



## **Anti-aging food**

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**Abstract.** The problem of combating aging is perhaps one of the most important in the life of all humanity. The search for its solution is reflected in the latest scientific research and development, and in popular folk tales and legends. After all, everyone wants to be young. And no one wants to grow old.

*Key words:* food for aging, recommendations, benefits, harm, beneficial properties, contraindications

## **Anti-aging products: types and principles of action**

Thanks to the painstaking work of scientists, it was possible to prove that there are products that have a rejuvenating effect. By the way, they can be divided into several categories, namely:

- Those that help the body create new cells in place of dead ones;
- Those that replenish energy costs for life activities;
- Those that provoke the production of enzymes for the normal functioning of all organs and systems.

Modern medicine, in turn, claims that a healthy lifestyle in itself is the key to youth and beauty. And leading nutritionists are developing new highly effective diets that, if they don't turn back time, then significantly slow it down.

The most popular of them, by the way, is considered the Mediterranean one, which promotes maximum consumption of plant foods. Moreover, she insists on avoiding fats in favor of olive oil and actively using spices and herbs, which are natural antioxidants. And according to her principles, you need to start and end your day with a small glass of good red wine.

## **How does the aging process occur?**

However, before you begin adjusting your diet and selecting the optimal products to maintain health and longevity, it is important to understand the mechanisms of skin aging.

It has been proven that they are triggered by the action of so-called free radicals. These are oxygen molecules that have a free, “unpaired” electron. This electron makes the molecule unstable. He forces her to look for a mate - an electron that can be taken away from another molecule. The worst thing is that, having attached to a new molecule, a free radical simply disrupts its normal functioning. As a result, the area of destruction increases and a chain reaction is started, which ends in damage to skin cells and aging.

Unfortunately, this process is irreversible, but it can be regulated. To do this, it is enough to introduce foods that have antioxidant properties into your diet. Of course, this will not prevent aging, but it will certainly slow down the process!

### **Not a single diet, or how to preserve youth competently**

Many scientists have worked to develop an approximate menu that would allow the passage of time to be suspended. But only in recent years, a table of antioxidant activity of products called **ORAC** (Oxygen Radical Absorbance Capacity) was created in the USA. It contains a list of foods that contain natural antioxidants. Here are the main ones:

- Cinnamon. [1] Longevity experts say that it can be added to both food and strong drinks, as long as it is done regularly.
- Dry beans. [2] Red, black, white or spotted will do. Moreover, just half a glass of beans is enough to compensate for the lack of antioxidants [3] in the body.
- Berries and fruits. Wild blueberries are considered the healthiest, but if they are unavailable, you can take homemade ones. In addition, cranberries, currants [4], raspberries [5], strawberries [6] and strawberries, Red Delicious apples, sweet cherries [7], plums [8], Gala apples, etc. will help.
- Artichokes. By the way, it is better not to cook them, but to eat them raw.

### **Top 10 foods that will help the body fight aging**

While studying the influence of food on the human body, scientists have identified those that can not only prolong a person's life, but also preserve his youth. These include:

1. Vegetables from the cruciferous family. These are cauliflower, cabbage and Brussels sprouts, broccoli [9,10], turnips and radishes [11]. They are rich in vitamin C, carotenoids and substances that help fight cancer. By the way, regular consumption of these vegetables will prevent not only aging, but also the development of eye diseases.
2. Tomatoes. [12] They contain a powerful antioxidant, which, moreover, prevents the occurrence of cardiovascular diseases and cancer.
3. Garlic. [13] It has antioxidant, antibacterial, antiseptic and antiviral properties, helps to successfully fight problems with the circulatory system and removes heavy metals from the body.
4. Avocado. [14] Thanks to its high content of vitamin E, omega-3 fatty acids and vitamin C, it successfully fights age-related changes in the body. It also contains monosaturated fats, which help lower blood cholesterol and protect the heart. Introducing avocado into your diet will also keep your skin soft and elastic for a long time. [15 ]
5. Whole grain products. They contain vitamins, antioxidants and fiber [16]. Their use will reduce the risk of developing age-related diseases, in particular cancer and cardiovascular diseases, and also gently cleanse the body.
6. Carrot. [17] It contains vitamin A, which maintains the beauty of the skin and hair.
7. Fish. Especially salmon, sardines and herring, as they contain a lot of omega-3 polyunsaturated acids [18], which slow down age-related changes in the body.

8. Spices. In particular, red pepper and ginger [19], as they contain antioxidants.
9. Brazil nuts and sunflower seeds. They contain essential fatty acids.
10. Dairy products. They are rich in vitamin D [20], a deficiency of which occurs with age and leads to diabetes and heart disease.

### **Foods that accelerate aging**

Of course, it is unlikely that it will be possible to stop the aging process, but it is possible to significantly slow it down. To do this, it is enough to exclude, or at least limit, the consumption of certain foods.

- Sugar – it contributes to the development of chronic inflammatory diseases in the body. It is worth reducing the amount of sweets and confectionery you eat. Instead, it is better to introduce fruits and berries into your diet. They are also sweet, but healthy.
- Trans fats include baked goods (they contain margarine), fast food and overcooked foods. It contributes to inflammation, insulin resistance, or the tissues ignoring insulin, as well as increased blood cholesterol and obesity.
- Processed foods – refined grains, including flour, baked goods, pasteurized milk, processed meats (in hamburgers). After processing, milk loses its beneficial properties, and 50% of the calcium it contains becomes unsuitable for absorption by the body. The same thing happens with grains and meat. Although the situation there is worsened by additional salt, sugar and artificial additives, which manufacturers sometimes do not spare.
- Cooking fats – corn, sunflower, flaxseed oil, etc. They have too many omega-6 acids and too little omega-3.
- Meat from animals and birds whose diet contained growth hormones and antibiotics.
- Alcohol - it worsens the general condition of the body and often becomes the cause of dangerous diseases.
- Artificial sweeteners - they provoke the development of cancer and other serious diseases. Their presence or absence is usually indicated on the packaging. So be careful. And your body will one day say “thank you.”

### **How else to resist aging**

Research by scientists from one of the universities in California has shown that one of the main reasons for the aging of the body is the deterioration of glucose absorption with age, which can be prevented by daily half-hour walks in the fresh air.

And scientist Nicolas Starkey from New Zealand once said: “All kinds of diets sweetened with honey [21] can get rid of feelings of fear and anxiety and improve memory in adulthood.”

In addition, in order to stay young and healthy longer, you need to exercise regularly, lead a healthy lifestyle, drink at least 2–2.5 liters of water per day [22] and eliminate salt, sugar and excessively fatty foods from your diet.

And the main thing to remember is that old age begins with thoughts about it in your head. Therefore, drive them away, enjoy life and be happy!

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