

YOUNGEVITY . . . Eating for the Health of it . . .

The New Rules for healthy eating.

This is a brief overview of part of my current eBook that will be published shortly on Keys Healthy Chocolates' website. It addresses the most up-to-date information available from research and other evidence-based sources that can guide the thoughtful human in making choices that promote YOUNGEVITY . . . That vibrant living and thriving to a venerable old age. And isn't that a large part of what healthy living is all about?

When you know the most recent developments for longevity AND youngevity -- and some of them are downright *wonderful additions* to your life -- you are in a better position to make choices, for you, and your family that keep you together much longer.

What should I eat? Let's get right to the *meat* of the food research.

The Mediterranean Diet (rather an eating/living plan) was compared to several other diets to see which actually reduced the risk of heart disease. An analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean Diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases. When the Med Diet was compared with other diets, the health benefits of the Mediterranean Diet so outshone the others that the research was stopped prematurely and all subjects were put onto the Mediterranean Diet. This is rare in the field of research.

What IS the Mediterranean Diet Plan?

- Base every meal on all the non-starchy vegetables you can eat, plant-based foods, beans, nuts, Plenty of fruits
- Single ingredient foods (no processed foods)
- 2-3 Tablespoons of olive oil (check to see if it solidifies in refrigerator to be sure it is real). Use this instead of butter.
- Lots of herbs and spices, fresh and home-grown if possible. Use these instead of salt.
- Fish, and seafood at least twice a week
 - chicken, turkey, eggs, cheese and yogurt occasionally
- Grass-fed steaks and meats infrequently
- Dry red wine every day, 1 glass for girls, up to 2 glasses for guys
- Sweets on special occasions
- Being physically active and enjoying meals with family and friends

What about a vegetarian diet. On June 3, 2013 the Journal of the American Medical Association Internal Medicine reported research that vegetarians have reduced all-cause mortality when compared with non-vegetarians. This is more evidence that the substances found in vegetables can keep us healthier longer, and more about that later.

What are other NEW RULES?

1. **Eat every 3-4 hours to maintain a high metabolic rate**, and prevent silent hunger that can attack you when you get home! Be proactive...prevent hunger.
 - a) Plan for your meals and snacks, what to eat, when to eat. Pack just those planned snacks and meals, keep them either in the fridge or in a container you'll take with you. This must be accessible or there will be slip-ups.
 - b) Nutrition to the brain keeps you more alert and concentrated.
 - c) Blood sugar is less apt to spike when we eat frequently.
 - d) When we fast for long periods, our bodies panic and, fearing that we will not get food ever again, goes into starvation mode and drastically reduces metabolic rate. (Eating less than 1000 calories a day for only a few days reduces metabolic rate by 50%!)
 - e) Metabolism rate is increased when we eat several small meals per day...we don't need 3 big meals a day that was once par for the course...only enough to stoke our metabolism to keep it humming along.

2. **Every time food passes your lips, include some protein with it**
 - a) Protect your muscles from being nibbled away at by keeping your protein-high throughout the day. When we are protein deficient, the body will burn protein instead of fat.

Example: Bit of cheese, nuts, half slice of turkey, chunk of tuna, lentils, black beans, Kefir, Greek Yogurt boiled egg, nut butter, teaspoon of hemp seeds, few swallows of high antioxidant protein shake.
 - b) Also, when we eat protein, we are less likely to snack, or go longer between snacks.
 - c) Aim at getting 75-80 grams of protein per day. Mix it up between plant-based and animal- based protein foods.
 - d) Adding a little protein keeps pure carbohydrates from spiking insulin and locking fat around your middle.
 - e) Did you know that if you eat red meat, research shows that you will live as long as someone who doesn't? However, that is only if it is unprocessed meat, and if you grill it, it must have been marinated in lemon juice or vinegar with ROSEMARY, as this combo prevents carcinogens from forming on the char of the meat.

One of the largest studies to address this question, published online March 7 in *BMC Medicine*, found a moderate positive association between processed meat consumption and mortality. This was particularly true for cardiovascular diseases (CVDs), but was also true for cancer.

Over a mean of 12 years, high consumption of processed meat was associated with a near doubling of the risk for all-cause mortality in adults, compared with low consumption. The risk for cancer death was 43% higher and the risk for cardiovascular death was 70% higher in people eating more than 160 g/day (about 4 ounces) of processed meats than in those eating 10.0 to 19.9 g/day (.7 ounce).

- f) So the good news is that you can keep lean and unprocessed protein to stay healthy.

3. Eat MORE, and don't count calories

- a) **A calorie is not a calorie. . . .or is it? NOPE.** It starts as a calorie before you eat it (and upon chemical analysis), but what *counts* is what we *actually digest*.

Example....because of the high fiber content of almonds, up to 80% of its calories are excreted, and not taken into the bloodstream.

- b) Don't count the calories of *non-starchy veggies* in your daily limit. More is better. Their high fiber carries many of the calories through, then out of your body, leaving nutrients behind in your blood stream.
- c) Use the principle of *resistant starch*.

Example: Cold potatoes have "resistant starch" (this acts like fiber) that limits their absorption. So, a good potato salad with the proper dressing can remain on your diet. The dressing can be Greek Yogurt with mustard, or vinegar and a little stevia, but steer clear of the mayo. The Greek Yogurt adds a real punch of protein to the potato salad. But, the potatoes must be cold.

4. Eat what your Grandfather ate

- a) Basically single ingredient foods
 - I. A broccoli is a broccoli, salmon is salmon, pineapple is a pineapple. There is only one ingredient on the label!
 - II. There are thousands of single-ingredient foods

- b) Where are they? Shop the perimeter of the grocery store, where there are fewer preservatives and added ingredients.
 - I. spend little to no time shopping the interior of the store where foods loaded with preservatives are...that's why they are on the interior shelves.
 - II. It is okay to take single-ingredient foods home and combine them in a recipe as long as they do not contain problematic ingredients, as in GMO flour.
- c) Follow the 90/10 rule....Eat single ingredient foods 90% of the time....10% can be reserved for that 'wedding cake' time when you cannot really choose what you eat, etc.
- d) Processed foods have preservatives, dyes, chemicals, etc. that are known carcinogens, and contribute to disease.
- e) When we grow food, it is always a single-ingredient food. Simple is healthier.

5. You should definitely eat fats

- a) All fats are not created equally. Fat does not make fat . . . carbs make fat.
 - I. Trans fats are deadly, saturated fats (depending on their source) can be harmful OR helpful.
 - II. "Eating an avocado is like eating a stick of butter" simply isn't true....butter has saturated fats, avocado has healthy monounsaturated fats that even aid weight loss.
 - III. But, if you are going to eat butter, it should come from the cream of the milk from GRASS-FED cows. The grass that they eat provides the proper Omega 6 to Omega 3 ratio of healthy oils.
 - IV. Stick with your extra virgin olive oil that goes with your Mediterranean Plan.
 - V. Example: Men who ate full-fat cheese weighed the same by the end of the study as those who ate low fat cheese.
 - VI. 6,000 women who ate large amounts of saturated fats scored lower on tests of brain function and memory. On the other hand, women who ate the most monounsaturated fats (found in foods like olive oil and avocado) had higher scores.
 - VII. Fat-free dressings do not allow you to assimilate the fat-soluble vitamins like D and E. So be sure to have some monounsaturated fat (as in olive oil) in your salad dressings.
 - VIII. We've discovered that avoiding fat increases foggy thinking, insomnia, mood swings and other imbalances. Healthy fats are essential, leading to clearer thinking, good memory, and a balanced mood. This is easy to keep in mind. Your brain is made of fat, after all!

- IX. One study of men determined that those who consistently ate processed vegetable fats found in such things as salad dressings, snacks and other prepared foods had a 75% higher rate of mental degradation (dementia, memory loss, etc.) than men who tended to eat healthy fats. Most processed foods and fast foods use corn oil, palm oil, soybean oil.
- X. Choose healthy fats such as those present in olive oil, nut butters, nuts and seeds, flax, oily fish, and avocados. Avoid processed fats found in pastries, chips, candy bars, snacks, junk food, fried foods and prepared foods. Eating the wrong fat can literally alter your brain's communication pathways.

6. Stay away from processed foods.

- a) They are in the interior of the grocery store
 - I. They are in cans and boxes.
 - II. Cans usually have BPA in their lining, a known carcinogen.
 - 1. Particularly harmful are cans with acidic contents, like tomatoes....buy sauce in jars
 - 2. BPA has been removed from baby food containers because of research related to its harm to infants.
 - III. Processed foods have long ingredient lists
 - 1. Words that can't be pronounced by a sixth grader
 - 2. Preservatives allow them to be on the interior shelves
 - a. Have you ever looked at the expiration date on a can?
It might be 3-5 years in the future
 - 3. Frequently processed foods are made up of cheap, low-quality ingredients

7. Avoid foods that make you stupid.

- a) High Fructose Corn Syrup makes you stupid.
 - I. Research reported with rats that were fed HFCS vs. rats that weren't, vs. rats that were given antioxidants along with their HFCS. The HFCS rats couldn't negotiate the mazes they had learned a few weeks previously, whereas the rats in the other two groups could.
 - 1. High antioxidants can protect against harmful substances if we get enough of them.
 - a. The average citizen packs down about 35-pounds of high-fructose corn syrup every year.
 - b. High-fructose diet harms the brain as well as the body, but don't ditch real fruit, which contains a

natural form of fructose, not the dangerous processed type. Also fruit is high in fiber, so eat the whole thing.

c. There's little redeeming nutritional value to HFCS, the ubiquitous sweetener added to everything from bread to salad dressing.

i. It provides empty calories, which promote obesity

ii. it's been linked to heart disease

iii. the manufacturing process has the potential to contaminate it with brain-damaging mercury

b) Junk food makes children stupid

I. A 2011 British study of nearly 4,000 children found that those who ate primarily junk food (lots of processed and fast food) at age three had lower IQs five years later compared with children who ate healthier diets.

c) Avoid foods made of WOOD.

I. Take a look at the ingredient list for your high-fiber cereal or snack bar, and you'll probably see an ingredient called "cellulose."

1. Turns out that cellulose is a code word for "wood pulp."

2. Food manufacturers use it to extend their products and add fiber, so it looks like you're getting more food.

3. But really, you're just left with a mouthful of wood shavings

d) Alcohol kills brain cells

I. Excessive alcohol not only affects behavior, it is toxic to the brain, and in large doses, can cause death

II. Alcohol so clouds thinking that poor food choices are often made.

III. Moderate amounts of alcohol, particularly resveratrol-rich red wine, can help improve your health, but anything beyond a glass or two of wine daily is a recipe for reduced brain function and energy loss.

e) Low Carb Diets. A small Tufts University study of 19 women between the ages of 22 and 55 found that when dieters eliminated carbohydrates, they showed a gradual dip in cognitive skills (particularly on memory-related tests) compared to a group who stayed on a low-calorie diet that included carbs.

- f) **SUGAR** (also known as evaporated cane juice, cane crystals, sucrose, etc.)
- I. In case you missed it: It's no secret. Excess sugar isn't exactly sweet where your health is concerned. Now, new research indicates it may take a toll on your brain, as well as your waistline. In a recent animal study, UCLA researchers found that rats fed a solution of fructose had a harder time navigating a maze, a sign of slowed learning and memory loss, compared to a second group of rats who were given the fructose solution, as well as omega-3 fatty acids, which are thought to have a brain-boosting effect. The researchers suspect that the fructose-only diet decreased brain activity because it affected insulin's ability to help brain cells use sugar to process thoughts and emotions. Certain omega-3 fatty acids may buffer the brain from the harmful effects of fructose.
Use the news: While this research is preliminary, it's just general good health advice to minimize your intake of added sugar and increase your consumption of foods rich in omega-3s, including walnuts, salmon, flax seeds and soybeans to your meals.

8. **SUPERFOODS:** Foods that make you smart, supercharge your brain.

- a) **Avocado monosaturated fat**
- b) **Blueberries very high antioxidant**
- c) **Wild Salmon** *Omega-3 fatty acids are essential for your brain. Avoid farmed (read: sea lice infested) salmon, who are fed food similar to cat food. Choose wild Alaskan salmon only*
- d) **Nuts** *contain protein, high amounts of fiber, and they are rich in beneficial fats*
- e) **Seeds** *contain a lot of protein, beneficial fat, and vitamin E. Hemp seeds are very high protein, containing all amino acids. **Coffee** is good for your brain. Did you know coffee actually contains fiber? That's going to help your cardiovascular system. But, you can safely enjoy 2-4 cups daily. Brew yourself some Fair Trade organic coffee to benefit both the planet and the workers who grow your beans. Use a thermos instead of a throwaway cup, and make the switch to a favorite ceramic cup*
- f) **Beans** *are truly an amazing food that is sadly overlooked. They're humble, but very smart. re? "Beans, beans, their good for your heart, the more you eat, the more you're smart!" Not only are they loaded with fiber, vitamins, minerals and protein, they're ridiculously cheap. Beans provide a steady, slow release of glucose to your brain – which means energy all day without the sugar crash*
- g) **Brown Rice is** *a low-glycemic complex carbohydrate that is excellent for people sensitive to gluten who still want to maintain cardiovascular health. The better your circulation, the sharper your brain. Just make up a big batch of brown rice in a rice cooker on Sunday so you have it on hand for easy lunches all week.*
- h) **Tea** *You have to brew tea fresh or you won't get the benefits of all those antioxidants that boost your brain. Because tea can have caffeine, don't have more than 2-3 cups daily. Green tea is best . .*

- i) **Chocolate** is the highest antioxidant food known. Chocolate sends your serotonin through the roof, so you'll feel happy in short order. Go for super dark, fair-trade, pure raw chocolate, not the sugar-loaded, processed milk chocolate candy bars. Milk mixed with chocolate counteracts many of the antioxidants.
- j) **Olive Oil** One study of men found that those who relied on the processed vegetable fats found in salad dressings, snacks and prepared foods had 75% higher rates of mental degradation (dementia, memory loss) than men who ate healthy fats. Most processed foods and fast foods use corn oil, palm oil, soybean oil and other Omega-6 fats. You don't want Omega 6 fats. Even saturated fat is safer than Omega 6's.
- k) **Eggs** contain protein and fat to provide energy to your brain for hours, and the selenium in organic eggs is proven to help your mood. The cholesterol in foods does not contribute to the cholesterol in your bloodstream.
- l) **Green Leafy Vegetables** Spinach, kale, chard, romaine, arugula, – whatever green you like, eat it daily. Green, leafy vegetables are high in iron. Americans tend to be deficient in iron, which is too bad, because the deficiency is linked to restless leg syndrome, fatigue, poor mood, foggy thinking, and other cognition issues.
- m) **Tomatoes** contain lycopene, an antioxidant that helps prevent prostate cancer, and dementia, but you have to cook the tomatoes to get the most lycopene.

9. Eat High Antioxidant, healthy, anti-aging foods.

- a) How they play such an important role in preventing chronic illnesses and preserving health...thereby becoming powerful anti-aging foods.
- b) Why antioxidants? What are they? Ever cut an apple and left it uncovered out on the table? What happens? Turns brown. *That is OXIDATION, naturally occurring in the presence of oxygen, This process happens all the time in our bodies.*
- c) *Antioxidants are vitamins, minerals and other nutrients that may protect your cells from the effects of free radicals. Free radicals are molecules produced when your body breaks down food for energy, or by environmental toxins like cigarette smoke and radiation. Free radicals can damage cells, weaken the immune system and may play a role in heart disease, arthritis, cancer and other diseases.*
- d) Know which foods have the highest antioxidants
 - I. If you had the olive oil dip at lunch....you had the equivalent of about one serving of veggies, because spices are the highest antioxidant **SUBSTANCES** known, with cloves being the highest, followed closely by cinnamon, oregano, thyme,
 - 1. See my website for the list of spices that are the highest antioxidants.

2. ORAC values are determined on many single ingredient foods and spices, and can guide your selection of foods if you want to have many antioxidants a day.
 3. High antioxidant dip was made from no-salt spices, dehydrated onion flakes and extra virgin olive oil...YUMMMM.
- II. Know Antioxidant foods so you can make the best choices. See my website for the two page list of the antioxidant equivalent in most foods. Then make your grocery list!
- III. What is the highest antioxidant *FOOD* ?
1. Chocolate, but only if it is raw, unprocessed cacao. Most chocolate is cooked, alkalized to take the bitterness out, has added sugars, fats, preservatives, waxes, caffeine, artificial colors or flavors, gluten, fillers, and may have Pesticides, GMOs, or synthetic ingredients. Find a chocolate that is raw and cold processed without these cheap and potentially harmful added ingredients.
 - a. Raw Cacao, from which chocolate is made, is the highest antioxidant food on earth.
 - b. Five studies reviewed in 2011 (114,000 subjects) linked high chocolate consumption with a 37 percent reduction in cardiovascular disease risk, a 31 percent reduction in diabetes risk and a 29 percent reduction in stroke risk, when compared to low chocolate consumption.
 - c. Exciting research published in the American Heart Association's journal. *Hypertension, or high blood pressure*, reveals a link between improved mental functioning in the elderly and powdered cocoa drinks. Besides its more obvious qualities - like taste - , the cocoa in chocolate is loaded with flavonols, a naturally occurring ingredient that is associated with a decreased risk of dementia.
 - i. researchers tested 90 elderly participants suffering from mild cognitive impairment. The result: Those who drank more flavonol-rich cocoa drinks daily registered significantly

higher overall cognitive scores than those who abstained or drank less.

- ii. The flavonols in dark chocolate support blood vessel health and helps control blood pressure.

IV. Age related dementia and inflammation can be helped with foods rich in antioxidants such as raw chocolate, pomegranate juice, blueberries, curry powder, and omega 3 rich foods such as walnuts.

1. High potassium foods found in healthy fats, yogurt, dried apricots and spinach. help control blood pressure , helps prevent cholesterol buildup.
2. Sunburn causes aging skin. Tomatoes combine with olives or olive oil can help protect the skin. You get more antioxidants from it when tomatoes are cooked. Lycopene is also found in berries, spinach and lemons and help block UV rays to protect the skin from aging. Vitamin C helps with the production of collagen which prevents fine lines in the skin.
3. High fiber foods, such as black beans, blueberries, almonds, spinach, raisins, walnuts, pistachios, quinoa and bulgur wheat make you feel full so you don't eat more than you want to.
4. Cinnamon and fiber help keep body muscles strong and healthy. Cinnamon has been purported to delay the onset of diabetes by several years.
5. The more color you have on your plate, the more nutrition and potential antioxidant-wielding capacity you have

e) Harvard has this to say about antioxidants...

- I. "The ingredients in cacao could potentially get rid of 4 of the 5 most common diseases in the western world. Epicatechin is so important that it should be considered a vitamin. If these observations [regarding cocoa epicatechin] predict the future, then we can say...that they are among the most important observations in the history of medicine." Norman Hollenberg, Ph.D., M.D., Harvard University.

f) Science Daily says:

- I. "Epicatechin, a flavonol found in dark chocolate, may eventually rival Penicillin and anesthesia in terms of importance to public

health.” Marina Murphy, Chemistry & Industry quoted in Science Daily.

10. Organic or not?

- a) You can make informed decisions about what you put into your body by reading labels, going organic when necessary
 - I. Don't have to eat only organic
 - a. Dirty foods (high pesticide use or difficult to peel): strawberries, peaches, grapes
 - b. Cleaner foods can be peeled: bananas, cantaloupe, pineapple, kiwi
- b) Scientists and leading doctors are increasingly linking environmental chemicals, including many pesticides, to lower performance levels in school
 - 1. organic diet can slash pesticide levels in the body by about 90 percent,
 - 2. More than 17,000 pesticide products are on the market, yet the Environmental Protection Agency has required testing for less than 1 percent of chemicals currently used in commerce.

11. It is cool to grow your own food, catch your own dinner, etc.

- a) Eat close to the garden. It is easy to grow one...
 - I. Gardening in pots works well here.
 - II. Spend more money on good soil than on seeds
- b) Like a food that you bought? Save the seeds, dry them, then plant and grow your own pesticide-free, organic, healthy and FRESH food.
- c) Help to make this world WORTH living in for ourselves and our descendents.
 - I. Growing an Organic garden for 40 years has taught me much...tomatoes into July maybe this year for the first time..
 - 1. Plants started in July for October planting.
 - 2. Compost instead of buying soil and fertilizer.
 - 3. Plant a Japanese tomato ring and have thousands of healthy, organic cherry tomatoes
 - 4. Save seeds and have hundreds of peppers
 - 5. Have free salads almost every day of the year from what you might have thought was a weed . . .purslane, one of the highest Omega 3 foods available. It is probably growing in your yard or garden.

- d) Catch your own dinner tonight....you're in an ideal location to do that, or at least shop local seafood markets.

12. It is cool and intelligent to consider your carbon footprint when selecting and purchasing foods.

- a) Try to buy local, save on fossil fuels used in transportation.
- b) Try to buy produce that comes from no more than 1000 miles away....that is Virginia or New Orleans
- c) Buy USA foods. Pesticides are more unregulated in other countries.

Being a smart food consumer not only helps you and your family to be healthier and happier, but you contribute to an ecologically healthier world for your descendants, who you are going to spend more time with when you take control of what goes into your body and promote your YOUNGevity.