



NUTRITIONAL SCIENCE

Patrick Moore, N.D., M.S.
Health/Nutrition Educator



10 OF THE BEST ANTI-AGING FOODS



“Let your food be your medicine, and your medicine be your food.”

- Hippocrates

MEDICINAL MUSHROOMS



Maitake



Kings Oyster



Agaricus Blazei



Tremella



LINGZHI (REISHI)

Reported Health Benefits of Medicinal Mushrooms:

- Strengthen immunity and resistance to disease
- Improve energy, stamina, and cellular oxygenation
- Calm the spirit, reduce stress and improve mental focus
- Provide antioxidant, anti-inflammatory, analgesic and antihistamine benefits
- Promote longevity and overall health



Shitake



Lions Mane



Cordyceps



Poria

SELECTED MUSHROOMS



Lingzhi (Reishi)

Reported Health Benefits of Lingzhi (Reishi):

- “Mushroom of Immortality” – “Spirit Plant”- Life Extension
- Builds resistance to disease – immune booster/“Adaptogen”- adrenal function
- Calms central nervous system – improves mental focus - GABA
- Analgesic, antioxidant, anti-inflammatory, anti-histamine, anti-viral (Herpes-HIV)



Cordyceps

Reported Health Benefits of Cordyceps:

- Favorite of elite athletes - 1993 World Records/China
- Promotes energy, stamina, oxygenation, ATP/Nitric Oxide production/reduces lactic acid
- Rejuvenates, regenerates and balances adrenal gland function
- Improves respiratory, cardio, kidney and libido function
- Known as “Himalayan Viagra”



Lions Mane

Reported Health Benefits of Lions Mane:

- “The memory of a Lion and the nerves of steel” (folk wisdom)
- Cognitive enhancement – stimulates nerve growth factor - increases growth transmission of sensory neuron cells. Promotes Myelin Sheath growth on brain cells – (Dementia, Alzheimers, Neurological / (May be beneficial for Multiple Sclerosis)
- Immune – Antioxidant – Anti-inflammatory – Good for digestive disorders/repairs ulcerations

EGGS



- Nature's most perfect food (loaded with vitamins, anti-oxidants, vitamin D)
- Best source of bioavailable protein - contains all essential amino acids
- Economical - best return on investment relative to food nutritional value
- Plentiful, easy to prepare

Reported Health Benefits

Heart Healthy

- Stabilize blood sugar - protein / fat
- Yolk - 43% Protein / 70% of fat is monounsaturated (Olive oil)
- Omega 3
- Choline in yolk forms metabolite Betaine = ↓Homocysteine
- Lecithin in Yolk dissolves fat inside blood vessels
- Vitamin D

Brain Health

Choline - B-12 - Omega 3 - Amino Acids

Eye Health

“Occuvite” in the yolk

Lutein - Zeaxanthin - DHA - Vitamin A

Helps prevent Cataracts and Macular Degeneration



EGGS

Weight Loss

- Low Calorie – 70 cal
- Stable blood sugar
- Protein / Fat affect Leptin/Ghrelin hormones promoting fullness and suppressing appetite

Liver Health

- Lecithin + Choline in yolk emulsifies fats/cholesterol inside blood vessels
- Lecithin used in Europe to treat fatty liver

Healthy Hair - Nails - Skin

- High Sulfur content (beauty mineral)
- Biotin - Omega 3 - Amino Acids

Stable Moods

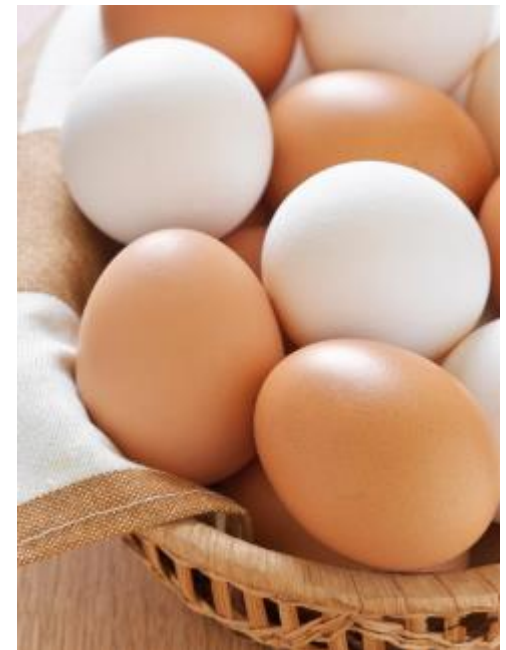
- Blood Sugar Stability
- Tyrosine + Tryptophan + Omega 3

Breast Cancer Protection

- Lutein - Carotenoid antioxidant (Kale - Spinach) Study - Tufts Univ/Korean Catholic Univ. - 88% decrease in B.C. associated with women who had the highest levels of Lutein

Vitamin D “Sunshine Hormone”

- 43 IU / Egg
- All - Purpose Health Enhancer



FISH OIL/OMEGA 3

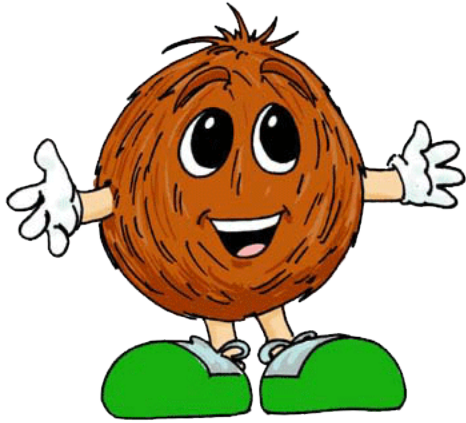
Reported Health Benefits

- Heart Healthy
 - Helps prevent cardiac arrhythmia
 - Anti-thrombotic
 - Anti-atherosclerotic
 - Lowers triglycerides
 - Anti-inflammatory
- Mood Regulation
 - Promotes positive changes in areas of the brain that regulate emotion/behavior
 - Improves outcomes for numerous mental health disorders
- Brain Health
 - Improves cognitive function
 - Crucial for optimal learning/memory ability

*Omega 3
fatty acids are
my best friends!*



COCONUT/OIL



I have something in common with breast milk...

We both contain Lauric Acid and our fatty Acids are primarily Saturated!



Reported Health Benefits

- Energizer/fat burner
- Weight control/Suppresses appetite
- Brain health
- Antibiotic, anti-viral, anti-fungal
- Good for skin/hair
- Functions as a protective antioxidant



CAYENNE



“Spark the Spirit” with the “King of Herbs”



Reported Health Benefits

- Energy Spark/Alertness/Mood enhancer
- Combat Fatigue/Weakness/Faintness
- Promotes Circulation/Blood flow to extremities
- Boosts Metabolism
- Enhances Exercise Workouts
- Diminishes Pain (Capsaicin)
- Heart attack survival
- Clears the Sinuses



*I'm **HOT** but
I'll **COOL** you down!*





COCOA

Nature's Morale Booster!



Reported Health Benefits

- Mood/energy enhancing
- Heart healthy
- Improves mental focus/Brain function
- Decrease stroke risk
- Skin health
- Live longer
- Other emerging benefits/research

*I'll keep you
healthy and
happy!*



BLUEBERRIES

Reported Health Benefits

- Brain Food
- Balance
- Life Extension
- Immune Boosting
- Powerful Anti-oxidant

*I'll make you
smarter!*



OATMEAL

Reported Health Benefits

- Stabilizes blood sugar
- Weight control/Appetite suppressor
- Diabetes beater
- Protects against heart disease
- Immune booster
- Anti-inflammatory/soothes and heals the skin



FERMENTED FOODS

“The Prolongation of Life”

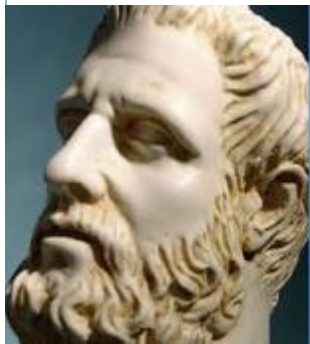
Elie Metchnikoff, Nobel Prize in Medicine, 1908.



Kefir/Yogurt

Reported Health Benefits

- Calms the mind
- Promotes a healthy “gut” environment
- Boosts immunity
- Improves digestion



“ALL DISEASE
BEGINS IN
THE GUT!”
-HIPPOCRATES



i'm special!

CELERY



I'll keep you calm!

Reported Health Benefits

- Calms Nerves
- Lowers Blood Pressure
- Cancer Prevention
- Anti-Inflammatory
- Weight Control

