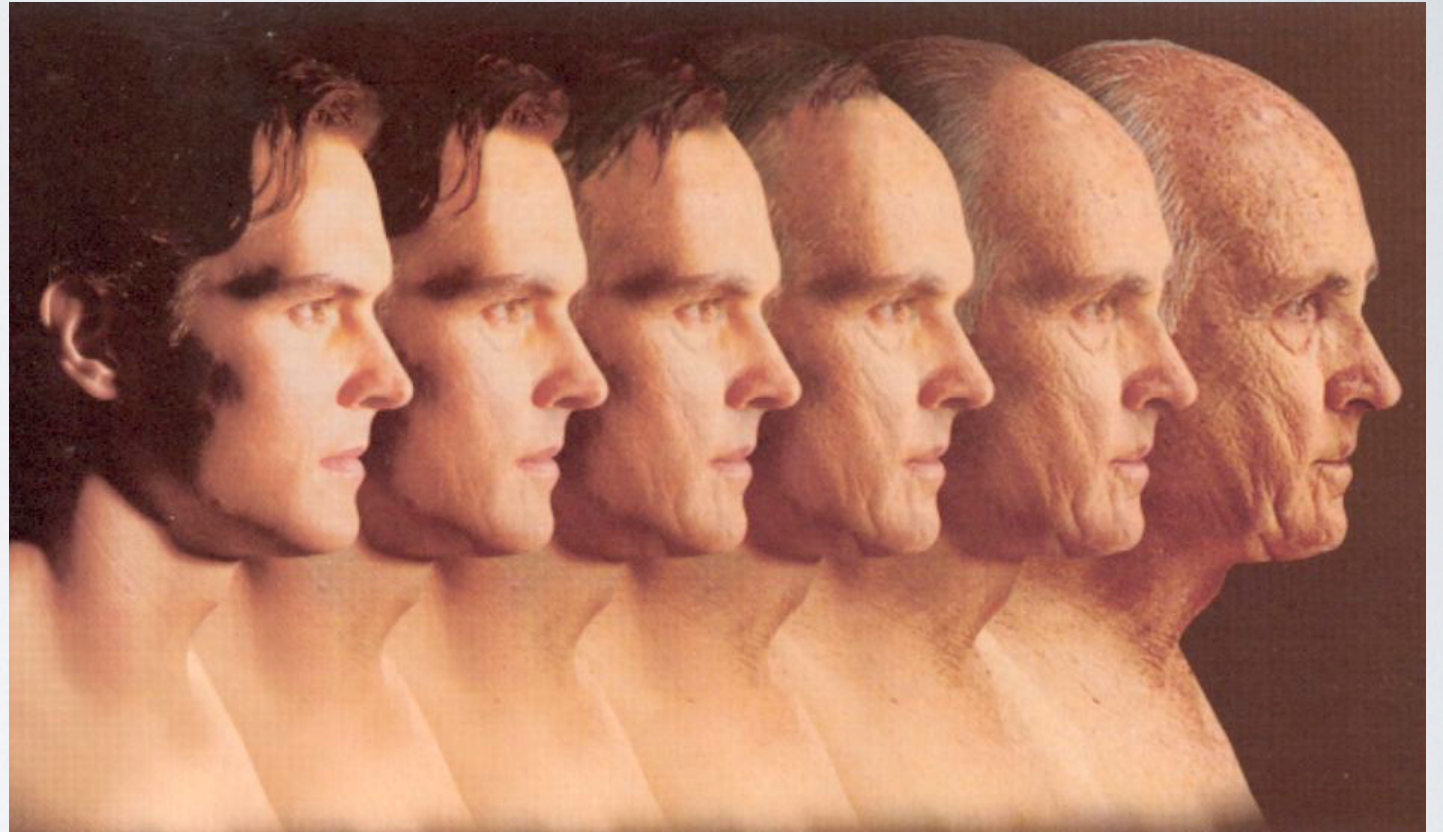


POWER FOODS

for Healthy Aging

WE ARE WHAT WE EAT

- Refined Carbs
- Few Fruits & Veggies
- Inflammatory Fatty Acids
- S.A.D. = Faster Aging
- Stress = Faster Aging
- Inflammation - Oxidation - Glycation - Allostation



BLACK BEANS

- Longevity (Blue Zones)
- Protein
- Fiber (soluble/insoluble)
- Phytonutrients



FATTY FISH

- Mackerel, Bluefish, Trout, Tuna, Wild Salmon
- Omega-3s
- Anti-Inflammatory
- Farmed Salmon?



WHOLE GRAINS

- B-complex vitamins (thiamin, riboflavin, niacin)
- Fiber (digestion/glucose)
- Lignins/Glucans (immune)



DAIRY

- Calcium (metabolism)
- Vitamin D (cancer/depression)
- Chocolate Milk (recovery)
 - Protein (slow/fast)
 - Carbs (slow/fast)
- Non-Fat?



GREEN LEAFY VEGGIES

- Fiber
- Calcium
- Carotenoids (skin/UV)



BERRIES

- Flavonoids!!!
- Anti-Cancer
- Anti-Alzheimer's
- Anti-Diabetes
- Heart Healthy



GREEN TEA

- Catechins (anti-cancer)
- Theanine (anti-stress)



SPICES OF LIFE

- Turmeric (curcumin)
- Ginger
- Anti-Inflammatory
- Analgesic
- Anti-Cancer



CITRUS

- Vitamin C
- Flavonoids (protect/extend)
- PMFs (cholesterol/cortisol)



RED WINE

- Resveratrol (antioxidant?)
 - Nrf2
 - SIRT1
 - Nfkb
- Grapes v. Wine?
- Supplements?



DRINK TEA. EAT COOKIES. FEEL GREAT!

- American College of Nutrition
- American College of Sports Medicine
- Reduce Negative Mood State
 - Stress, Tension, Anxiety, Irritability
- Increase Positive Mood State
 - Mood, Focus, Energy, Well-Being





- **American Ephedra** - contains specialized amino acids with known neuroactivity
- **New Zealand Pine Bark** - provides proanthocyanins shown to increase cerebral (brain) blood flow, improve mental focus, and promote brain function
- **Green Tea** - provides catechin polyphenols known to increase metabolic rate
- **Caffeine** - the world's most popular (and most studied) compound for increasing both mental alertness and fat release
- **Octopamine** - highly selective beta-3 agonist (specific “releaser” of stored fat)
- **Quercetin** - a water-soluble flavonoid found in apples & onions. Potentiates (increases & extends) the activity of caffeine & octopamine to release stored fat
- **Trimethylglycine** - a specialized amino acid (also known as a betaine) that supports methylation reactions involved in both neurotransmitter metabolism (mood support) and protein metabolism (maintenance of lean muscle mass).
- **Yohimbine** - the main bioactive compound in the bark of the African Yohimbe tree, has numerous benefits including improvement in neurotransmitter balance (mood support), enhanced blood flow, appetite control, and fat-burning
- **Niacin** - another multifunction ingredient (vitamin B3), helps balance both lipid (fat) and carbohydrate (sugar) metabolism in the body, while also enhancing blood flow



- **Theanine** is a specialized amino acid naturally found in green tea leaves. Theanine reduces the beta brain waves associated with tension and anxiety - and increases the alpha brain waves associated with relaxed alertness and calm focus. In Japan, theanine is often used by students as a study aid to help them focus and by businessmen to help them relax.
- **Japanese Asparagus extract** that improves the body's stress resilience. It does this through a unique amino acid profile that stimulates the production of anti-stress compounds called heat-shock proteins. These heat shock proteins help cells throughout our entire body to defend themselves from stressful events.
- **New Zealand Pine Bark extract** that protects the whole body, and especially the brain, from both inflammatory and oxidative stress due to its high level of OPCs (oligomeric proanthocyanins). In New Zealand, pine bark is used to improve both mental performance (of the brain) and physical performance (of the body).
- **Corn Grass extract** that improves mood during the day and sleep quality at night. Corn grass won't make you sleepy like a sleep aid. Instead, it helps your body and mind to de-stress and relax - so you can either focus on your work or get into those deep stages of sleep.