Anti-Aging Foods
With internationally renowned author and nutritional expert

Allison Tannis BSc MSc RHN
What is Aging?

- **Hormonal**
  - Adolescence, menopause

- **Cellular**
  - Replicate about 50 times before genetic material is not viable

- **Metabolic**
  - Reduction in number of mitochondria, ability to make energy

- **Toxic**
  - Build up of toxins in the body over time
What Can You Do About It?

• Avoid External Toxins
  • Eat organic
  • Green home and work environment
  • Detox

• Fuel Your Body
  • Nutrients for cell replication
  • Nutrients for cell energy

• Prevent Damage
  • Antioxidants
  • Reduce Inflammation
Fuel Your Body
Foods that Fuel

• Water

• B Vitamins
  • Animal products (fish, eggs, turkey, liver, etc)
  • Mushrooms
  • Wheat germ

• Iron
  • Dark greens, beans, nuts, seeds, animal products
Prevent Damage
Antioxidants

• Free radicals form in the body
• They damage cell structures
• Antioxidants neutralize free radicals
• Different free radicals are neutralized by different antioxidants
• Need a “rainbow on your plate” to truly fight oxidation
Best Antioxidant Foods

- Green Tea
- Blueberries
- Pomegranates
- Acai, Goji
- Spinach
- Raspberries
- Nuts, seeds…
What is Inflammation?

- Body’s reaction to damage or invasion
- White blood cell reaction
- Race to site of trouble
- Clean up damaged cells, invaders
- Can cause damage to surrounding structures including other cells, DNA, etc.
Foods that Fight Inflammation
Purple Grapes

- Proanthocyanidins
  - Prevents damage to cells that leads to aging and cancer.
- The French Paradox
- Reduce inflammation
  - less puffy skin, smoother skin
  - less redness
  - lower risk of disease (heart, arthritis)

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Chocolate

- Rich in antioxidants
  - Fights free radicals
  - Thus, stops damage and inflammation

- Avoid sugar (pure chocolate is best)
  - Promotes inflammation
Seeds

- Contain many nutrients that help the skin look younger:
  - Copper
    - Plays a role in collagen formation
  - Vitamin E
    - Antioxidant that may help with wound healing
  - Potassium
    - Deficiency results in dry skin
  - Selenium
    - Antioxidant that aids elasticity
  - Zinc
    - Helps heal wounds
Essential Fatty Acids

- Seeds contain Omega-6 and Omega-3
  - Omega-6 fatty acids linked to
    - lower cholesterol, acne, arthritis...
  - Omega-3 fatty acids compete with bad fats in the inflammation pathway, blocking the production of chemicals that promote inflammation.
    - Dietary consumption linked with improved factors for heart disease, arthritis, cognitive function
    - People who consume high amounts of fish have the lowest rates of acne.
Some Food for Thought.

Do you really need to go under the knife or can food rescue your skin?

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What’s Food Got To Do With It?

- Your body needs nutrients to fight damage and aging.
- Your skin is no different.
- Processed foods, stress, environmental toxins and low-nutrient diets result in more rapid skin aging.

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What’s Food Got To Do With It?

- Skin needs vitamins, minerals and phytonutrients:
  - Repair damage
  - Build support structures
  - Stay moist
  - Prevent disease
  - Regenerate (new cells look more youthful)

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In 1981, researchers discovered that skin exposed to vitamin C for prolong periods can produce up to 8x more collagen.
It’s Got Scaffolding!

Collagen fibers
Fibroblasts
Elastin fibers
British researchers investigated if food choices affected the skin’s appearance (2007)

Results:

More pronounced wrinkles in those who ate:
  • Bad fats
  • Processed carbohydrates

A diet rich in vitamin C = fewer wrinkles.

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Raspberries

- Antioxidants
  - Vitamin C
    - 50% more antioxidant power than strawberries or kiwis
  - Ellagic acid
  - Anthocyanins
    - *Pharmacological Research*, animal experiments have shown that supplementation with anthocyanins effectively prevents inflammation and subsequent blood-vessel damage.

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Rhubarb

• Silica
  • structural strength, elasticity & flexibility of connective tissue and blood vessels
  • promotes growth of hair and fingernails
  • binds the water equivalent to 300 times its own weight
  • proper water balance in the skin ensures a controlled supply of nutrients to the cells.

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Summary

- Foods that offer nutrients that help energize, repair and regenerate to your body’s cells will help the body stay youthful.

- Foods that offer nutrients that fight free radicals will help fight aging.

- Foods that do NOT promote inflammation, or even act as anti-inflammatories are beneficial in the fight against aging.