cruciferous vegetable in the mouths of children worldwide. This tree-like, green looking vegetable is rightly considered nutrition royalty. They are the “kings of the vegetables”.

Health Benefits:

The benefits of broccoli are seemingly never ending. Broccoli contains the carotenoids, lutein and zeaxanthin, which help prevent macular degeneration, the number one cause of blindness in older adults. They contain anti-cancer phytochemicals, and high counts of protein, fiber, potassium, calcium, vitamin C, magnesium, phosphorus, folate, and vitamin A, all of which work together to optimize your body’s health in a multitude of different ways.

While aging adults have to be concerned with a diminished immune system, prostate and breast cancers, and harmful carcinogens, broccoli is a knight in shining armor helping to fight just about every ill fate.

Culinary Uses:

Although many people think broccoli is bland in flavor, it can be prepared a number of different ways and will take on the flavors of other foods to make a dish taste incredible. You can eat it raw in salads, it can be blended in green smoothies, steamed with lemon and raw butter, or even cooked with melted raw cheeses.
About Brussels Sprouts:
Brussels sprouts were originally cultivated in Brussels, Belgium and look like mini green cabbages. They are highly regarded nutritionally speaking and are considered an extremely underrated vegetable. Brussels sprouts grow on large stalks and are a well known cancer fighter.

Health Benefits:
When researching these cabbage family relatives, you will undoubtedly notice that they contain large amounts of isothiocyanates and sulforaphane, which are incredible at preventing the formation of cancer cells. They also neutralize dangerous environmental toxins such as carcinogens and help regulate your body’s cells. Lastly, these members of the Brassica family are also a source of indole-3 carbonyl, a chemical which boosts DNA repair in cells.

Culinary Uses:
While eating brussels sprouts raw helps to retain more of the cancer fighting benefits, they can still be cooked in stir-fries, steamed, boiled, and roasted. Brussels sprouts taste delicious topped with raw goat cheese and you will often see them cooked and sprinkled with a high quality balsamic vinegar. Another popular preparatory method is to cover them with a lemon-pepper and raw butter sauté.
About Cabbage:
Cabbages come in two different colors, purple cabbage, which is actually called red cabbage and the lighter green color. They are members of the brassica vegetable family along with broccoli, cauliflower, brussels sprouts and chards, and tend to have high anti-cancer fighting abilities and various nutritional benefits.

Health Benefits:
Red cabbages are known to have slightly more cancer fighting value than their green counterparts thanks to their generous content of anthocyanins and bioactive properties. Vitamin C is also an antioxidant that is also prevalent in cabbage and can prevent inflammation and joint pain. The vitamin K content has been found to help reverse Alzheimer's disease by limiting neuronal damage in the brain.

Culinary Uses:
Cabbages, which can be eaten raw on salads or shredded into the delightful main ingredient for slaws, are also great cooked and pickled. One popular German dish is sauerkraut which is fermented cabbage and pairs very well with beef sausages and pork meats.
About Kale:
Kale is a vegetable that has burst into the nutritional forefront in the past half decade and can be found in farmer’s markets across the globe. This curly leafed wild cabbage is typically seen in purple and dark green colors. Kale is an annual plant, flourishes well in rich organic soil and prefers cool climate and light frost conditions.

Health Benefits:
Kale is a excellent source of indole-3 carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells. It also contains the critical carotenoids, lutein and zeaxanthin which help fight macular degeneration in aging adults.

Kale is also a great source of iron which helps to transport oxygen throughout the body to aid in healthy cell growth. Vitamin K is also an important nutrient in kale and combats aging and memory illnesses such as Alzheimer’s. Lastly, kale is packed with calcium for fighting joint paints and inflammation.

Culinary Uses:
Kale can be eaten raw but is extremely fibrous and bitter so it should be broken down first by crunching or massaging it in your hand with a little extra virgin olive oil. This action tenderizes the leaf and makes it much more flavorful. Like spinach however, eating cooked kale (which does not lose very much of it’s nutritional value) tends to be easier on the stomach and prevents some people from becoming gassy or bloated. My favorite use of kale is as an ingredient in greed shakes. Its bitter taste is best when coupled with sweeter fruits and vegetables like carrots, apples, and lemons.
About Spinach:
Spinach was undoubtedly the cartoon Popeye’s secret weapon for very good reason. Despite the fact that spinach originally hailed from central and southwestern Asia, this leafy green vegetable has made its way across the entire globe. Calorie for calorie, spinach has a greater abundance of nutrients than any other food in the world.

Health Benefits:
While this food should have its own book on nutrition some of the most important anti-aging benefits of spinach include its high levels of vitamin C and beta-carotene, which protects cells, reduce inflammation and maximize brain function.

Eating spinach helps build healthy bones because it is a warehouse of vitamin A, vitamin C, folic acid, iron, manganese, and magnesium. To top it all off, it contains a compound known as quercetin which is an extremely powerful and natural anti-inflammatory.

Culinary Uses:
Spinach is often used raw in salads these days but studies have shown that they are more easily digestible when they are slightly cooked. Many times you will see this leafy green steamed, sauteed, blanched in hot water and paired with butter and cream to make creamed spinach - (a popular southern cooking dish in North America). Also smoothie-lovers everywhere are adding spinach to their carrot, apple and kale smoothies for an added nutritional kick.
**About Leeks:**
This vegetable is a much sweeter relative of the onion family that grows from the ground in a long, cylindrical stalk. It is a member of the allium family which also includes garlic and shallots, and is one of the most widely underused vegetables in everyday cooking.

**Health Benefits:**
If you are looking for anti-aging benefits, leeks are powerhouses. They contain, like many other green vegetables, two carotenoids (lutein and zeaxanthin) which improve eyesight. Additionally they are high in bone building vitamins such as iron and calcium. They also contain what are called allyl sulfides. These compounds are known to lower blood pressure, cholesterol, and also help to decrease blood clots which can be the cause of strokes and cardiovascular disease.

**Culinary Uses:**
The edible part of the leek plant is a bundle of leaf sheaths near the root system that is sometimes erroneously called the stalk. Leeks are often sautéed and used in dishes with white wine. It also pairs very well with shellfish such as mussels or clams. Often times you will see leeks prepared with garlic and butter which results in a very velvety and flavor-packed dish.
About Onions:
Onions come in a variety of different colors, varieties and flavors. This vegetable is a member of the allium family, known for a host of anti-aging benefits. These round, orb-like foods are often called bulbs after they are pulled and cultivated from the ground and have been eaten since biblical times.

Health Benefits:
Like other members of the allium family, leeks, garlic, and shallots contain a plethora of bone building and cancer fighting vitamins and nutrients. A less commonly known benefits of this eye-watering food is a compound called quercetin. Quercetin is known to fight cancers and also relieve allergies and severe asthma. In regards to choosing onions, the stronger the taste the more potent the age-defying benefits.

Culinary Uses:
Onions truly are a blank canvas. They can be utilized widely in sautéing vegetables, grilling alongside your favorite meats, in salads and even pickled. The extremely flexible vegetable pairs well with just about anything and will caramelized perfectly as it takes on the flavor of spices around the world.
About Swiss Chard:
A large leafy vegetable that stems from the goosefoot family and is a relative of beets, swiss chard is relatively new on the scene. You will often see various shades of swiss chard ranging from red, white, and rainbow colored.

Health Benefits:
One cup of Swiss chard can really stop traffic in terms of health benefits. It only contains a measly 35 calories per cooked cup, but is also armed with 4 grams of fiber, almost 1 gram of potassium and is loaded with vitamin C which is great for fighting aging and eyesight. The healthy dose of vitamin K in swiss chard is also essential in order for the human body to assimilate fat soluble vitamins and strengthen your bones, which are both essential processes as we age.

Culinary Uses:
Swiss chard is very similar to spinach. It can be used early in its lifespan and eaten raw. As it ages, it tends to become more bitter which is why it is usually cooked by sauteéing or boiling. Often you will see swiss chard accompany pork or chicken dishes. A great, simple way to flavor swiss chard is with a squeeze of fresh lemon, sea salt and some ground pepper.
About Watercress:
Watercress is a member of the brassica family of cruciferous vegetables, although it looks like a mini sprout one delicate leaf at the tip. This food, originally from Asia and Europe, is a fast-growing, aquatic or semi-aquatic, food that is one of the oldest leaf vegetables consumed in history.

Health Benefits:
As we age one of our greatest concerns is preventing brittle bones and osteoporosis. Watercress is the heavyweight champion at fighting these conditions because it contains 4 times more calcium than milk and up to 6 times the amount of magnesium.

This cruciferous vegetables also contains enzymes that help the liver manufacture and transfer glutathione to our bodies' cells. Glutathione is considered the body’s master antioxidant because it replenishes and recycles spent antioxidants in order to protect cells from harmful oxidative damage.

Culinary Uses:
Watercress actually has a bit of a bitter tang to it. It is also quite spicy and hot, making it a perfect addition to plain or neutrally-flavored foods. This superfood is usually thrown in with many different salads and eaten raw. This plant can also be sautéed in stir-fries and tends to take on a seemingly flowery aroma as it’s cooked.
About Mushrooms:
Mushrooms, or sometimes called Toadstools, are a spore-bearing fungi that grows up from the ground in a variety of different shapes and colors. While there are over 10,000 different varieties of mushrooms in North America alone, only about half are edible and 1%, located in the wild, can even be poisonous. They have been used in Eastern and Western medicine across the globe for their healing attributes.

Health Benefits:
While the different varieties of mushrooms undoubtedly contain different nutrients and vitamins, as a whole they all contain a powerful anti-aging antioxidant called L-ergothioneine. These compounds transport fat into the cell’s mitochondria where fat is then burned for energy and contributes to rapid weight loss. This has a domino effect by helping to reverse diabetes and other associated diseases by boosting heart and cardiovascular health.

Culinary Uses:
Mushrooms can be eaten raw and also cooked in some incredibly savory dishes such as the renown chicken marsala. It’s not only used in mouthwatering Italian and French dinners, but you may also recognize it in cream of mushroom soup which is an ingredient in many different holiday casseroles including green bean casserole.

Different mushrooms have different flavors so be sure to experiment to find the varieties, texture and flavors you prefer.
About Cauliflower:
While it is widely believed that white-colored foods (potatoes, sugars, white bread etc.) should be avoided there are 3 exceptions to this rule: whitefish, mushrooms and of course cauliflower. Most people do not realize however, that this member of the Brassica family also comes in multiple colors such as orange, purple, and green.

Health Benefits:
Cauliflower is a powerful cancer fighter, a liver detoxifier and contains sulphorophane, a powerful antioxidant. This flowery-looking plant also contains indole-3 carbonol which helps the body to actually repair your DNA. This, along with the folates that are contained in cauliflower, also help to bring healthy red blood cells back into your body.

Culinary Uses:
Cauliflower, while great for your health, has a pretty bland flavor and is commonly used in vegetable platters with dips and in salads. When it is cooked (steamed, roasted, boiled, and even fried), it can really take on the flavors of the seasonings and other foods present. Many times you’ll see health food fanatics replace the famous mash potatoes with what is known as “mock potatoes,” a cauliflower based mash that tastes virtually identical, yet contains far more nutritional benefits.
About Artichokes:
Artichokes, which looks like a green pine cone, are an extremely underused and underrated vegetable. This is most likely due to the fact that preparation can be a bit more extensive because it takes time to get to the good stuff, the artichoke heart, which is located in the middle beneath all the leaves. However, the payoff in taste and nutritional benefits is indeed worth the wait, which is why this Mediterranean food has been utilized since the early Greek and Roman times.

Health Benefits:
When you think of artichokes you should associate them with your liver. This liver-cleansing food contains silymarin, which is the active ingredient in milk thistle which helps to protect and nourish the vital organ. The flavonoids in this spiky-leafed vegetable also help lower your risk for cardiovascular disease by keeping LDL cholesterol at bay. It is also a natural nausea reliever.

Culinary Uses:
Oftentimes you will see artichokes in a broken down form, such as an artichoke and spinach dip or just the artichoke hearts that have been marinated in a jar with vinegar. My favorite way to eat this food, however, is simply steamed and dipped into a lemon-pepper and melted raw butter sauce. Aside from the heart itself, you can also eat the leaves at the bottom towards the heart.
About Bok Choy:
This leafy vegetable is a native to China. It has historically been used by herbalists dating as far back as the Ming Dynasty and was later introduced in Korean cuisine, commonly utilized in the popular dish known as Kimchi. This food has been nickname “Chinese cabbage” and truly stands tall holds it terms of its nutritional content.

Health Benefits:
Bok choy contains indoles which have been found to significantly lower your risk of cancer. A cup of raw bok choy only contains 9 calories but it inundated with vitamins and minerals including vitamin A, potassium, beta-carotene, and calcium which are essential for bone-building.

Culinary Uses:
This flavorless vegetable is often used in Wonton soup. It contains a high water content which means it doesn’t require much time to go limp and this quality makes it perfect for use in stir-fries. Bok choy is also sometimes eaten raw with dips as well. Because this is traditionally a Chinese food you will often see it paired regularly with the same seasonings including ginger, garlic, sea salt and citrus.
About Grapes:
Grapes were first recorded in the country Georgia, which is adjacent to Russia, and have been popularized in historical accounts since as far back as Biblical times. Even Jesus Christ was known to have loved to drink wine. Drinking wine has been a popular tradition throughout history and was practiced by the Egyptians, the Phoenicians, the Romans, and is most likely used today in your favorite restaurants or perhaps on your own dining room table.

Health Benefits:
“A glass of red wine is great for your heart.” Most likely you have heard this statement as grapes are known to have incredible anti-aging and heart protective effects. This is due to a compound called resveratrol. These little fruits are also high amounts of vitamin C which can really help to boost the immune system. Finally, grapes also have a natural antihistamine effect and are known to lower LDL cholesterol levels.

Culinary Uses:
Depending on the type of grapes, many can be used to make wine. They are also often eaten raw as a snack or in a fruit salad. Grapes are also dried out and become what is known as your favorite sugary “pick me up” snack, raisins. One of my favorite ways to eat grapes is freezing them and eating them as a delicious dessert.
About Asparagus:
Asparagus is a spring vegetable that has a male and female species and is known to grow primarily in North Africa, Europe and Asian countries. These slender green stalks have been used as far back as the Greek and Egyptian days and are made up of 93% water. Despite the water content these pack a real health punch.

Health Benefits:
The anti-aging benefits of asparagus are undoubtedly due to the cornucopia of vitamins and nutrients that are running rampant through this vegetable. They are loaded with potassium, vitamin B6, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, and other valuable nutrients. In fact, the extensive list of health benefits that asparagus provides could easily end up being an entirely separate book.

In addition to being packed with antioxidants, asparagus is also one of the few vegetables that contain Glutathione which is the body’s master antioxidant used extensively to fight cancer-causing free radicals.

Culinary Uses:
While asparagus is oftentimes pickled in jars, you will also see these green spears sautéed, roasted, or even grilled and topped with a little lemon juice, sea salt and pepper. Asparagus is also a great addition to soups and stews and will give them a radical nutritional kick.
**About Green Beans:**

Green beans, (or in the good old days string beans), were never the most flavorful food, but that doesn’t take away from the fact that they are an incredibly beneficial nutrient-dense food to add into your diet. These were most often seen to be cultivated in North America.

**Health Benefits:**

Green beans are high in folate which is great for anti-aging. This important B vitamin helps break down homocysteine, an amino acid that can have detrimental effects on your blood vessels.

Their folate content is a main reason why green beans are a real factor in helping to fight stroke, dementia, heart disease. They also help to prevent a myriad of other aging problems such as macular degeneration, poor eyesight, elevated insulin and cholesterol, and diabetes.

**Culinary Uses:**

Green beans are a simple food to cook with. They can be pickled for a delicious snack or even boiled, steamed, sauteed etc. Buying organic frozen green beans is sometimes the fastest and easiest way to cook and prepare these little guys. It is very likely that you have eaten them with cream of mushroom soup in the famous holiday green bean casserole. Delicious!
About Liver:
Liver has been a staple in diets covering every corner of the world. Today, it is rare to find liver eaten regularly by North Americans, but if there is one food to immediately add to your diet, liver is the one! In fact, liver is one of the best first foods to give to your baby.

A popular objection to eating liver is the notion that the liver is a storage site for toxins. However, one of the liver’s most important roles is to neutralize toxins (such as drugs, chemical agents and poisons), not just filter them. The liver may store a small amount of toxins, but so will almost every other tissue in the body. When the animal is properly fed, organic and not exposed to pesticides, antibiotics, steroids and inappropriate feed, this will not be an issue.

Additionally, the liver is an incredible storage site for many important nutrients (vitamins A, D, E, K, B12 and folic acid, and minerals such as copper and iron). When you look at the nutrient amounts in liver versus other animal products you will be compelled to add this food to your diet pronto.

Health Benefits:
If there is one food that is king of all health benefits it is the liver. Above every other food out there, the liver scores higher in just about every vitamin and mineral by a large margin.

Liver is high in protein, Vitamin A, and iron. It is also protective against cardiovascular disease, an incredible cancer fighter, and can supercharge your immune system.
Culinary Uses:
Liver can be baked, boiled, broiled, fried, stir-fried or eaten raw. If you didn’t grow up eating liver, you may taste the mineral/iron flavor pretty intensely. Chopping it in fine pieces and serving it with caramelized onions and bacon fat works great especially if you use heavy flavorful seasonings such as cumin, sea salt, and garlic pepper. You can also make liver tacos. My personal favorite is a raw liver shake complete with coconut milk, raspberries, blackberries, raw milk, coconut oil, sea salt, lemon, 1/2 a banana and a tiny bit of raw honey. Completely masks the flavor, I swear!
About Tea:
Tea likely originated in China as a medicinal drink in the 16th century. By the 17th-century tea made its way to Britain and from there spread wildly throughout India and the rest of the world. Teas have become one of the most popular drinks in the world and there are countless varieties including: white tea, green tea, black tea, oolong, chamomile and yerba mates.

Health Benefits:
Most likely when you think of tea you associate it with high levels of antioxidants and this is true thanks to its abundance of compounds known as polyphenols. These striking antioxidants fight oxidation, interfere with the growth of cancer cells, neutralize tumor growth and are known to give your skin a radiant glow. They also help you reduce stress and act as an appetite suppressant, both of which are ideal for anti-aging but for weight loss.

Culinary Uses:
While teas can be prepared in a variety of methods ranging from the french press to other steeping methods, they are also interestingly being used for their herbal benefits in marinades and seasonings. Personally, I love the relaxing nature of a tea during high noon. If you are avoiding caffeine spikes (which is key to anti-aging) then there is always decaffeinated tea leaves you can choose to use too.
About Cacao:
Cacao, cocoa, or dark chocolate, is derived from a fruit plant that grows on the cacao tree in the deep tropical regions of South America. The seeds in this fruit plant are what is eventually processed into cocoa power, nibs, or just good, old fashioned chocolate. Cacao is incredibly rich, rare and was even formerly used as an alternative currency in the days of the Aztecs.

Health Benefits:
Cacao is extremely high in flavonoids compounds which aid your body in avoiding clots and thus improve the health of your heart’s arteries and blood flow. The rich magnesium content in cacao also helps to ensure optimal heart health.

A tiny bit of cacao per day can go a long way to appease that sweet tooth. Studies have actually shown that if you eat dark chocolate each day you could reduce cardiovascular health by 75% which is unparalleled.

Culinary Uses:
Dark chocolate is definitely not a cheat food as far as health, you just need to look for 70% cocoa or higher. A higher cacao content means less sugar (key for anti-aging), but also a more bitter taste. When you purchase bars they can be warmed up in a double broiler over the stove to make chocolate syrup. Cacao powder is also a great way to spice up desserts and pairs well with just about any fruit you can imagine for a tasty and delectable treat.
About Almonds:

Almonds, one of the most popular nuts, are originally native to the Middle East and South Asian areas. While almonds grow on trees inside a shell, there is an extensive process required to retrieve. But harvesting these delicious little snacks is worthwhile for the amazing health and anti-aging benefits.

Health Benefits:

While almonds are actually high in protein they also contain a healthy dose of your daily recommended intake of fiber. Almonds are also a strappingly heart healthy food due to their high content of monounsaturated fats (the same beneficial fat found in extra virgin olive oil). Monounsaturated fats are well known to lower your LDL cholesterol and reduce the risk of heart diseases. The high amounts of manganese, copper, and riboflavin allow flavoproteins to produce energy throughout the body and they are also beneficial for weight loss.

Culinary Uses:

While we mostly frequently find almonds raw or even blanched, they work very well coupled with Asian sautés and stir-fries. While most stir-fries tend to have leafy greens the addition of nuts add a great textural crunch to balance out dishes. Almonds are also a great dessert as they can be covered in dark chocolate and sea salt. The nuts are often paired with spices like cacao powder and cinnamon. Another great snack is almond butter which can be easily done home-made. Be sure to soak your almonds for twelve hours before using them to neutralize the phytic acid and enzymes inhibitors.
**About Pecans:**

Pecans are a nut indigenous of many south-central american states such as Louisiana, Mississippi, Texas and Louisiana. They are found growing on deciduous trees that can tower from 140-180 feet high. While they have been recorded as being used by early colonial settlers in America the production and cultivation of pecans was first recorded in 1880.

**Health Benefits:**

Like many nuts, pecans are quite high in monounsaturated fats which promote heart health. Additionally, this nutrient rich food is high in phytosterols and beta-sistosterol; compounds known to help lower cholesterol. Pecans are also amazing for brain function as their vitamin E and magnesium content help to protect the brain from neurotoxins.

**Culinary Uses:**

Pecans are actually quite versatile. They can be used in salad toppings, trail mixes, and topped with dark chocolate (70% cacao or higher) to satisfy your sweet tooth in a beneficial way. Many times you will see pecans paired with pears and apples because the combination of the sweetness and crunch create a taste explosion.
About Walnuts:
In the world of nuts, it’s safe to say that walnuts are the king. These popular nuts look like a brain when cracked open, which is incredibly appropriate because the benefits of this superfood are that they promote healthy brain function. Walnuts are cultivated around the world, but China is currently the world’s leading producer.

Health Benefits:
The high amount of omega-3 fatty acids are not only a great way to lower triglyceride levels, (a major problem in aging adults), but they are also what makes walnuts incredible for brain function. They contain approximately half of your daily intake for the trace mineral manganese, which is also critical for peak brain performance, metabolizing sugars, lowering cholesterol and insulin, and preventing diabetes.

Culinary Uses:
Walnuts are great because they are a high protein, nutrient-dense snack. You will also find them chopped in popular holiday dishes or used for stuffings. Walnuts will also be seen in a variety of salads and are usually accompanied by fruits like apples and pears. Another great way to enjoy your walnuts is as a yogurt topping or made into a homemade granola.
About Flaxseeds:
Flax is one food that has really picked up steam in the nutritional market over the past decade. This fibre crop grows in cooler regions around the world and is typically seen in two colors: brown and yellow, which is sometimes called golden.

Health Benefits:
While we tend to think of fruits and vegetables as high in antioxidants it is becoming more and more well-known that flaxseeds are extremely beneficial source of these cancer-fighting nutrients. In fact, they rank number one in the antioxidants known as ligands which are a plant fiber related polyphenol known to reduce cardiovascular disease and decrease insulin resistance and the incidence of diabetes.

Culinary Uses:
When it comes to using flaxseeds in meals you have to be quite creative because they not exceptionally flavorful by any stretch of the imagination. They can be added into homemade muffins, granolas, smoothies or even into your yogurts where the bland taste will be covered up. Flaxseed also work well in stir-fries or vegetable dishes. Be sure to grind them, however, because they may pass through your system whole if they are not ground first.
About Chia Seeds:
Originally known as Salvia hispanica, chia seeds are native to central and southern Mexican territories. Chia is an annual herb that grows up to 1 meter, or 3.3 feet high, and has a small oval shape. They are mottle-colored with brown, gray, black and white. Most popularly associated with chia seeds are the “cha-cha-cha-chia” pets that swept TV commercials across the nation back in the 1980’s. While their conversational knack was second to none, these seeds are excellent when it comes to health.

Health Benefits:
Chia seeds are extremely rich in polyunsaturated fats, specifically omega-3 fatty acids. Chia seeds' lipid profile is composed of 60 percent omega-3s, making them one of the richest plant-based sources of these essential fatty acids, which are well documented to reduce inflammation and joint pain. The high fiber content is another great addition for reducing overall inflammation as well. The minerals present in chia also work to reduce hypertension, or high blood pressure, and also assist in weight maintenance.

Culinary Uses:
Chia seeds tend to have a slightly nutty flavor when eaten on their own. When they are incorporated into a recipe they do not have a noticeable taste and this makes them ideal for stir-fries and vegetable dishes. Due to their array of health benefits, you will also find chia seeds in drinks found in health food stores.
About 100% Grass Fed Meats:
(cow, lamb, elk, venison, bison, buffalo)

While the terms “organic”, “natural” and “free range”, can often be twisted and misconstrued, the same is true with the term “grass fed.”

Make sure you are finding meats labeled with 100% grass fed, which is the natural diet of these grazing animals. This seemingly small detail ensures that you are eating animals void of the hormones, steroids, or chemicals that not only end up in the animals, but also end up in your body and have detrimental effect to your health. Healthy, 100% grass-fed animals have extraordinary health benefits.

Health Benefits:
Conjugated linoleic acid (CLA) is a nutrient found in the fat of ruminant animals that feed on green grass. CLA has been found to be highly protective against cancer. These animal products are also high in omega-3 fatty acids which the American diet tends to be deficient in.

Omega-3 fatty acids are vitally important for the health of the brain and nervous system, for numerous biochemical processes, and for protecting us against heart disease and cancer.

Another great benefit is that the fat-soluble vitamins (vitamin A, vitamin D and vitamin K2/activator X), which occur in the fat of grass-fed animals, support endocrine function and protect against inflammation, problems that can become prevalent in aging adults who aren’t accustomed to a whole foods diet.
Culinary Uses:
There is a virtual cornucopia of grass-fed animals that can be prepared in a different variety of ways. Cow beef can be ground, used as steaks, and used in stews with root vegetables like carrots, celery and onions.

If you are cooking lamb most commonly you will see this meat accompanied by rosemary, mint, tzatziki sauces as well as in Mediterranean gyros. Most other meats like bison, and venison, elk tend to be made into earthy stews. They can also be eaten raw in the popular beef tartare dish.

Red meats are not only nutritious and delicious but are also incredibly versatile.
**About Egg Yolks:**

While egg yolks have been demonized and have quite a bad rap, the fact of the matter is that the yolk is actually the nutrient powerhouse of the egg. Eggs are also commonly called, “The perfect food.” The egg white contains the protective substance known as Albumin which can be problematic for some people. Because the egg is high in fat, people assume that it also causes fat, but this simply isn’t the case.

Eggs are most notorious for their high cholesterol content. Cholesterol has been made out to be our enemy, but the truth is cholesterol is actually the body’s healing substance. Studies supposedly linking dietary cholesterol intake with heart disease have been called into question, and there has been incredible amounts of debate on this issue. The body also produces most of the cholesterol we eat and the dietary contribution is actually minimal. One thing I know for sure is that people were eating eggs liberally far before heart disease ever came onto the scene.

There is one very important consideration though when choosing eggs. Make sure that they are always from pasture-raised, organic chickens. These animals are fed their natural diet and graze on insects and worms rather than damaging corn or grain.

**Health Benefits:**

In the Protein Efficiency Rating scale, eggs score consistently higher than any other food including beef and milk. They contain all 9 essential amino acids, are loaded with vitamins, and are inundated with minerals. All of these components work synergistically to promote a healthy heart, optimal brain function, and great eyesight.
The yolk of the eggs, (not the white), also contains choline and phosphatidylcholine which actually help to prevent the accumulation of cholesterol and fat in the liver. They are also extremely high in omega-3 fatty acids, something which is often lacking in the diets of most people. This not only helps your body work optimally but also reduces inflammation and joint pain. Egg yolks from quality sources truly are the perfect food!

**Culinary Uses:**

Eggs are used in a plethora of ways. While most often seen as scrambled or fried eggs, they are also used poached for eggs Benedict, in mayonnaises, custards, merangues, deviled eggs, hard-boiled eggs, cakes (hopefully Paleo cakes!), eggnogs, Consommé soups, a variety of your favorite omelets. The list goes on and on, and if you dare, eat them raw in smoothies like I do each and every morning.
About Sardines:
Sardines, or pilchards, are a smaller epipelagic fish usually seen migrating together in extremely large schools. Sardines are a prized food for tunas, whales, and other large fish because they are so nutritionally well-rounded. The concept of packing sardines originated in the United States in the 1950’s but was a thriving industry in the United Kingdom since the 1750’s.

Health Benefits:
Sardines are an incredible source of omega-3 fatty acids which are optimal for heart. They are also rich in vitamin B12, great for brain health, help to reduce inflammation, aid circulation, improve memory function, and even regulate your blood sugar. While one can of sardines can account for 1/4 your daily intake of calcium, they also contain more than 50% of the trace mineral selenium which helps fight cancer.

Culinary Uses:
They are commonly served in cans, but fresh sardines are often grilled, pickled or smoked. If you opt for the canned version of sardines make sure to find wild caught that is packed in their own oil. In an ideal scenario find them packed in olive oil rather than damaging canola or vegetables oils. Also note that you may find small bones in sardines but these are regularly consumed due to the fact that they are tiny.
About Wild Alaskan Salmon:

Wild Alaskan Salmon is a staple in many restaurants nowadays because they are an incredibly nutrient-dense food. Be sure to find out immediately, however, whether they are wild or farm raised. Farm-raised salmon are reared in water pens, some are given antibiotics and they are fed an unnatural diet of corn and grains. These factors take a health-promoting, anti-aging food and make them a health liability.

Wild salmon swim upstream and live along the coasts of both the North Atlantic and Pacific oceans. While they are born in fresh water their lifespan consists of a constant migration to the ocean and then a return to fresh water to reproduce.

Health Benefits:

As with many fish, salmon is one of the richest sources of omega-3 fatty acids on the planet, which are a directly related to heart health and optimal brain function. Wild Alaskan salmon also contains astaxanthin, which is an important antioxidant they receive from eating shrimp and krill. This antioxidant is also what gives them their deep orange pigment and is extremely beneficial for fighting cardiovascular, immune, inflammatory and neurodegenerative diseases.

Culinary Uses:

Salmon is used in a variety of different ways. Cedar plank salmon is a popular restaurant dish as well and the fish pairs extremely well with mustards and citrus marinades. It can also be poached in liquid, grilled, or even sautéed and accompanied next to steamed vegetables like broccoli, broccoli rabe, squash, zucchini and tons more. Salmon pairs well with a variety of different foods.
About Bee Pollen, Propolis, Royal Jelly:

Bees are essential for the progress and sustainability of the world. They are the worldwide pollinators bouncing from flower to flower. However, most people don’t quite know why one of the oldest foods in existence contains so many health benefits. While all three are derived from beehives, they are produced and used in different ways by bees.

**Bee pollen** is pollen from flowers that sticks to bees' bodies, combined with plant nectar and bee saliva. The insects use it as a food source for male drones.

**Propolis**, also known as bee glue, is a resinous substance the bees collect from tree buds and use to seal cracks in the hive.

**Royal jelly** is secreted from the salivary glands of worker bees and fed to bee larvae.

Health Benefits:

These foods are extremely well-rounded superfoods and due to their versatility, have excellent anti-aging benefits. They are loaded with almost all the well-known minerals, enzymes, trace elements, and amino acids and are considered nature’s perfect food. For this reason they are also considered to be an immune-system enhancer and are amazing at fighting off infections.

Moreover, they vitalize the glandular system while boosting cellular regeneration and thus have a positive impact on disorders related to brain neurochemistry (anxiety, depression, senility), and also encourage biological balance.
Culinary Uses:

Bee Pollen has a nutty sweet flavor so it's just rather delicate. Most commonly it is used to sprinkle on other foods as a topping. Yogurts would be fine for this.

Propolis is beneficial by sucking it for about 30-45 minutes, to get as many as possible water soluble substances (minerals, amino-acids from bee pollen, etc.)

Royal Jelly can be eaten by the spoonful (make sure to find the correct serving size) and is best in the morning on an empty stomach. It is very bitter so add it to smoothies or water and the taste will be easier to consume.
About Green Foods And Drinks:
(cereal grasses: barley grass, wheatgrass; and microalgae: spirulina, cholerella, and wild blue-green algae)
If you have been to any health food stores you have most likely encountered what many believe to be a hippy-dippy drink called barley or wheatgrass shots. Juicers everywhere swear by all of the microalgae that exist, and for good reason. A little bit can really go a long way as far as health is concerned.

Health Benefits:
The grasses have been known to have excellent aging benefits including improving stamina and sexual energy, mental clarity, and even recovery from addiction. They also improve skin texture and heal the dryness that is caused from aging.

The algae have more chlorophyll than virtually any other food in the world. Chlorophyll delivers a continuous energy transfusion into our bloodstream, replenishing and increasing our red blood cell count. It is a great blood cleanser. Spirulina contains phycocyanin which is an extremely powerful anti-inflammatory. All 3 also contain protein and beta-carotene, which convert to vitamin A (retinol) for healthy skin and mucus membranes, improve the immune system, and maintain good eye health and vision.

Culinary Uses:
The grasses are pretty much widely consumed as a quick shot and should be taken immediately after they are juiced for maximum benefits. The algae are often taken in green shakes with a mixture of fruits and vegetables to help hide the bitter taste that they contain.
About Fermented Foods:

Natural fermentation precedes human history and was initially recorded in Chinese food culture thousands of years ago. Bacteria-laden, fermented foods such as yogurts, sauerkrauts, and kimchi have really been on the rise lately due to their overwhelming ability to heal your gastrointestinal tract and body. In fact, there are so many amazing benefits that stem from eating fermented foods that we even wrote an entirely separate e-book on it.

Health Benefits:

When foods ferment, healthy bacteria breaks down the food and make it more digestible. The bacteria and probiotic known as lactobacilli will arrive on the scene with great benefits such as reducing inflammation. One of the biggest benefits of fermentation is that it works much like a bodily cleanser and restores your gut-bacteria to normal and optimal levels. Your digestion and immune system depend upon healthy bacteria and the probiotics in these foods come by the truckload.

Culinary Uses:

Countless vegetables can be fermented you should truly seek to broaden your horizons. Traditionally fermented vegetables include pickles, cabbages, peppers, green peppers, and cucumbers. You can also choose to flavor the foods you ferment so they really can take on the flavor profiles you enjoy. Adding jalapeño, garlic and dill are what I enjoy with just about any food and there is no exception here.
About Water:
There should be no shock that water, the universal solvent, made this list as over 65% of the earth is made up of water and 83% of the human body is too. Your brain is made up of 74% water as well and is the basis for all of life. Sadly, most people are dehydrated and need to replace toxic drinks such as sodas with water pronto if they want to stay looking young. Proper hydration is essential to anti-aging for almost every system in your body depends on it.

Health Benefits:
Water obviously fights dehydration but most people don’t realize what that entails. Adequate hydration can reduce the risk of coronary heart disease, help to plump skin, fills in fine lines and wrinkles, and boosts a lackluster complexion. It also helps to suppress appetite and control your caloric intake. Finally, it also helps energize your muscles and is critical for kidney function as the water helps transport waste in and out of your body’s cells.

Culinary Uses:
Well I shouldn’t have to tell you but when it comes to water drink it. Add lemon, cucumber, or mint to really boost the flavor for a refreshing drink. Also you can drink more organic, decaffeinated teas which are primarily all water steeped in leaves. The recommended intake is 8 cups of water per day.
About Bone Broth:

Broths have played a role in all traditional cuisines from French, Italian, Chinese, Japanese, African, South American, Middle Eastern and Russian. Grandmothers all over the world were nourishing their families in the best way when they introduced broths, especially bone broths with tendons and marrow, into their homes.

Popular soup bones include those of fish, chicken, turkey, beef, lamb and venison. The bones house a variety of powerful nutrients that become released when they are slowly simmered in water for a few hours.

Health Benefits:

Bone broth has the ability to assuage sore throats, nurture the sick, put vigor in your love life, but that’s not all. This food also contains glycine and proline, two amino acids that are essential for healing microscopic wounds in the body and subduing inflammation and auto-immune conditions.

Additionally, bone broth aids the development of healthy joints, bones, ligaments and tendons.

The countless nutrients found in bone broth work together to help the body maintain proper structural alignment and promote beautiful skin and hair.
Culinary Uses:

Slow cooking, which was a craze in the 1970’s is now making quite the return due to the flavor and the preservation of nutrients it allows.

Cooking on low for 24 hours is best.

It is usually prepared with raw apple cider vinegar, root vegetables such as carrots, celery, onions and also your favorite herbs and spices. Broth is then strained and can be refrigerated for up to a week or stored frozen for several months.
About Extra Virgin Coconut Oil:

While we also have coconuts on this list, extra virgin coconut oil also has additional merit. Coconut oil is extracted from the kernel or meat of matured coconuts and can last up to two years without spoiling. Extra virgin as opposed to just virgin coconut oil, is only processed once and therefore retains more nutritional value. Olive oils, when heated destroys key phenol components of in the oil, but the high smoke point in coconut oil is more stable thus keeping the nutritional value.

Health Benefits:

It is rich in lauric acid which protects your heart by reducing total cholesterol and supporting your immune system. It improves cognitive function, and stalls, or even reverses, neurodegenerative diseases. Extra virgin coconut oil is also extremely effective as mineral oil in treating dry, itchy, rough skin and also can be put in your hair for a sheik healthy shine.

Culinary Uses:

When cooking, always avoid olive oils and use coconut oils. As stated before, the benefits of coconut oil go way beyond cooking and can also be used as lotion. A little bit of coconut oil goes a long way, so use approximately one teaspoon to start and always cook meals on lower temperatures.
About Kombucha:
First recorded in 1995, this healthy fermented tea drink has been a craze in health food stores ever since. Kombucha is an effervescent drink that contains multiple species of yeast and bacteria along with the organic acids, amino acids, active enzymes, and polyphenols produced by these microbes. In short this is a power-packed nutritional drink that looks like a science experiment gone right! Just be careful not to shake or you’ll have an explosion on your hands.

Health Benefits:
The most beneficial components include the various organic acids such as acetic acid, butyric acid, usnic acid, oxalic acid, malic acid, gluconic acid and lactic acid. It also contains active enzymes and probiotics which are great for digestion and healing your gut flora. Kombucha is also rich in glucosamines which helps preserve cartilage structure and prevent joint degeneration, a notorious problem in aging adults. Additionally, the enzymes and organic acids help to detoxify the body which reduces the load on the pancreas, liver and kidneys. Finally, it also helps the body rid itself of unwanted wastes and destroys evil cancer cells.

Culinary Uses:
Well since it’s a fermented tea, Kombucha, is used as a beverage. However, the process of making it can be left entirely to your imagination, as there are a host of different flavors to choose from. You’ll often see flavors such as citrus, ginger, berries, and even an original fermented flavor meshed together with the yeast and bacteria.
About White Fish (Cod, Flounder, Halibut):

White fish, other than Wild Alaskan salmon, are some of the most popular fish in culinary cuisines worldwide. While they are primarily native to both the Northeast Atlantic Ocean and Pacific Ocean, these flakey white fish are not only delicious but also a great health food as well. Always make sure you are getting wild-caught fish (which eat their natural diet) as opposed to farm-raised (which are fed unnatural foods such as grain and corn which are commonly genetically modified).

Health Benefits:

White fish are high in Omega-3 fatty acids which are critical for lowering triglyceride levels, (a major problem in aging adults), and are also incredible for brain functioning, particularly memory. They are also high in selenium and B vitamins, which help fight free radicals which can set the stage for cancer.

Culinary Uses:

White fish have a flakey texture and tend to be fairly mild in flavor. So like chicken, the sauce that accompanies the dish that can really make it stand out. White fish tend to taste great when sautéed with white wines, capers, onions/shallots, garlic and especially citrus flavors. Often they are finished with a little raw butter to give it a nutty, rich flavor.
About Fish Eggs:
Fish eggs, also known as fish roe or caviar, were highly prized by the natives of South America. It was not uncommon for them to travel hundreds of miles from their mountain villages down to the sea to procure it in dried form. The most common caviar you will see are the orange gelatinous looking balls that come from wild salmon or the tiny black orbs that are from wild sturgeon. While these worldwide delicacies are often pretty expensive, there are some cheaper wild-caught versions out there that you can find in certain health stores.

Health Benefits:
Fish eggs are loaded with vitamin D which has incredible beneficial effects such as reducing the risk of many kinds of cancer, heart disease, and autoimmune disorders. They also contain vitamin A and vitamin K2 which work synergistically with vitamin D to prevent toxicity and over calcification of the soft tissues, bones, heart, and kidneys.

Culinary Uses:
You can choose to consume fish eggs in many ways, from right off the spoon, to putting them on bite-site vegetables such as cucumber (which is a great replacement for crackers because most will want to avoid the gluten) to even paired alongside the fish. It truly is a superfood delicacy that has been utilized for thousands of years. If you can find them and afford I highly recommend adding fish eggs to your diet.
About Raw Grass-Fed Butter:

Butter has been thought to originate in Asia Minor and has been used worldwide ever since. While doctors may cringe at my suggestion that this food is a real anti-ager, many aren’t aware of the mounting contradictory evidence concerning the relationship between saturated fat and heart disease.

During the years between 1910-1970 when heart disease rates skyrocketed, rates of butter consumption actually fell. Rates of vegetable oil consumption, however, raised by 400%. Demonizing fat despite the evidence is truly a head scratcher for me, but it is still the stance of many doctors.

Butter is an amazingly beneficial food when it is raw or cultured, grass fed, and organic from pasture-grazing cows. The health of the cow is central to the production of a healthy product so always do your best to avoid animals that are fed corn, grain, or soy. Also be sure the animals are raised organically to ensure that you avoid serious hormones, steroids, and antibiotics.

Health Benefits:

Butter is rich in fat and despite the conventional wisdom, eating fat is not synonymous with storing fat. It’s quite the opposite, actually. Raw butter, from healthy cows, contain CLA’s (conjugated linoleic acid) which is a fat that comes from 100% grass-fed animals that has superior anti-cancer properties and aids in weight loss too.
Butter also contains other fat-soluble vitamins including vitamin E, K and D, all of which are incredible for heart health, optimal brain functioning, and sharp memory - great anti-aging benefits!

**Culinary Uses:**

Raw butter can be used in a variety of different dishes or even as spreads but most commonly it is used in cooking and sautéing. If you let butter cook to where it browns and begins to bubble you will get more of a nutty flavor which goes excellent with white fish.

Cooking sea foods such as shrimp, scallops, clams, or even lobster in raw butter is a great way to make delicious and easy scampi by adding lemon, garlic, pepper, and a dash of sea salt.
### About Grass-Fed, Non-Denatured Whey Protein:

Whey has been used for thousands of years and truly is the best protein supplement on the planet today. Whey protein is the liquid created as a by-product of cheese production. It is then processed into powder form and sold worldwide. However, just like anything produced from cows, make sure you are finding 100% grass-fed cows and organic cows. Also be sure that it is non-denatured. This is extremely important as these products will contain a far greater amounts of nutrients that are typically casualties of traditional and mainstream processing methods.

### Health Benefits:

Whey protein is an antioxidant haven and contains Glutathione, the body’s master antioxidant which almost everyone is deficient in. Glutathione drastically helps improve your immune system by using white blood cells and also aids the liver in detoxification. Whey also has a perfect Biological Value which means this protein will help with quick weight loss, appetite suppression and decreases the amount of time needed for muscle recovery.

### Culinary Uses:

As stated before, there are countless whey proteins out there, but as a true expert on this supplement you want to make sure to find a “100% Grass-Fed Non-Denatured Whey Protein” to get all the incredible health benefits. You can use whey in fruit smoothies as the fructose will help it be absorbed into your body quickly. It is also an incredible post-workout drink, even only with water, when used during your anabolic state - (10-30 minutes right after your workout). This will help greatly to build muscle and replenish the nutrients stores that you may have lost during exercise.
About Sea Vegetables:

Sea vegetables have been used in cuisines, especially Asian, for millenniums and you have most likely eaten some even though you may not have even realized it. If you have ever eaten sushi, the green paper in the middle of the rice that holds the fish, is a nori seaweed. While there are many different varieties, sea vegetables are considered to be some of the most nutrient-dense foods in the world.

Health Benefits:

As a whole, seaweed is extremely high in trace elements and contain large quantities of iodine, iron, and bone-building calcium. As a whole, cultures that regularly eat seaweed (mainly Japanese) have the lowest cancer mortality rates in the world. Vitamins C, E and antioxidant minerals like manganese and zinc, also help reduce the risk of unwanted oxidative stress which is associated with many types of age-related and antioxidant-deficient cardiovascular issues.

Culinary Uses:

Different types of seaweeds are often prepared in different ways. As I stated before, Nori seaweed is used for sushi. Arame is typically sautéed with vegetables and contains a mild flavor. Kombu is frequently used in soups and stocks to help digest foods better, particularly beans and lentils. Wakame seaweed, a more popular sea vegetables, is very dark, soft and thin and is commonly used in miso soup or seaweed salads.
About Raw, Grass-Fed Milk:

Raw milk, or as it should be called regular or original milk, has been used since the Neolithic Revolution (the emergence of agriculture). It was never traditionally processed, homogenized, or pasteurized like it is today. Historically, it was also not a product of unhealthy grain-fed cows commonly fed unnatural diets of genetically modified grain and corn, but instead from pasture-grazing cows fed bright, green grass. All of these changes have turned a product once deemed “white blood” by the Maasai of Africa, into a dirty, unhealthy and highly allergenic product.

In the case of raw milk, it is absolutely critical to find healthy sources of raw milk from trusted farmers. One hundred percent grass-fed, organic raw milk is best.

Visit wwwrealmilk.com to find out about its availability in your area.

Health Benefits:

Raw milk, just like raw butter, contains high amounts of CLA which is a well known and potent cancer fighter. It is also an excellent source of omega-3 fatty acids, a type of essential fat that is vitally important for the health of the brain, the nervous system and for numerous biochemical processes. Vitamins A and D are also plentiful and used alongside enzymes to seamlessly assimilate nutrients throughout the body.
Culinary Uses:
While drinking raw milk from a glass is an excellent and delicious way to consume this sweet-tasting drink, it can be often utilized as a base for smoothies with raw pasture-raised eggs, fruits, and cacao nibs. Strawberries and blueberries, in particular, pair incredibly well with milk.

What if I am lactose intolerant?
“Most people who are lactose intolerant drink raw milk with no problem at all, but there seems to be a very small number of people who either need more time to re-colonize their gut with lactase-producing bacteria.” - Organic Pastures, Fresno California

While this may not be true for everyone, the nutritional benefits are definitely worth the experimentation.
About Oysters:
Oysters, also known as “milk of the ocean,” are commonly known as a natural aphrodisiac. Most people do not realize that oysters always start life as males but usually end up as females. Many oysters produce a calcium and protein deposit known as nacre, which gets trapped in their shell and eventually forms the smooth milky looking ball known as a pearl.

Health Benefits:
Oysters are one of the highest forms of concentrated zinc that is available in a food. Zinc not only enhances muscle strength, but also increases fertility in both men and women, improves immune function, and helps regulates insulin which helps prevent diabetes. As an added bonus, oysters are also high in the amino acid tyrosine, which your brain converts into dopamine, an energizing, feel-good neurotransmitter.

Culinary Uses:
While most people love bellying up to an oyster bar and slipping them down raw on the half shell, they can also be cooked medium or fully cooked to help appease the texture for the more timid consumer. You will often find oysters accompanied by crackers. This is unfortunate due to our attempts to avoid gluten and processed foods so instead try them with a little lemon juice, raw butter, and some hot sauce raw or on a cucumber. They really became popular when they were introduced in the famous cooked dish known as oysters Rockefeller.
About Extra Virgin Olive Oil:
Olive oils have been utilized in Mediterranean cooking for as long as anyone can remember. Greeks and Italians are the kings of making incredible extra virgin olive oils with delicate flavors.

Extra virgin olive oil means that the olives are only pressed once, whereas virgin olive oil is pressed twice. The less processing done to the olives when producing the oil, the greater the nutritional punch.

Also, be sure that when you find quality extra virgin olive oil, it should be packaged in a dark green bottle, opaque bottle.

Health Benefits:
Even a spoonful of olive oil per day can ward off illness due to the phenols, which are extremely powerful antioxidants.

Olive oil is also a primarily monounsaturated fat which helps lower LDL cholesterol counts while simultaneously boosting your HDL cholesterol (“good”).

Olive oil is also excellent in regulating blood pressure and is extremely high in omega-3 fatty acids, much like Wild Alaskan salmon and avocados.

Culinary Uses:
While extra virgin olive oil is known for it’s health benefits, it should not be heated as it kills and thwarts the nutritional value. This is because it has a low smoke point.
The easiest and most beneficial way to utilize this food is as a dressing in salads. Whether a caprese a salad with fresh, organic tomatoes, raw mozzarella and a little basil, or with your favorite vinegar olive oil is delicious atop any salad you choose. This is also used as a main ingredient in homemade mayonnaise which can be very nutritionally beneficial when made with eggs from organic and pasture-raised chickens.
Raw Apple Cider Vinegar:
The old adage states that an apple a day keeps the doctor away, but apple cider vinegar may carry an even more powerful nutritional kick. The company Braggs makes the most common raw apple cider vinegar with the mother, meaning the good bacteria, that is incredibly beneficial to your body. This un-pastuerized food made from apples has been used therapeutically for centuries. I have used it personally to aid digestion, reduce belching, and restore Hydrochloric acid levels (HCL) naturally. Take a small cap full 5-10 minutes before your meals and witness the effortless digestion it assists.

Health Benefits:
Raw apple cider vinegar is truly teeming with anti-aging nutrients such as phosphorus, potassium, silicon, trace minerals and pectin. All of these nutrients can significantly help with weight loss and the regulation of blood sugar and insulin. Erratic blood sugar can set the stage for diabetes and a host of other cardiovascular diseases as well. The resulting inflammation can also lead to joint pains, heart issues and cancer.

Culinary Uses:
Most commonly you will see raw apple cider vinegar used to dress up salads with your favorite extra virgin olive oil. It’s got quite a sour punch to it so the ratio of vinegar to oil should be able least 1:2 or 1:3. Remember, it is extremely sour so typically less is more.
About Fermented Cod Liver Oil:
Cod liver oil has actually been used in ancient cultures for quite some time now. In fact, Hippocrates, the father of medicine, first recorded the medicinal use of fish oils. Because of its high Vitamin A (which you will read about below) and D content it is considered one of the most beneficial supplements to add to your diet.

Health Benefits:
One teaspoon of fermented cod liver oil is hands-down the richest natural source of bioavailable vitamin A on the planet. This nutrient is vital for a healthy immune system and healthy vision, and is especially important for proper development in children and pregnant women. It also aids in protein utilization, testosterone production and prostate health. Cod liver oil is a real gem in terms of anti-aging and restoring your body’s natural health. Liver is widely known as the healthiest food on the planet and the benefits above just the tip of the iceberg when it comes to the nutritional benefits of cod liver oil.

Culinary Uses:
The taste can be tricky and may take some getting used to, just like any liver product. It’s definitely an acquired taste. Nowadays I have found that it comes infused with spices such as cinnamon which make it much more tolerable. Buy cod liver oil in dark bottles and store in a cool, dark, dry place. Most companies will also give you plastic syringe, or sometimes called a dropper. Check with with manufacturer to be sure about quality, potency and dosages as they many times vary. My favorite is Blue Ice fermented cod liver oil with cinnamon.
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