



# The Best Is Yet To Come: Living Today for a Sharper Tomorrow

Dr. John Westerdahl

# The Best is Yet to Come: Living Today for a Sharper Tomorrow

› John Westerdahl, PhD, MPH, RDN, CNS, FAND, DipACLM  
Registered Dietitian Nutritionist  
Board Certified Anti-Aging Health Practitioner



LOMA LINDA  
UNIVERSITY  
HEALTH

**MANY STRENGTHS. ONE MISSION.**

*A Seventh-day Adventist Organization*



SPECIAL EDITION THE FUTURE OF MEDICINE

# Newsweek

Summer 2005: \$4.95 US

## Your Health In the 21st Century

**NEW TREATMENTS**

**For Cancer, Alzheimer's, Diabetes & Depression**

**PLUS PULLOUT POSTER**  
The Science Of Drugs

**With** Harvard Medical School

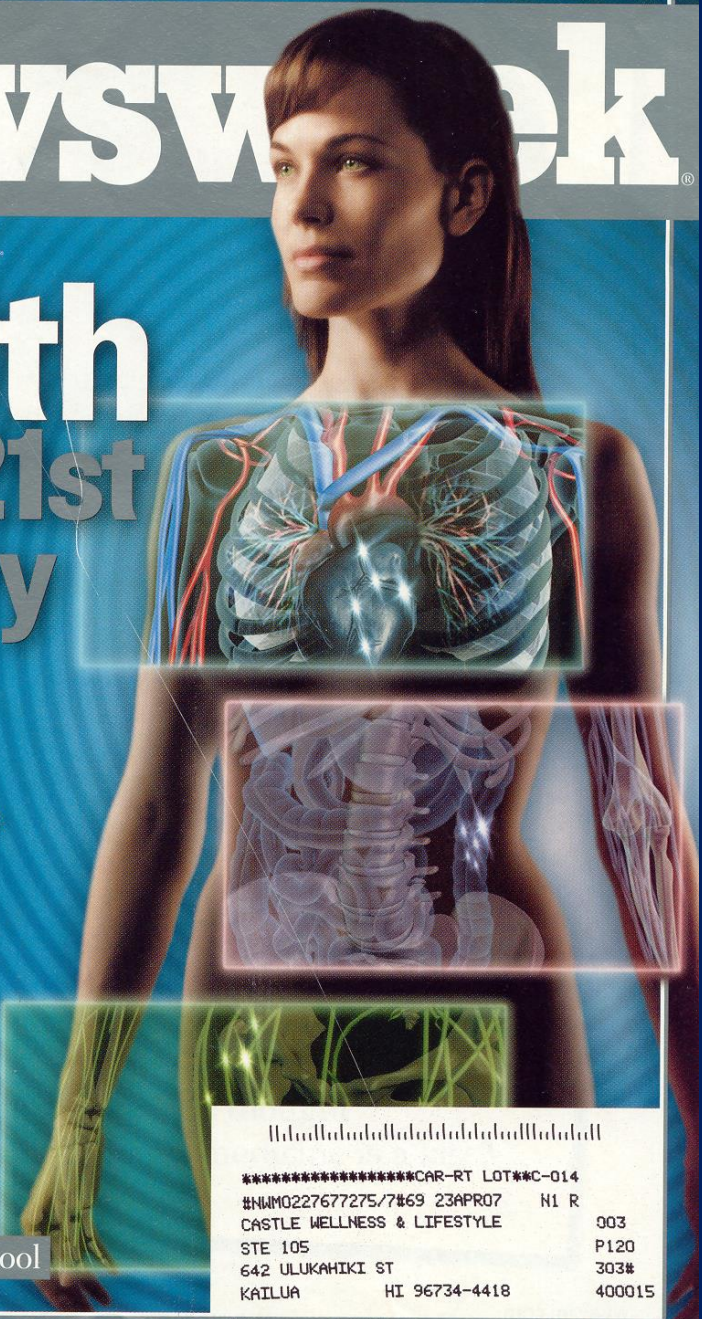


PHOTO ILLUSTRATION BY WILLIAM DUKE

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 CASTLE WELLNESS & LIFESTYLE 903  
 STE 105 P120  
 642 ULUKAHIKI ST 303#  
 KAILUA HI 96734-4418 400015

# HEALTHCARE CRISIS!



# 70% of Patients – Diet and Lifestyle Related Causes



Castle Medical Center  
Adventist Health



SPECIAL EDITION THE FUTURE OF MEDICINE

# Newsweek

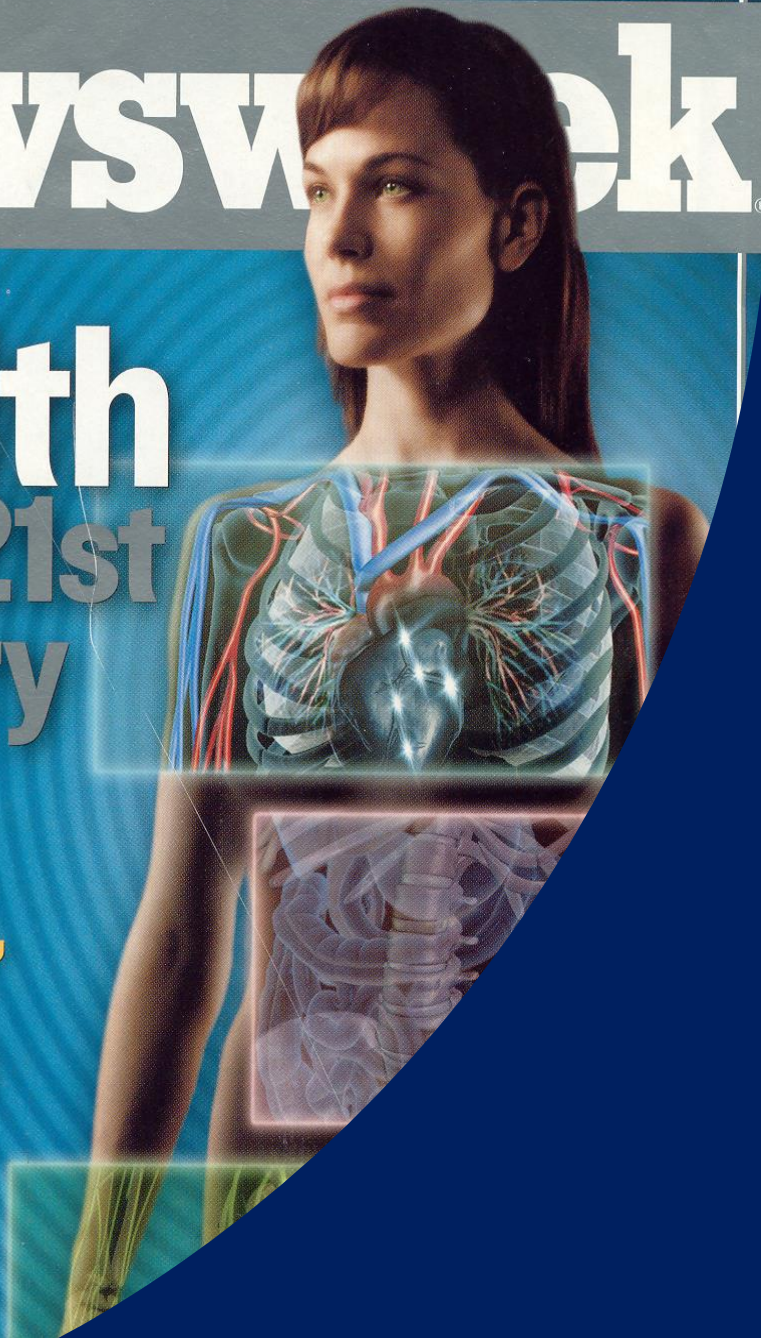
Summer 2005: \$4.95 US

## Your Health In the 21st Century

NEW TREATMENTS

For Cancer, Alzheimer's, Diabetes & Depression

PLUS  
PULLOUT  
POSTER  
The Science  
of Drugs



## Lifestyle Medicine

Evidence-based health care for the 21<sup>st</sup> Century: integrating prevention and intervention



American College of Lifestyle Medicine





# **MEDICAL NUTRITION THERAPY**

**Using Diet and Nutrition to Treat  
Disease and Illness**





“Let food be thy medicine and medicine be thy food.”  
Hippocrates (460-377 B.C.)



A top-down view of various fresh foods arranged on a rustic, textured surface. In the upper right, a small brown bowl is filled with bright yellow chickpeas. To its right, another bowl contains fresh green sprouts. In the lower right, a halved avocado shows its green flesh and brown pit. On the left, a larger bowl is filled with a colorful salad of chickpeas, watermelon slices, radish slices, and green leafy vegetables. Several individual spinach leaves are scattered around the bowls. The overall composition is vibrant and emphasizes natural, healthy ingredients.

**Before there was medicine,  
there was food**



A vibrant collage of various plant-based foods. At the top, there are slices of grapefruit and green beans. Below that, several bowls contain different types of grains: white beans, quinoa, whole wheat flour, and rolled oats. The center features a variety of fruits like kiwi, grapes, and strawberries, along with vegetables such as Brussels sprouts, artichokes, and papaya. There are also bowls of nuts and seeds, including almonds and sunflower seeds. The background is a mix of these ingredients, creating a rich, colorful display.

# Foods From Plants *Prevent* The Diseases that are Killing Us

Vegetables, Fruits,  
Whole Grains, Beans, Nuts, Seeds





Foods from Plants *Promote*  
Health, Longevity, & Vitality







# DISEASES OF AFFLUENCE

# Disease of “Rich” Eating

Atherosclerosis

*Heart attack*

*Stroke*

Hypertension

Diabetes

Obesity

Arthritis

*AS, gout, psoriatic*

*rheumatoid, Lupus*

Osteoporosis

Kidney Failure

Kidney Stones

Multiple Sclerosis

Appendicitis

Constipation

Colitis

*Crohn's*

*Ulcerative*

*Nonspecific*

Diarrhea

Diverticulosis

Gastritis (ulcers)

Gallstones

Hiatus Hernia

Hemorrhoids

Varicose Veins

Cancers:

*Colon*

*Breast*

*Prostate*

*Kidney*

*Uterus*

*Pancreas*

*Testicle*



A collage of various fast-food items including a burger, fries, a cookie, a pie, and candy.

# **STANDARD AMERICAN DIET (SAD)**

**Promotes Disease and Premature Aging**

# **Foods From Plants Prevent The Diseases That Are Killing Us!**

*Vegetables – Fruits – Whole Grains – Beans*



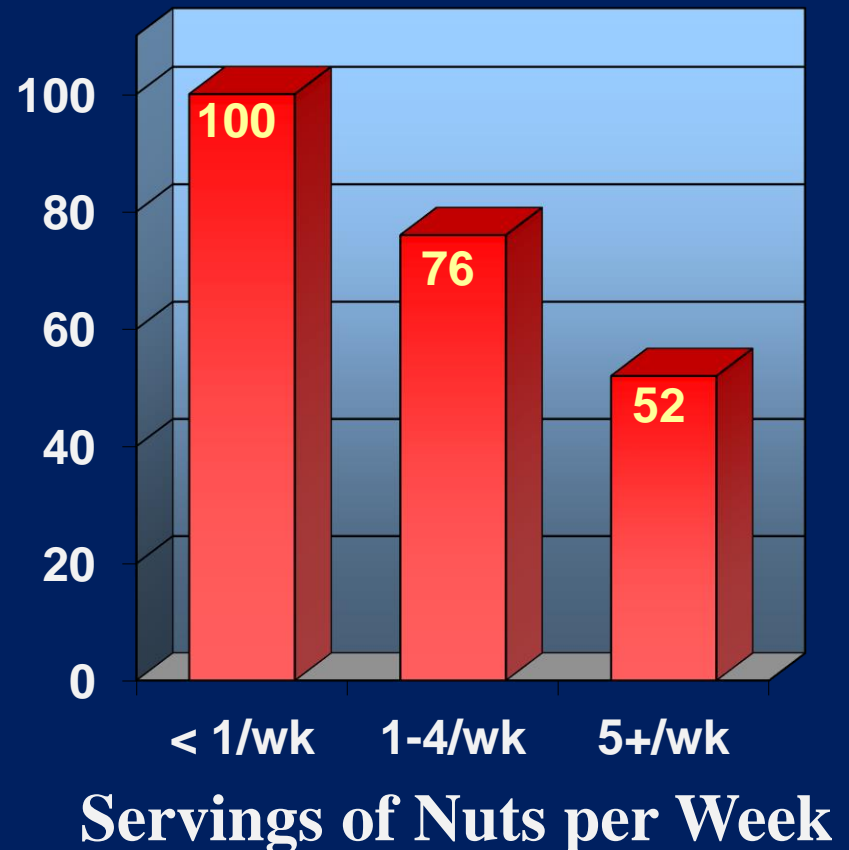
# Nut Consumption and Heart Disease

- Frequent consumption of nuts protects against risk of heart attacks.
- People who ate nuts frequently (5+ times/week) had a 51% reduction in heart attacks and a 48% reduction in death from heart attacks compared to those who seldom ate nuts.

Arch Intern Med, Vol. 152, p. 1416

n=26,743

## Relative Risk of Heart Attack







# Eat Nuts and Seeds Daily at Least 5 Servings Per Week

## Examples

- Almonds, walnuts, cashews, Brazil nuts, hazelnuts, pecans, peanuts
- Sunflower seeds, flax seed, pumpkin seeds, sesame
- Peanut and almond butter, tahini

# Whole-Wheat Bread and Heart Disease

**Relative  
Risk of  
Heart  
Attack**

n=26,437





# Choose a Variety of Grains

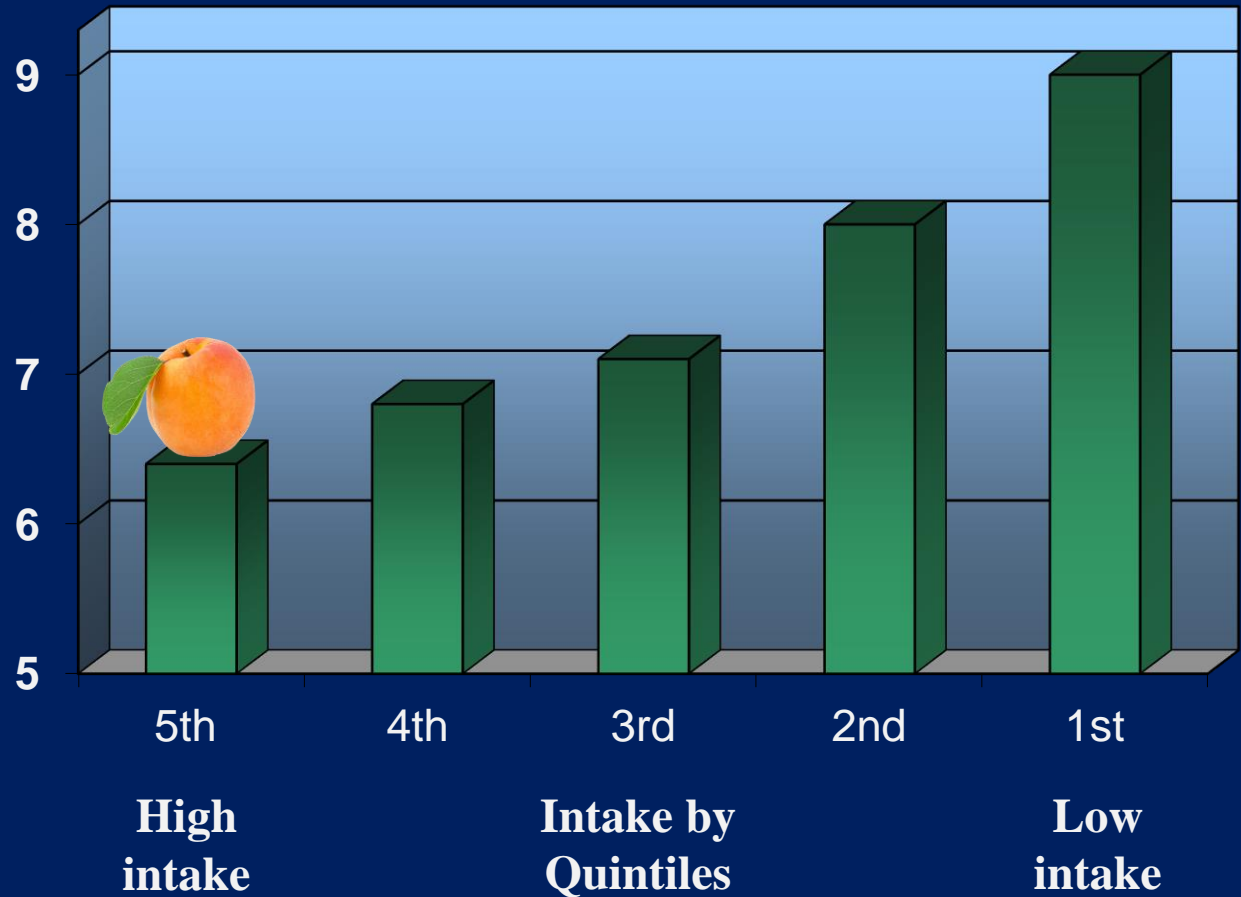
- Whole-grain breads
- Multi-grain breads
- Oatmeal breads and cereals
- Whole-grain rye
- High fiber cereals
- Brown rice
- Whole-grain pasta
- Barley cereal



Six or more servings/day recommended  
primarily from whole-grain sources

# Vegetable and Fruit Consumption

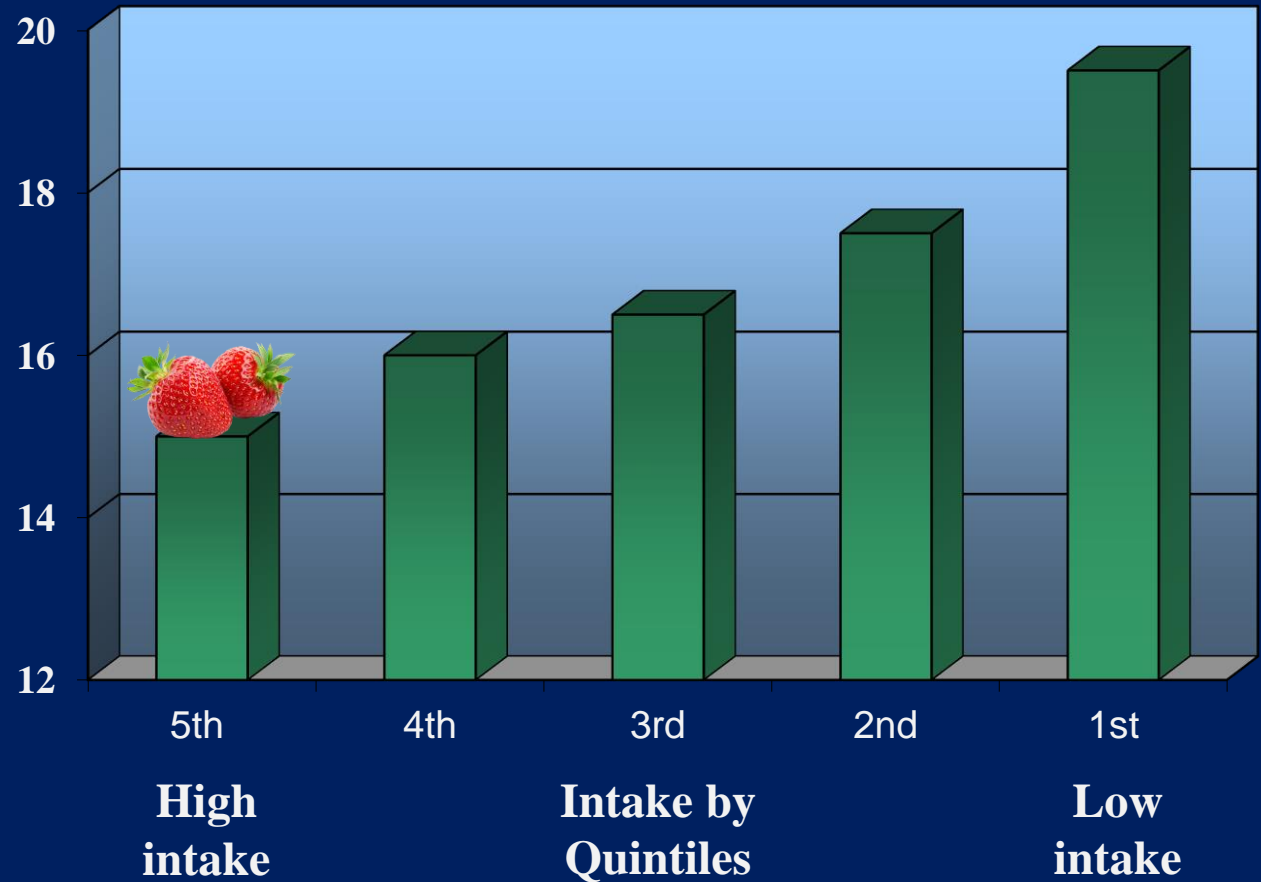
Women:  
probability  
of dying,  
mid-life,  
ages 35-69  
n=350,000



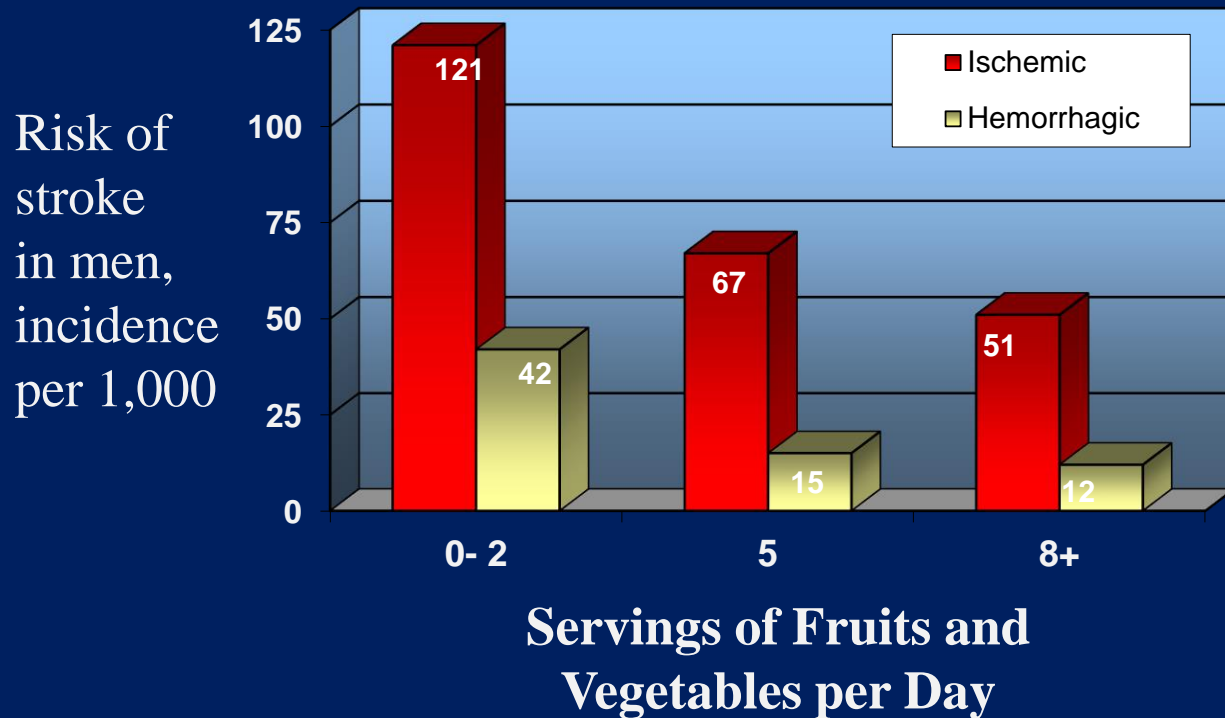


# Vegetable and Fruit Consumption

Men:  
probability  
of dying  
mid-life,  
ages 35-69  
n=200,000



# Fruit and Vegetable Intake and Risk of Stroke



- 20 year follow-up of 832 men
- For each increment of 3 servings of fruits or vegetables per day, there was a 45% decrease in the risk of death from stroke



# Protective Elements in Fruits and Vegetables

- Potassium - protects against high blood pressure
- Folate -- helps prevent high blood homocysteine levels which can cause heart disease and strokes
- Fiber -- helps lower blood pressure, cholesterol, and blood sugar levels
- Antioxidants protect against cancer and Alzheimer's disease
- Vitamin C



# Why Foods From Plants?

**Low in Fat**

**High in Fiber**

**Low in Calories**

**Full of Antioxidants**



# Ways to Eat More Fruits and Vegetables

- Keep ready to eat raw vegetables handy in a clear container in the front of your refrigerator for frequent use.
- Enjoy stir fry vegetables, add vegetables to soups
- Keep a supply of fresh fruit on the table: oranges, banana, apples, kiwi
- Eat more salads and include a variety of vegetables: broccoli, peppers, cabbage, tomatoes, carrots, dark salad greens, onions
- Eat fruit salads and finish a meal with fruit as a natural sweet (e.g. orange, berries, melon, dates)

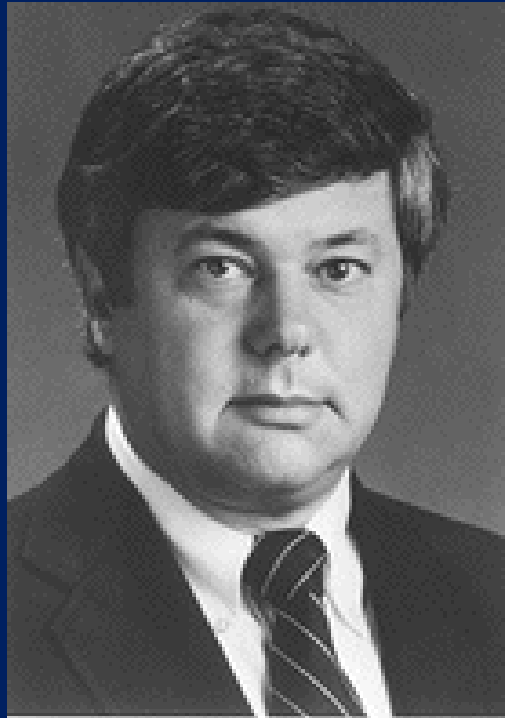
A top-down view of various high-fat foods arranged on a light-colored surface. In the top left, several slices of yellow cheese are on a white cutting board. To the right, a white plate holds several strips of cooked bacon. In the center, a piece of raw meat is on a white paper-lined tray. Below the meat, a glass butter dish contains a block of butter and several slices. In the bottom right, a rustic bowl holds several brown eggs. Small white containers with liquid are scattered around. Green and white flowers are used as garnishes.

# Saturated Fat

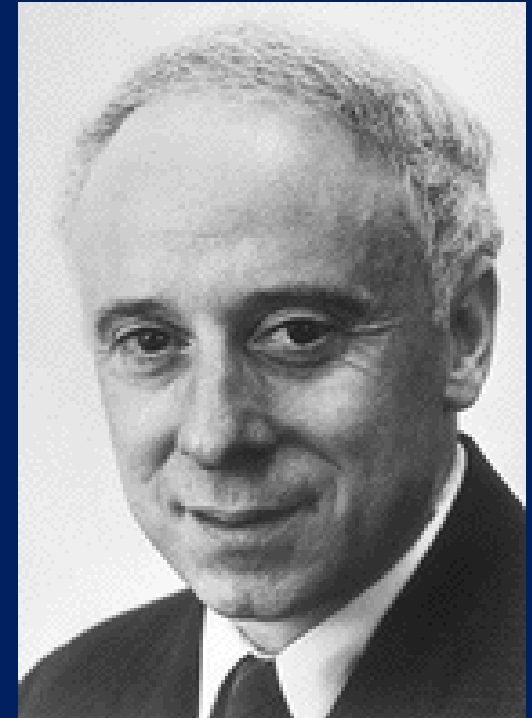




**Saturated Fats  
Raise Blood Cholesterol Levels**



**Dr. Michael S. Brown M.D.**



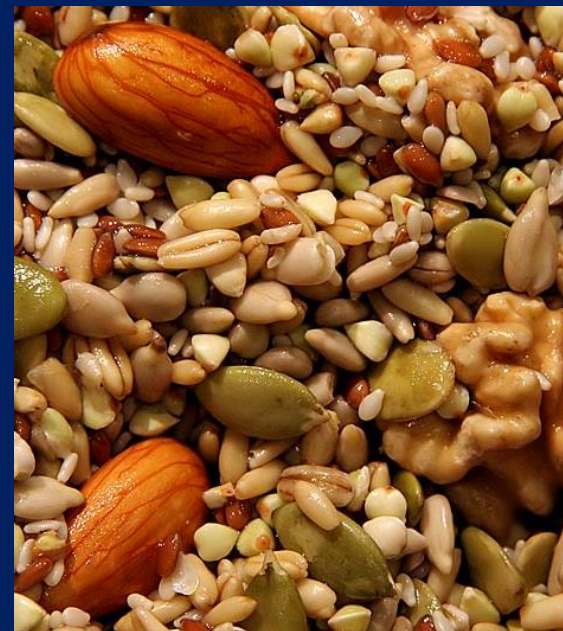
**Dr. Joseph L. Goldstein M.D.**

**Nobel Prize  
In Medicine**

**Cholesterol Metabolism Research**



**Humans Are Not Designed Well  
To Eat Animal Fat And Cholesterol**



**What Foods Do Not  
Contain Cholesterol?**

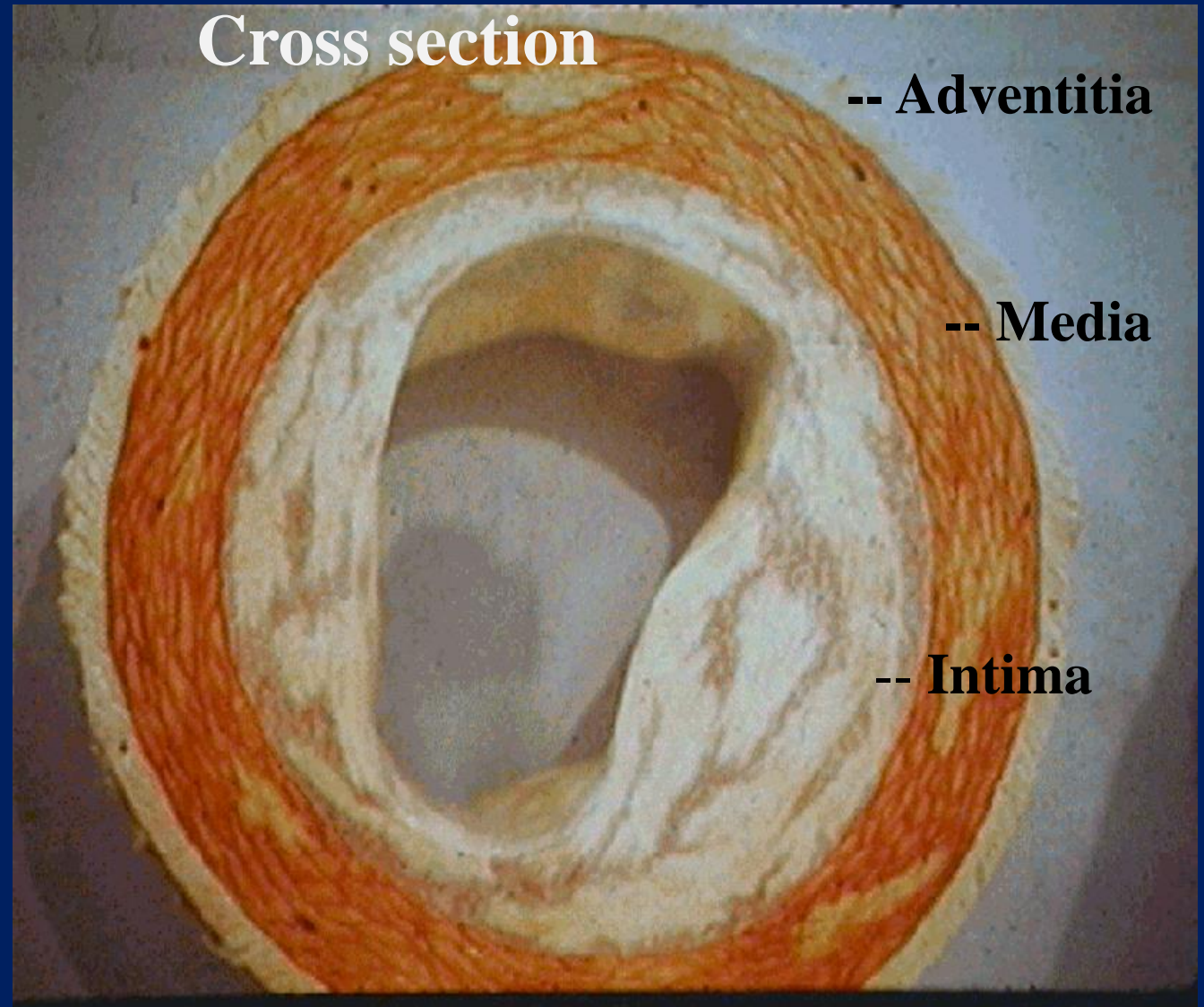
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# Artery Model

An artery has three layers: the outside adventitia, muscle media, and the inner intima layer.

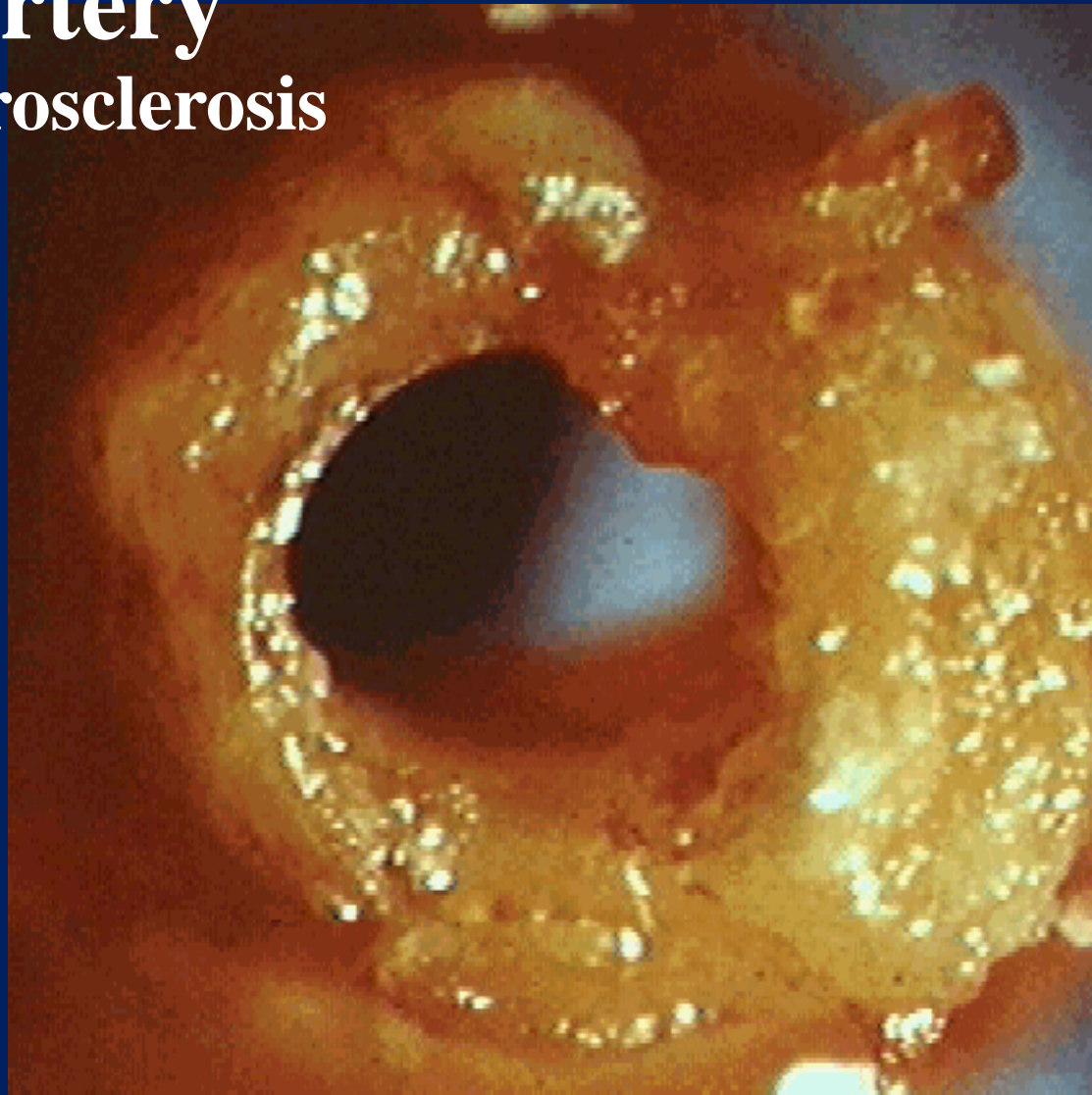
This artery model shows a buildup of cholesterol plaque in the lumen of the artery.



# Coronary artery

## Moderate atherosclerosis

There are usually  
no signs of  
disease until an  
artery is 90-95%  
plugged

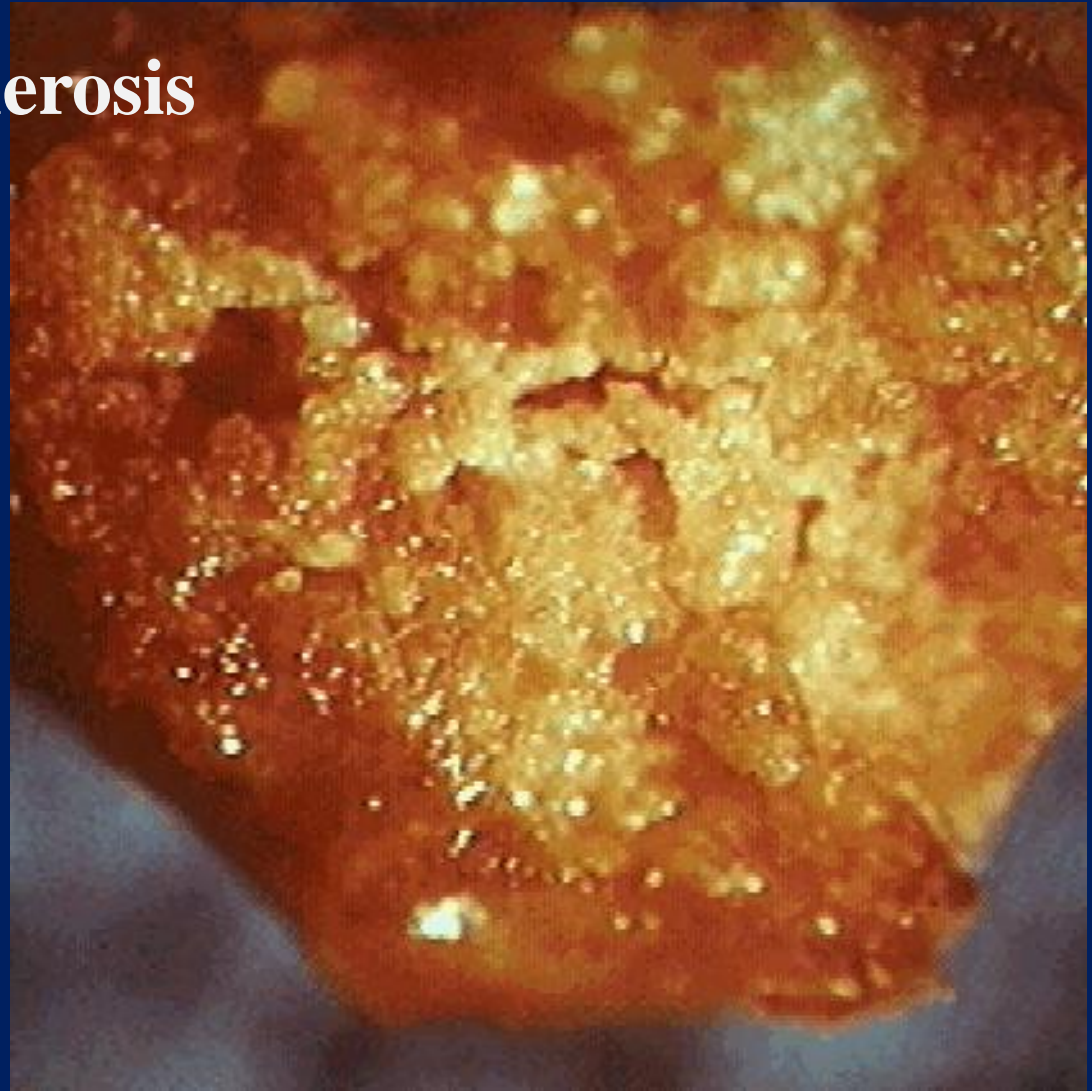


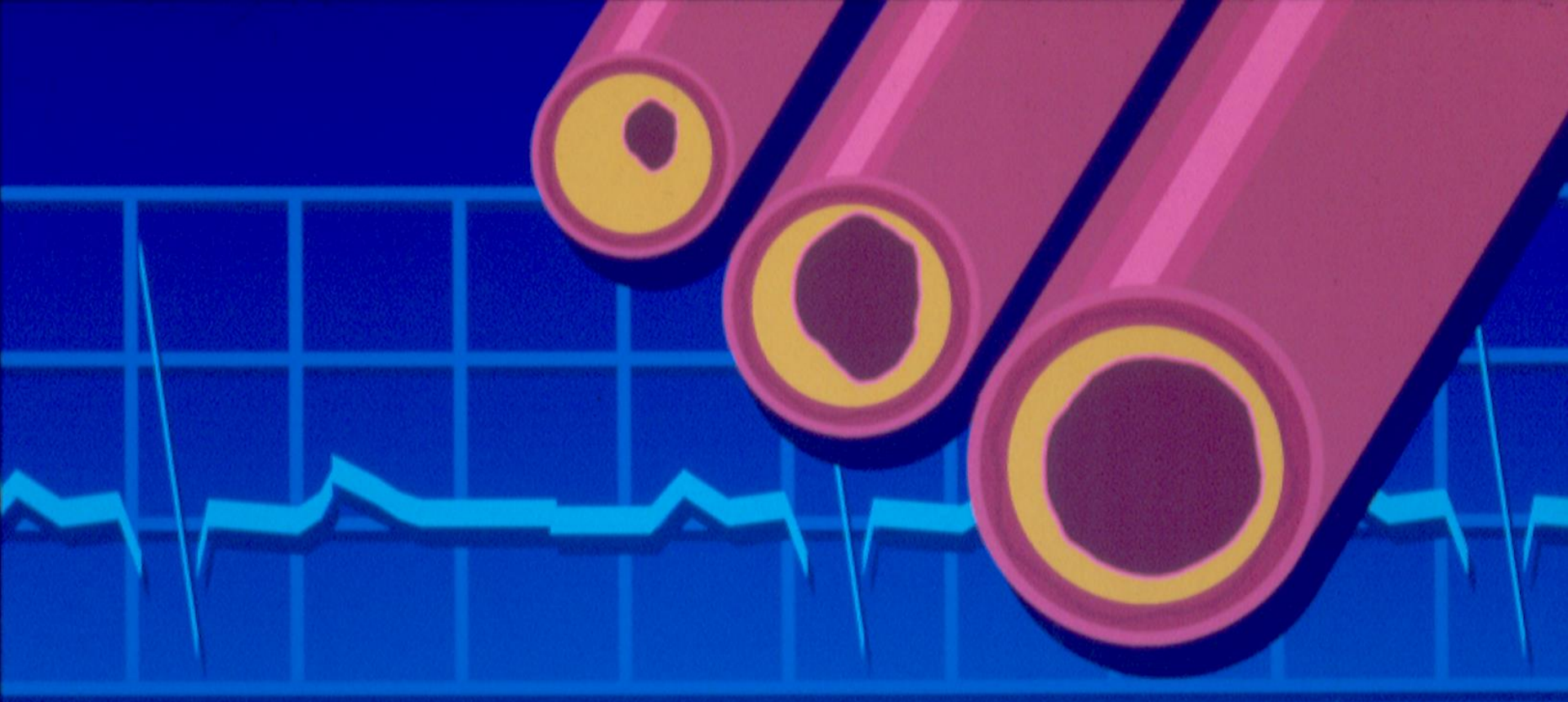


# Artery

## Severe Atherosclerosis

This artery is 99% plugged with buildup of cholesterol and plaque.



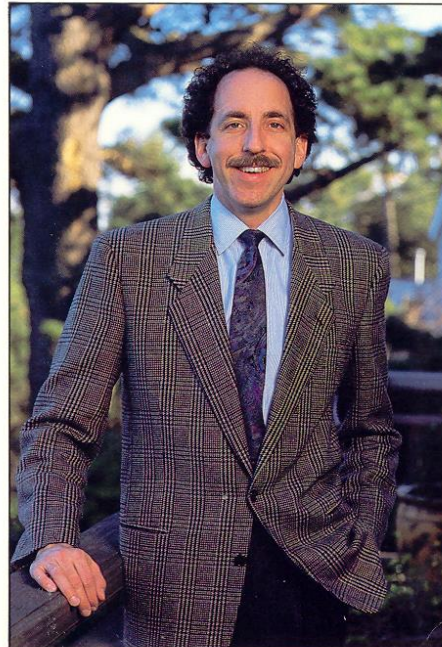


**Scientific Research Documents:  
Heart Disease Is Reversible**



# Dr. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE

The Only  
System  
Scientifically  
Proven to  
Reverse  
Heart Disease  
Without  
Drugs or  
Surgery



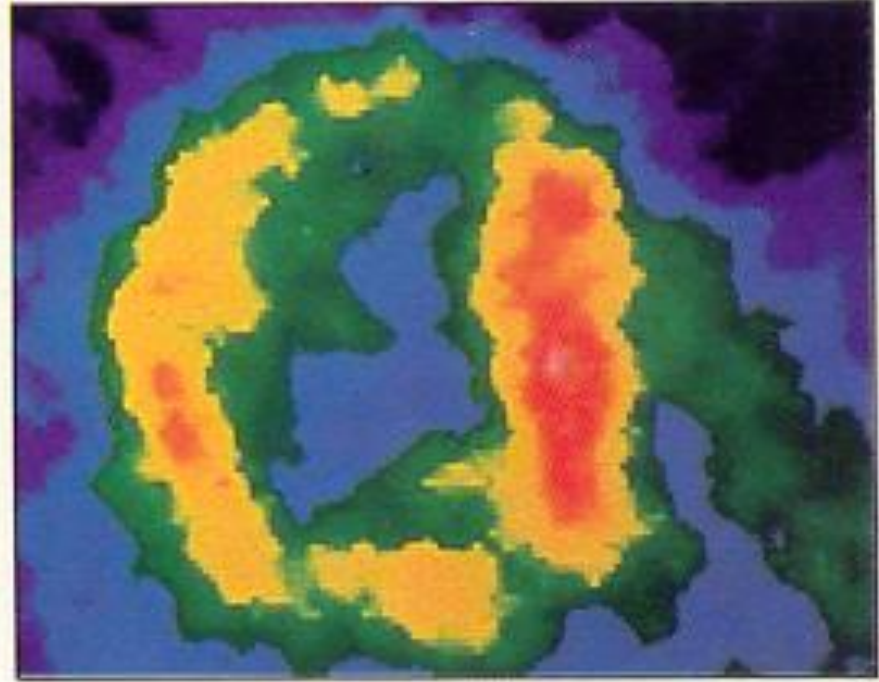
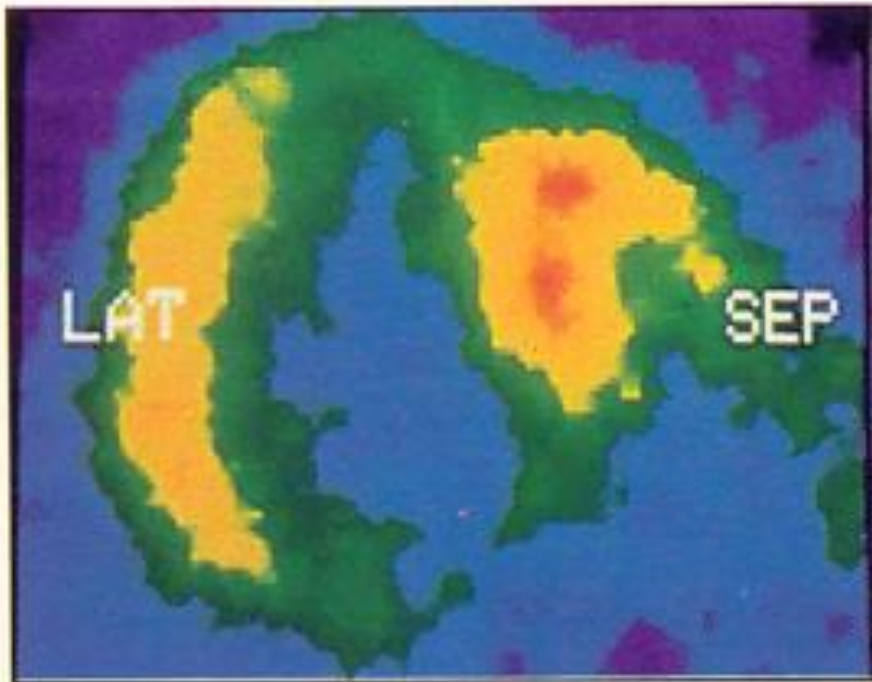


# Low-Fat Vegetarian Diet Reverses Heart Disease

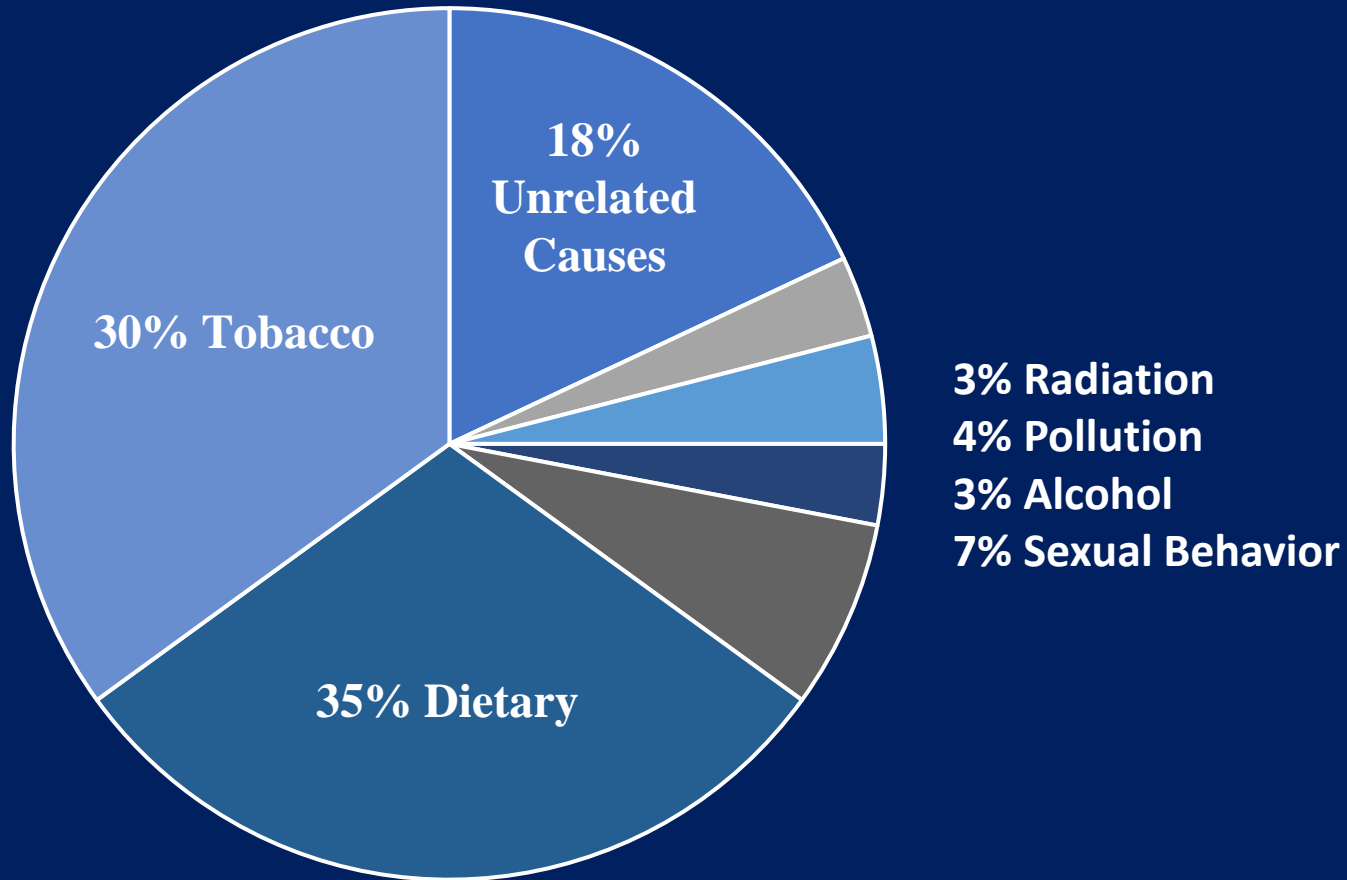




# Lifestyle Heart Trial PET Scan



# Causes of Cancer in the US





# Diet and Tobacco

Poor diet and use of tobacco may cause as much as **65 percent** of all **CANCER**.





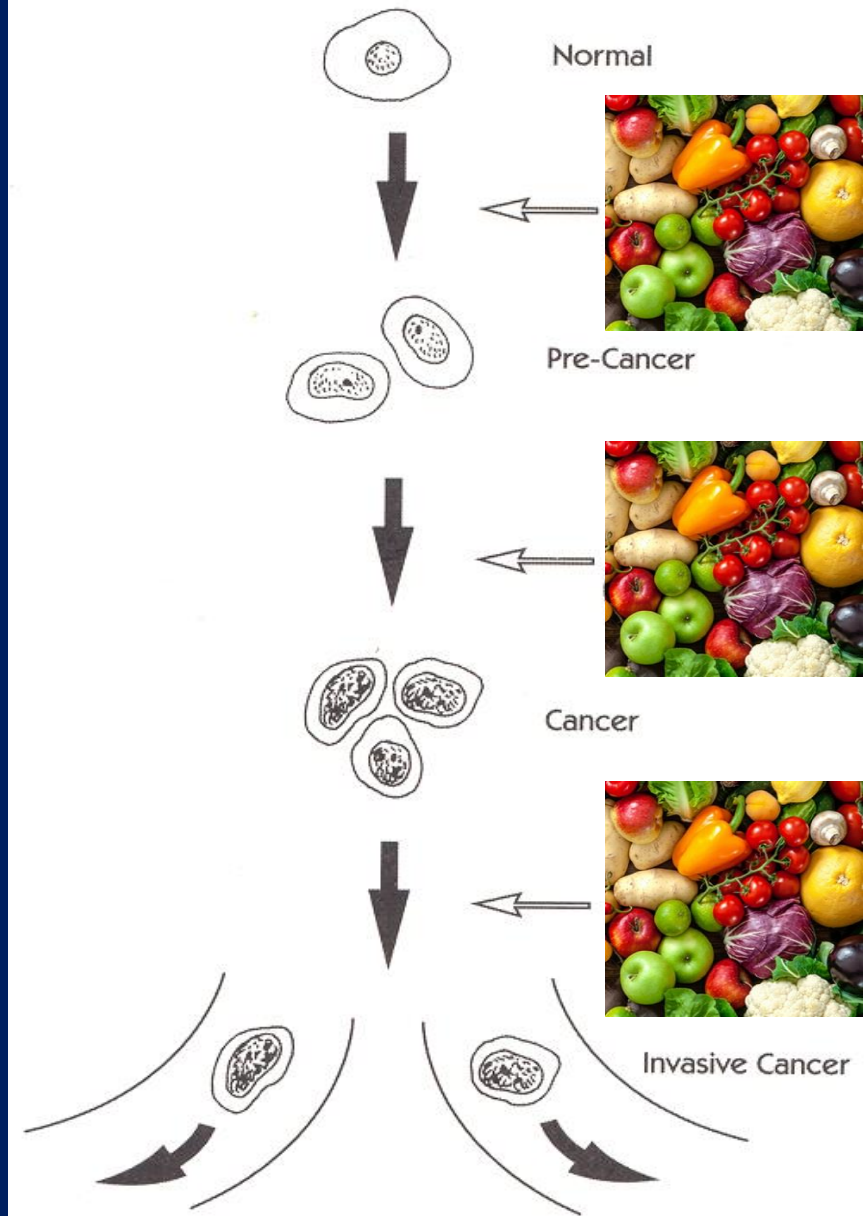
A top-down view of a diverse array of plant-based foods including fruits, vegetables, grains, and legumes. The image features a variety of items such as chickpeas, lentils, quinoa, orzo, and various fruits like kiwi, strawberries, blueberries, and citrus slices. Vegetables include okra, artichokes, broccoli, and papaya. The text is overlaid on this background.

# Cancer Prevention Guideline #1

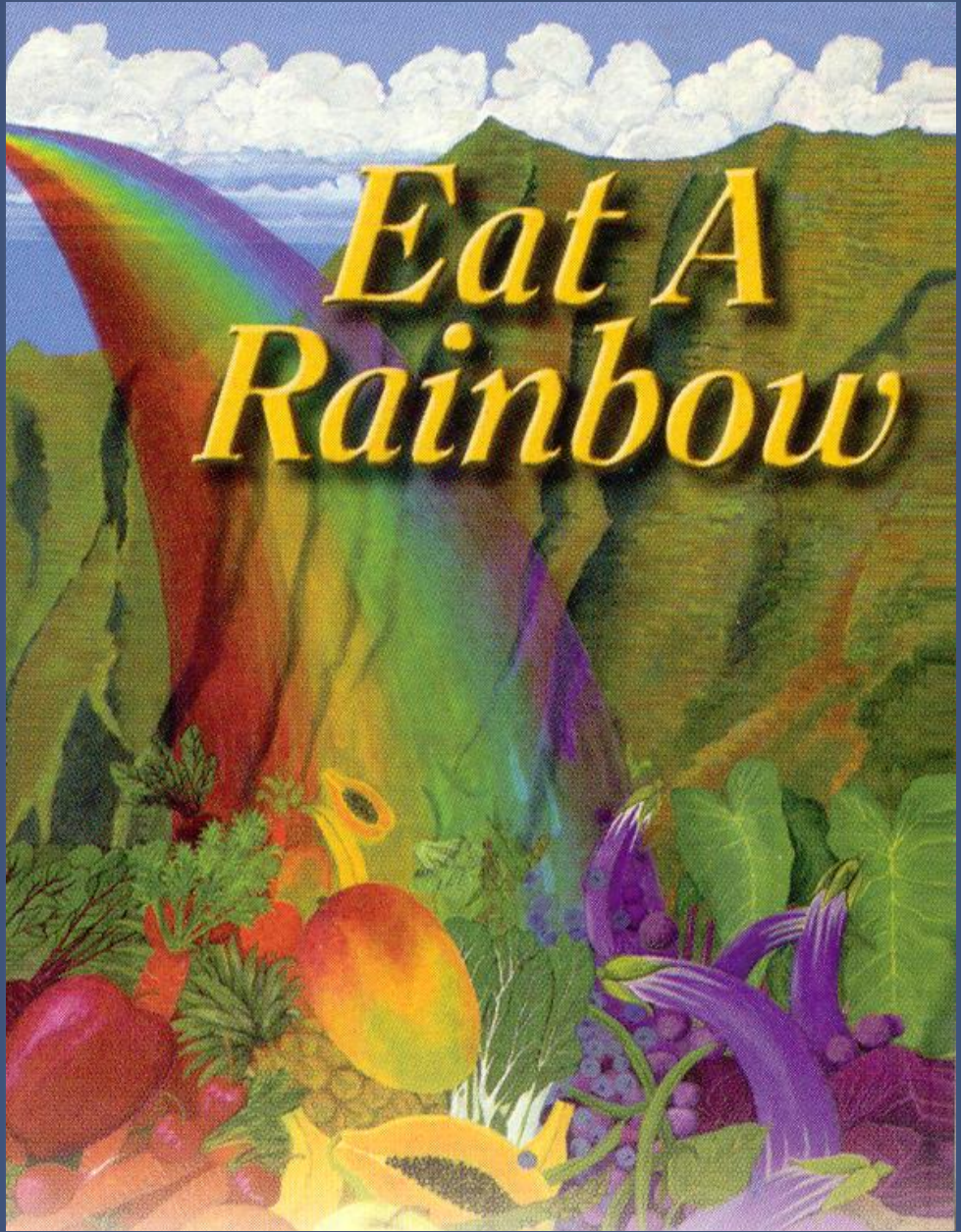
Choose most of the foods you eat  
from plant sources.



# Phytochemicals Block the Cancer Process



Phytochemicals Block the Cancer Process



*Eat A  
Rainbow*



Prevention of Blindness

Prevention of Heart Disease

Antioxidation

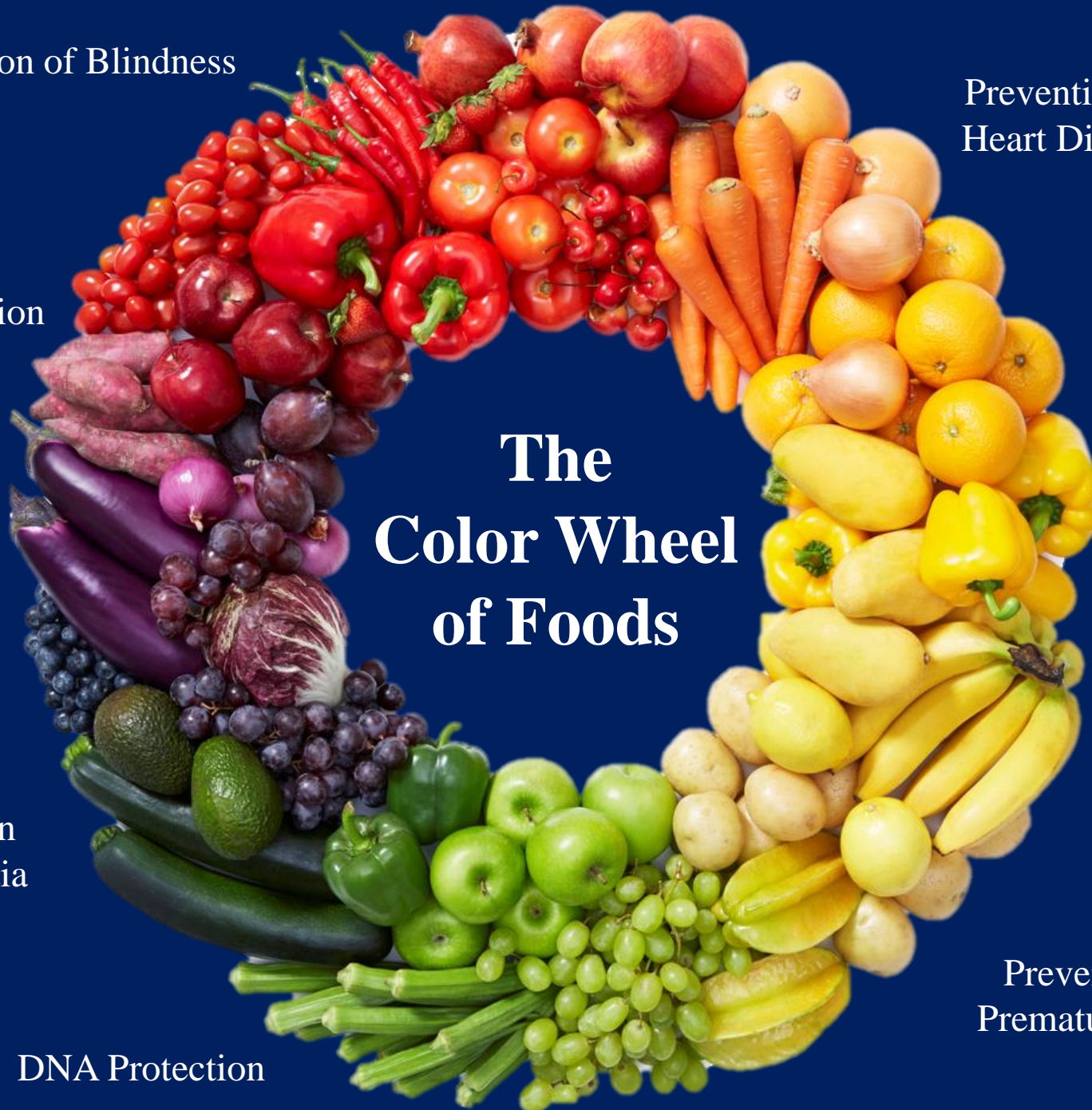
# The Color Wheel of Foods

Prevention of Cancer

Prevention of Dementia

Prevention of Premature Aging

DNA Protection



# Tips for Eating 5 A Day

## What is a Serving?

- ✓ 1 medium-size fruit
- ✓  $\frac{3}{4}$  cup (6 oz.) of 100 percent fruit or vegetable juice
- ✓  $\frac{1}{2}$  cup fresh, frozen, or canned fruit (in 100 percent) or vegetables
- ✓ 1 cup of raw leafy vegetables
- ✓  $\frac{1}{2}$  cup cooked dry peas or beans
- ✓  $\frac{1}{4}$  cup dried fruit







A collection of various high-fat animal products including sausages, cheese, ham, eggs, and salami, arranged on a white surface. The items are arranged in a somewhat circular pattern, with sausages at the top, cheese and ham in the middle, and eggs and salami at the bottom. The background is a light, neutral color.

# Cancer Prevention Guideline #2

Limit intake of high-fat foods,  
particularly from animal sources



# Carcinogens

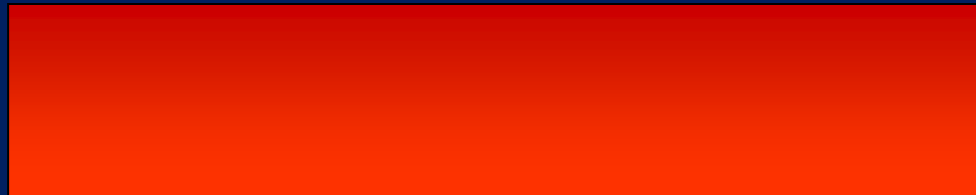


# PROSTATE CANCER

**Californian  
Men**



**Adventist  
Men**



**Adventist  
Men**



(No animal products such as  
meat, milk, eggs, and cheese.)



# Anti-Ageing Nutrition Secrets

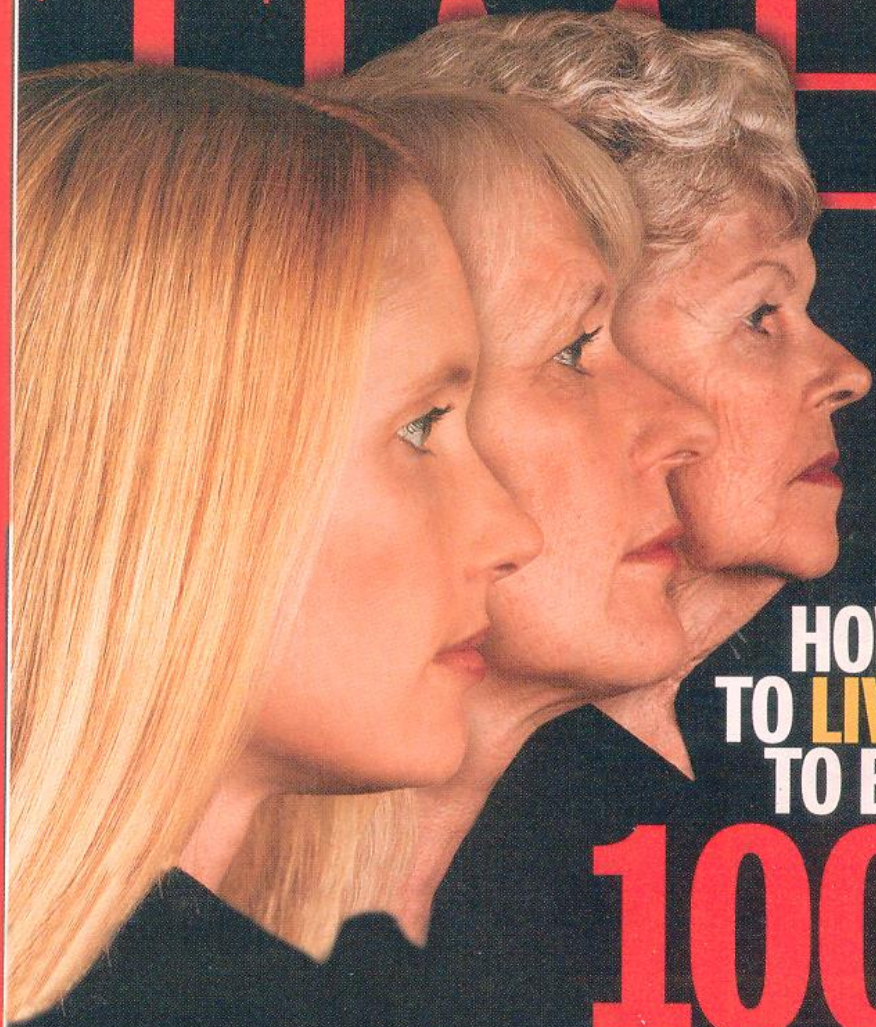


AUGUST 30, 2004

www.time.com AOL Keyword: TIME

FALL PREVIEW: A SNEAK PEEK AT MOVIES, TV, MUSIC & BOOKS

TIME



HOW  
TO LIVE  
TO BE

100

(AND NOT REGRET IT)



CELEBRATING 125 YEARS OF EXPLORATION

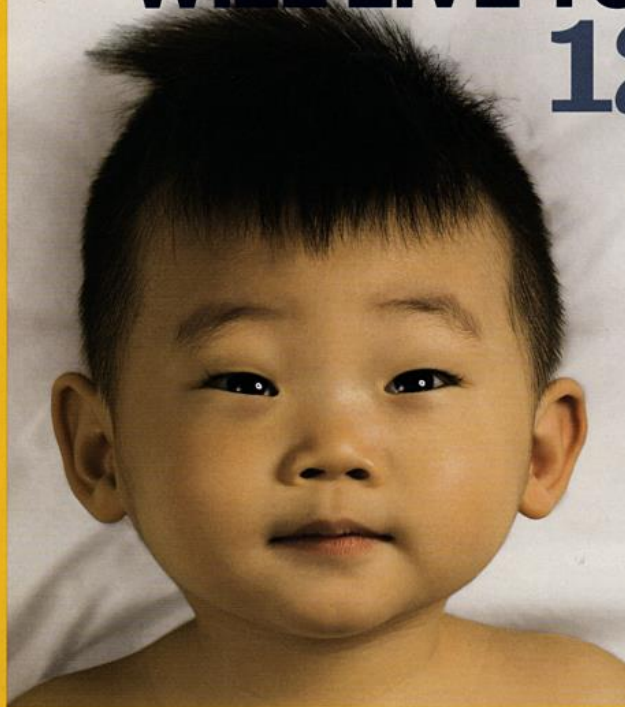
Siberian Paradise | Mixed Blessing of Fertilizer

NGM.COM MAY 2013

# NATIONAL GEOGRAPHIC

## THIS BABY WILL LIVE TO BE 120\*

\*It's not just hype.  
New science  
could lead to  
very long lives.



# LONGEVITY

In 1796 – the average lifespan was but 25 years

1896 – average lifespan almost doubled to  
48 years

2006 - promises a healthy, productive average lifespan of almost 80 years for most Americans, with many reputable anti-aging scientists predicting average lifespan of 120 + years before 2046





# Definition of Aging

“The process of growing old or showing signs of growing old”

- *Webster's New World Dictionary*

# Defining Aging



- Wrinkles
- Sun Damage
- Less Hair / Increased Hair
- Poor Memory
- Lack of Sleep
- Poor Digestion
- Reduced Circulation
- Chronic Disease
- and more.....



# Chronological vs. Biological Age

## Chronological Age

The number of days, months, or years that a person has been alive



## Biological Age

The health and performance of a person's body systems; a predictor of longevity



# Determining Biological Age

Sharecare, Inc. – RealAge® Test



The advertisement features a teal background with a photograph of Dr. Mehmet Oz on the right side. He is wearing a dark blue scrub top and has his arms crossed. The text is arranged as follows:

**RealAge** Live Life to the Youngest **sharecare**

## What's Your Actual Age?

Millions have taken Dr. Oz and Dr. Roizen's RealAge Test. Find out how old you really are.

[Start the Test](#)

RealAge expert and  
The Dr. Oz Show host,  
Mehmet Oz, MD.

RealAge is now a part of Sharecare. You can find all of our great content on Sharecare now.

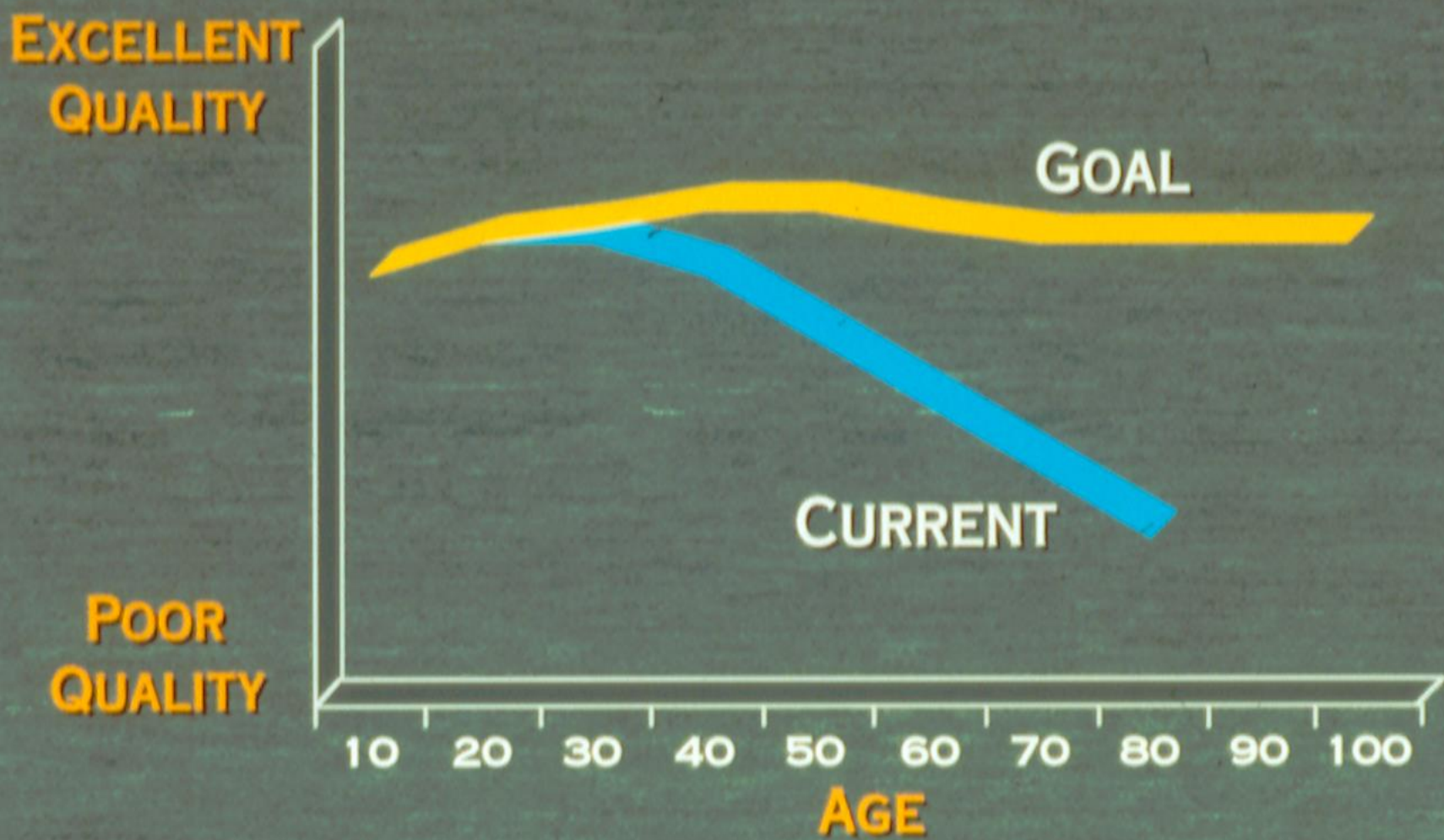
[Topics](#) [Health Guides](#)

[www.sharecare.com/static/realage](http://www.sharecare.com/static/realage)





# FULLNESS OF LIFE



# The Goal in Life is to Die Young As Late as Possible



Jack LaLanne





# Definition of Anti-Ageing

“To stop, slow, or delay the aging process”





# Rules of Anti-Ageing Medicine ("Rules of Immortality")

1. Don't get sick
2. Don't get old
3. Don't die!



# ANTI-AGING DIET RECOMMENDATIONS

1. Eat a Variety of Plant Foods
2. Maintain a Healthy Weight
3. Choose a Diet Low in Fat and Cholesterol
4. Choose a Diet with Plenty of Fruits, Vegetables, and Whole Grains
5. Use Sugar, Salt, and Sodium in Moderation





# Theories of Aging

Telomere Theory of Aging

Free Radical Theory

Cross-Linking Theory

Immune Therapy

Caloric Intake Theory

Chronic Inflammation Theory

AGING

EAT LESS,  
LIVE LONGER



# Dietary Restriction

50% increase in longevity with a  
30% to 60% decrease in calorie intake.



**Theories  
of  
Aging**

Telomere Theory of Aging

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**Theories  
of  
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# Theories of Aging

Free Radical Theory

Telomere Theory of Aging

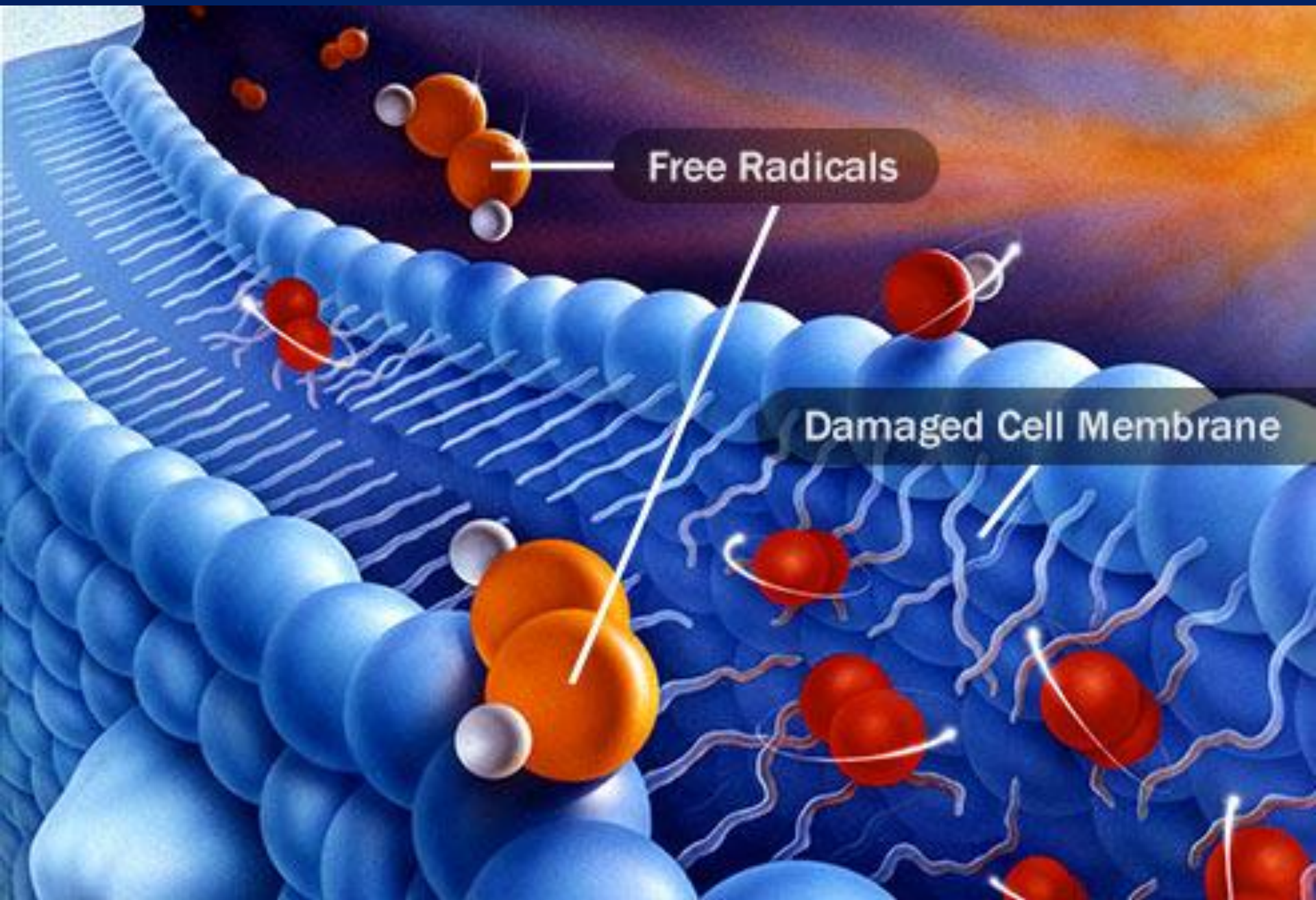
Cross-Linking Theory

Immune Therapy

Caloric Intake Theory

Chronic Inflammation Theory





Free Radicals

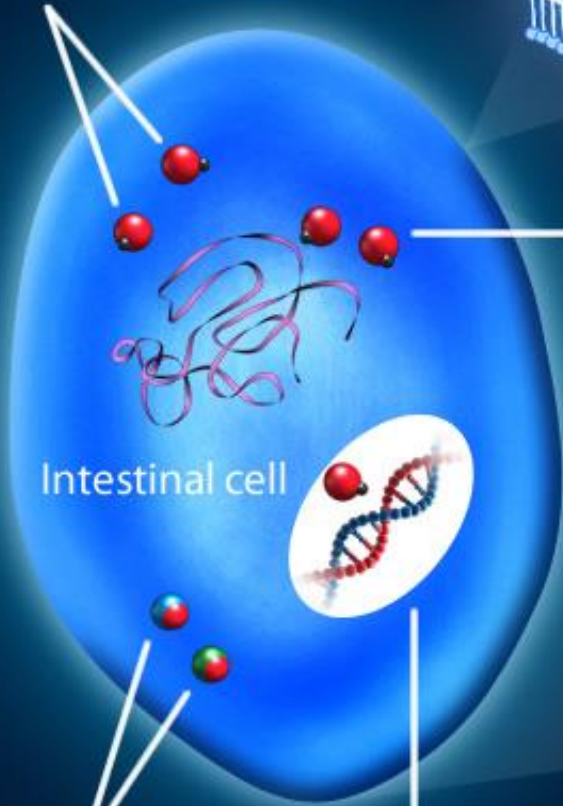
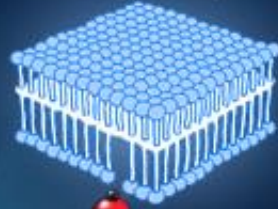
Damaged Cell Membrane

# Free radicals in the human body

## Free Radicals

Byproduct from food & chemicals

Lipid bilayer



Intestinal cell

Free radicals oxidize lipids and proteins  
Leads to cell damage

Antioxidants  
Absorb free radicals

Free radicals oxidize DNA & RNA  
Leads to mutations

Food and chemicals





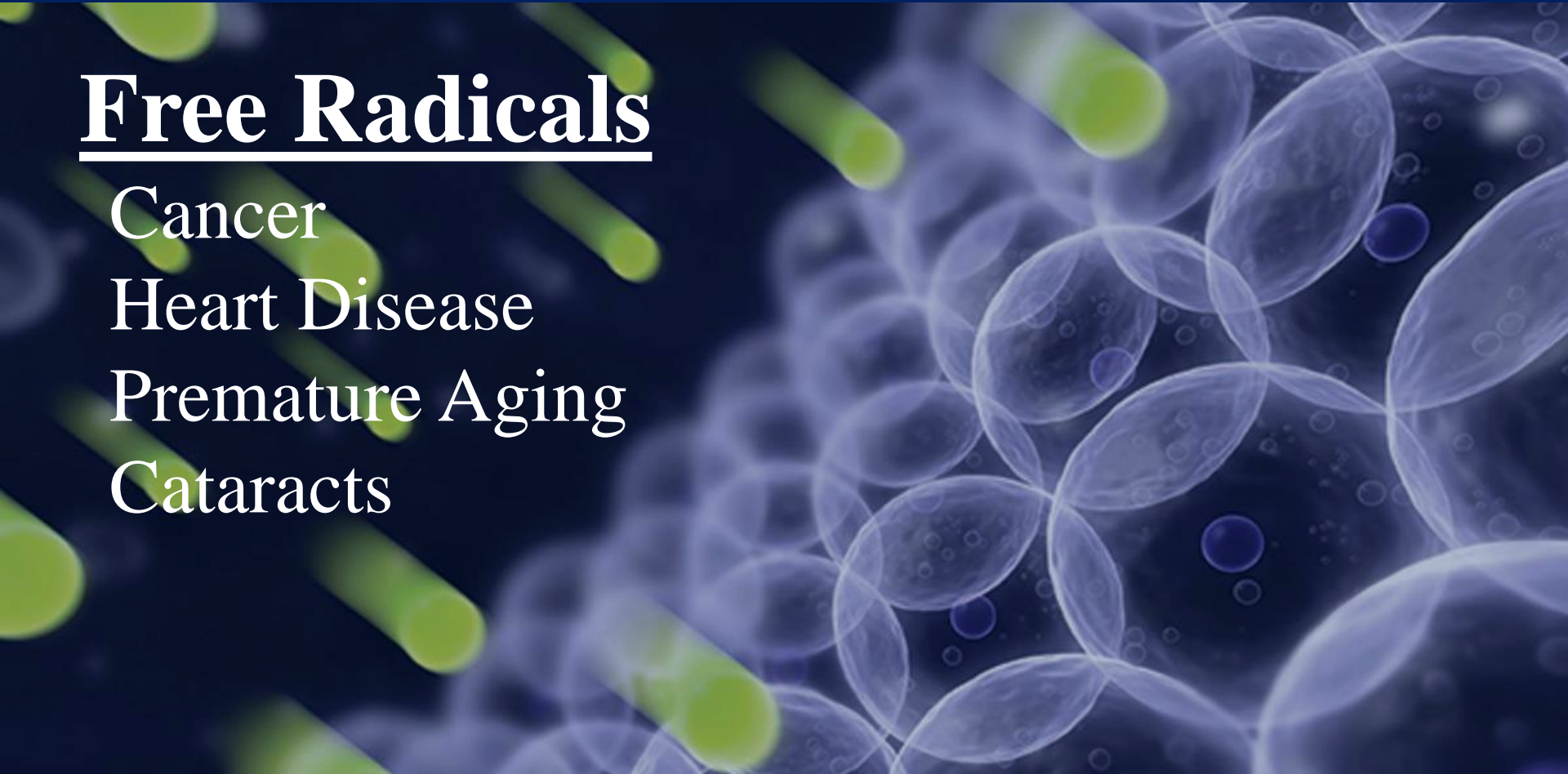
# Free Radicals

Cancer

Heart Disease

Premature Aging

Cataracts











# **Antioxidants**



# Types of Antioxidants



- Vitamins
  - Vitamin C and E
- Carotenoids (Pigments)
  - Alpha and Beta Carotene
  - Lycopene, Lutein
- Flavonoids (Pigments)
  - Anthocyanins – Red, Purple, Blue
  - Anthoxanthins - White





# Vitamin C

# Fruits and Vegetables High in Vitamin C

- Apricots
- Broccoli
- Brussels Sprouts
- Cabbage
- Cantaloupe
- Cauliflower
- Chili peppers
- Collards
- Grapefruit
- Honeydew Melon
- Kiwifruit
- Mango
- Mustard Greens
- Orange
- Orange juice
- Pineapple
- Plums
- Potato with skin
- Spinach
- Strawberries
- Bell peppers
- Tangerine
- Tomatoes
- Watermelon



# Aging Starts at the Cellular Level

Our bodies are made of cells, and aging occurs when there is cell death. The body's ability to generate new cells diminishes as the years advance





# Telomere Theory of Aging

Free Radical Theory

Cross-Linking Theory



Theories  
of  
Aging

Immune Therapy

Caloric Intake Theory

Chronic Inflammation Theory

# Nobel Prize in Medicine 2009

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E.H. Blackburn



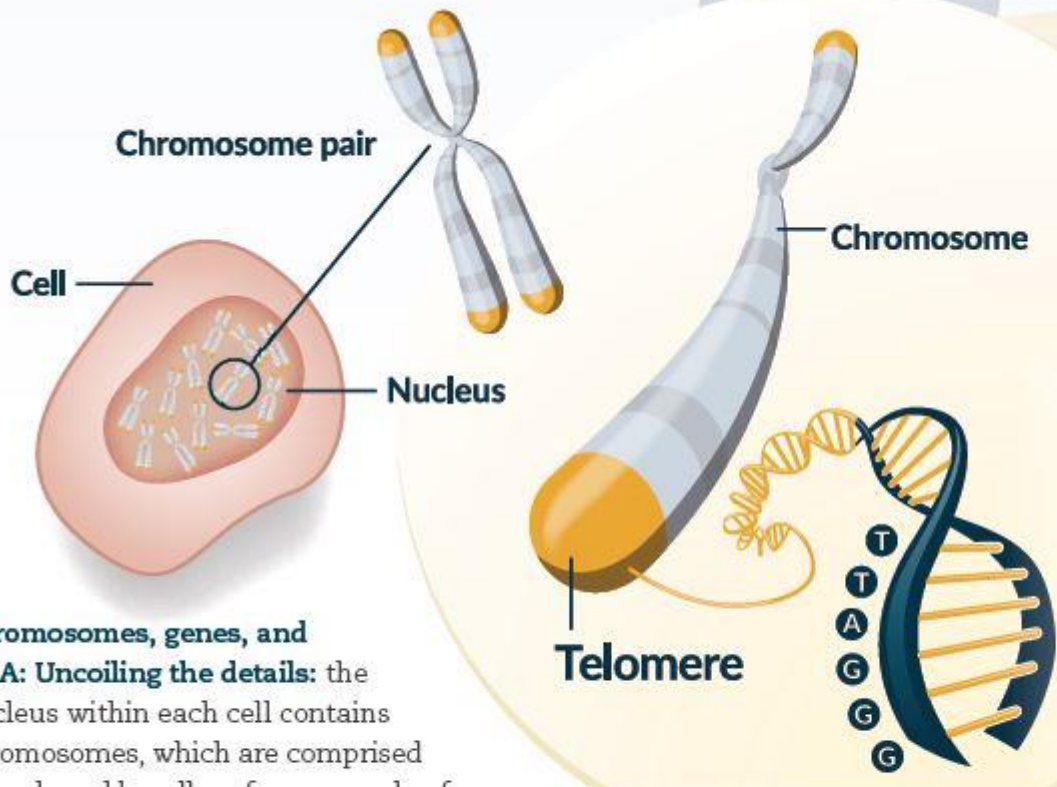
Carol W. Greider



Jack W. Szostak

- The Nobel Prize in Physiology or Medicine 2009 was awarded jointly to Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak "for the discovery of **how chromosomes are protected by telomeres and the enzyme telomerase**".





**Chromosomes, genes, and DNA: Uncoiling the details:** the nucleus within each cell contains chromosomes, which are comprised of packaged bundles of genes made of DNA that carries genetic information.

**DNA spirals are like a long ladder with millions of rungs.** Our telomeres are the last few thousand rungs on the ends of the ladder that keep it from “unzipping” as cells divide. This protects our genes, which are made up of long stretches of rungs in the middle.

**Telomeres** are repeats of the nucleotide base sequence TTAGGG.



# TELOMERES

AGE  
20



AGE  
80





**Longer telomeres** promote a **longer healthspan**  
(the # of years we remain healthy, active, and disease-free).

**Shorter telomeres** promote a **shorter healthspan**.

# Telomere Destructive Diet

Promotes Shorter Telomeres

Red and Processed Meats

Saturated Fats

Omega-6 Polyunsaturated Fats

Sweetened Drinks and Soda

White Bread

High Alcohol Consumption

# Telomere Protective Diet

Promotes Longer Telomeres

## Plant-Based

Fiber, Vegetables, Fruits, Nuts,  
Omega 3s, Seeds, Whole Grains

## Whole Foods

Rich in Nutrients,  
Antioxidants,  
Anti-Inflammatories,  
and Omega-3s



# Telomere Destructive Lifestyle

Promotes Shorter Telomeres



Lack of Exercise



Too Little Sleep



High Stress

# Telomere Protective Lifestyle

Promotes Longer Telomeres



Good Exercise



Sleep



Stress Management

**Theories  
of  
Aging**

Telomere Theory of Aging

Free Radical Theory

Cross-Linking Theory

Caloric Intake Theory

Chronic Inflammation Theory

Immune Therapy



# There is One Scientific Truth

Regardless of what causes disease or aging,  
the final common pathway is that there is a  
**reduction in water in our cells and tissues.**

The background of the slide is a light blue color with numerous semi-transparent, glowing spheres in shades of white and light blue scattered throughout. These spheres vary in size and focus, creating a sense of depth and movement. In the center of the slide, there is a white rectangular box with a thin black border. Inside this box, the title "The Science of Cellular Water" is written in a bold, black, serif font, arranged in two lines.

# **The Science of Cellular Water**

“Aging is a fact  
of life...  
looking your  
age is not.”

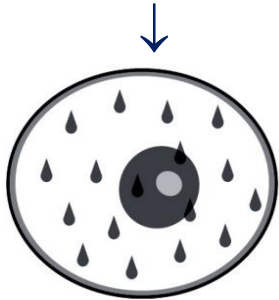
- *Howard Murad, M.D.*





# Intracellular Water

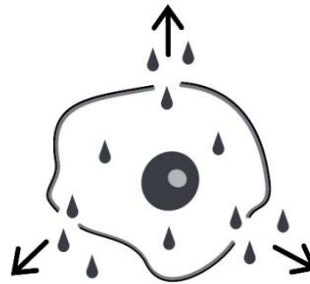
Healthy  
Cell Membrane



Healthy Cell

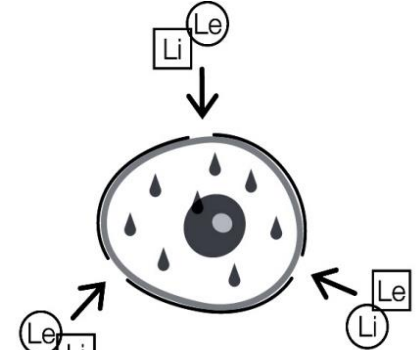


Cell Bombarded  
By Free Radicals  
& Inflammation



Cell Wall Is Damaged  
& Water Seeps Out

Lecithin & Lipids  
Repairing the Cell  
Membrane



Cell Being Repaired  
With Lecithin & Lipids

No matter what, if  
we **increase** our  
**cellular**  
**hydration**, we  
will **increase** our  
**chances** to:

Live Younger  
Live Healthier



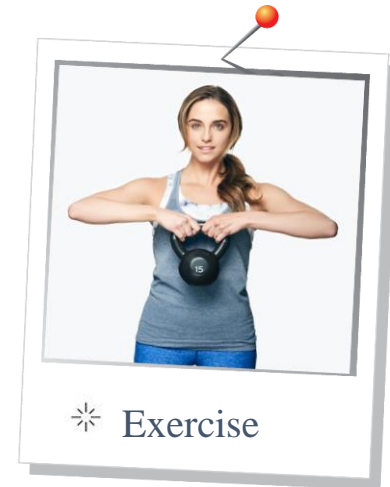
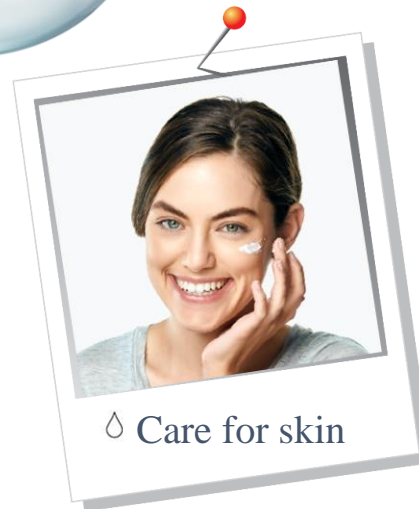
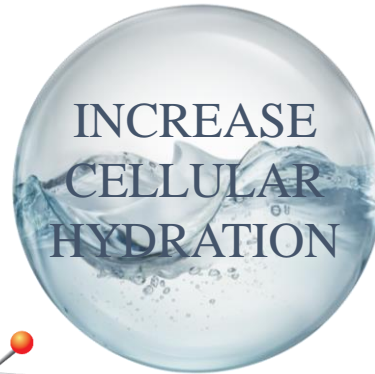




A vibrant collage of fresh fruits and vegetables. In the center, a bunch of green grapes is surrounded by several bright red tomatoes, some whole and some sliced. To the left, there are green apples and orange slices. To the right, there are more orange slices, a red bell pepper, and a cucumber. In the background, there's a head of green cabbage, a dark eggplant, and a large head of broccoli. The overall scene is a rich, colorful display of healthy produce.

**EAT  
YOUR  
WATER!**

# Increasing Cellular Hydration is the Path to Wellness, Longevity and Health

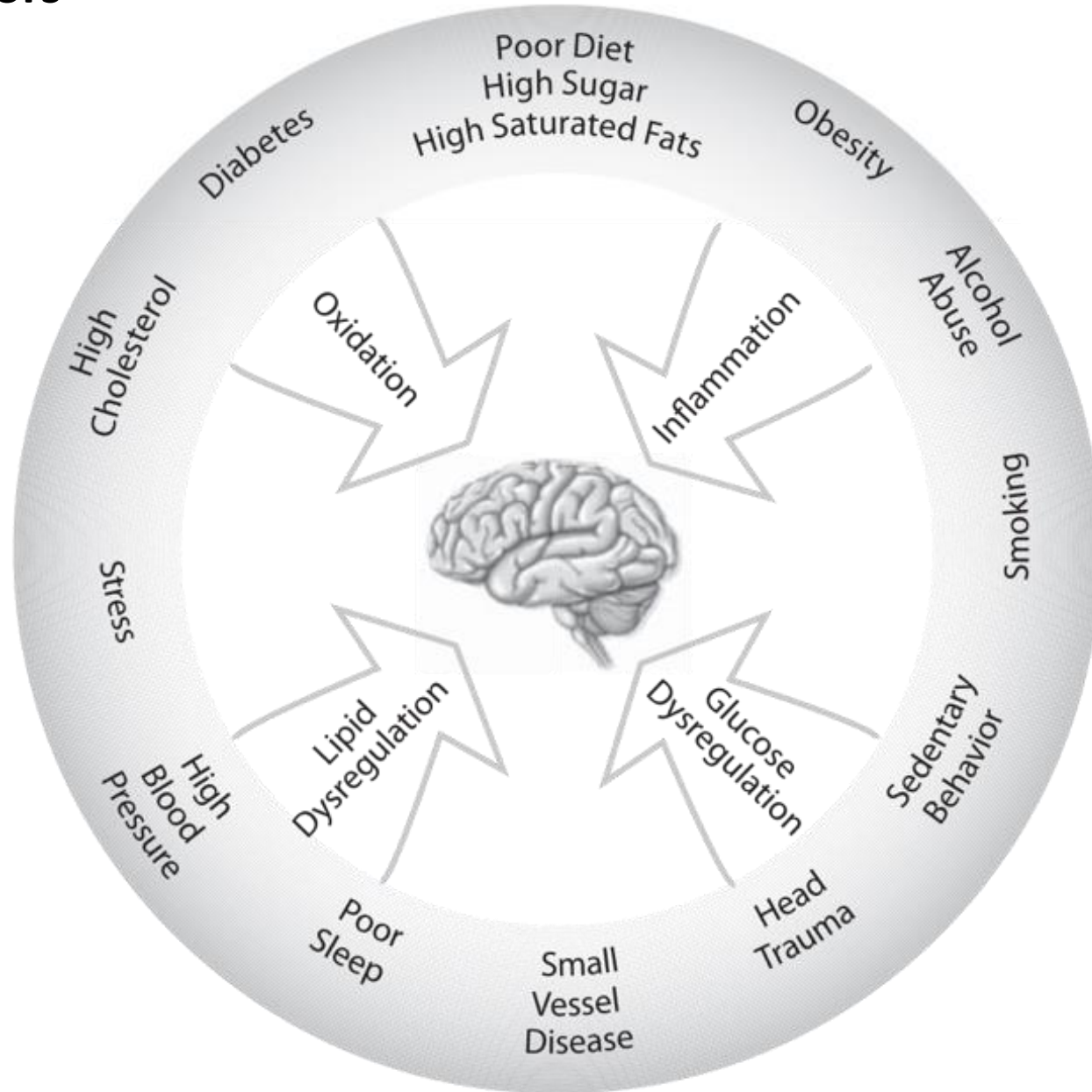


# The Incredible Brain

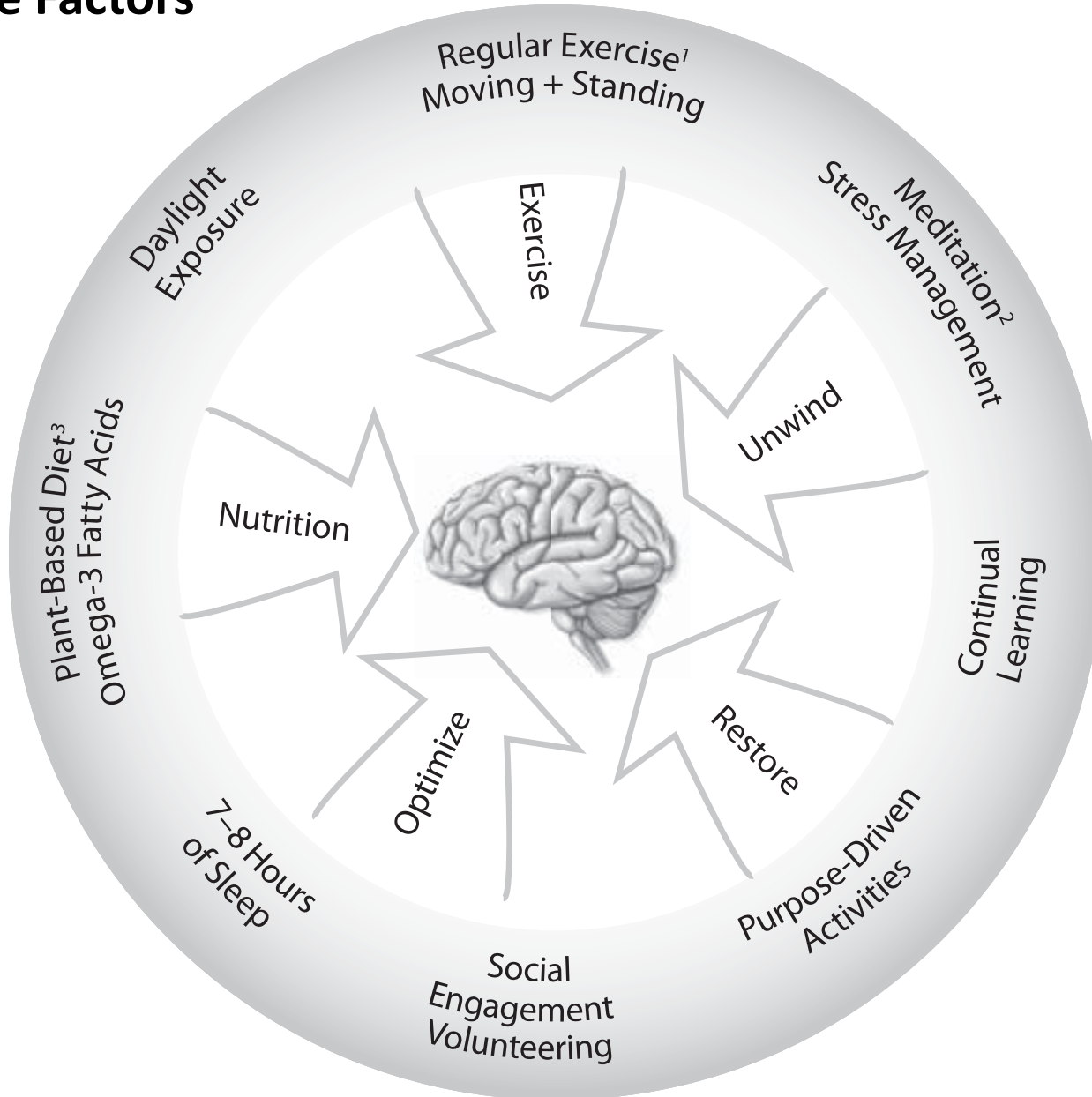




# Risk Factors



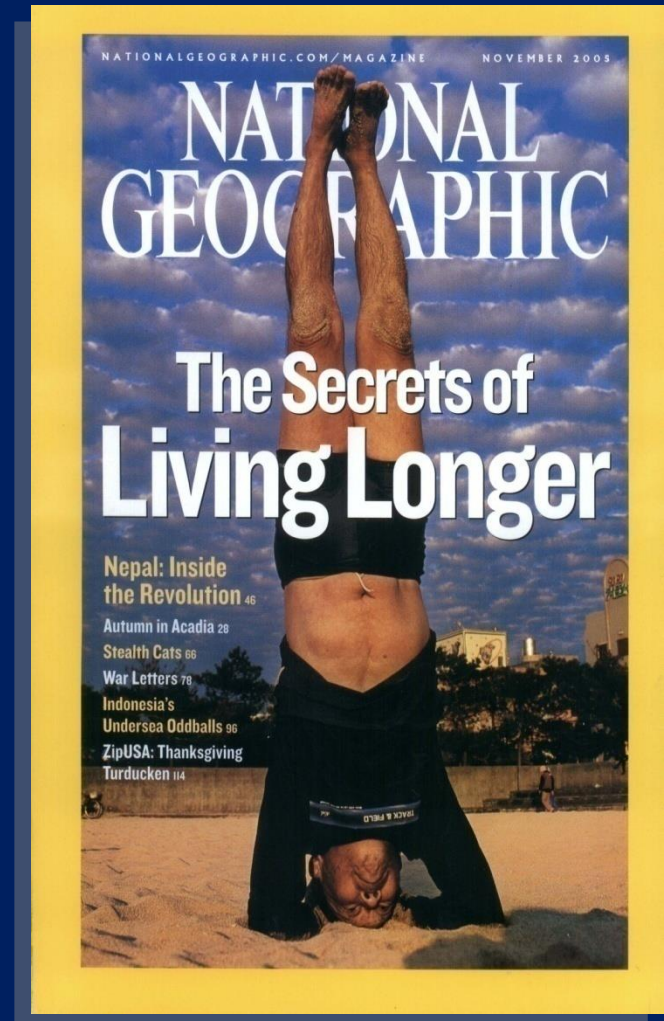
# Protective Factors



# “The Secrets of Living Longer”

## Populations of long livers:

- 1) Okinawa, Japan
- 2) Sardinia, Italy
- 3) Loma Linda, CA





"A must-read if you want to stay young!"

—MEHMET C. OZ, M.D.

THE  
Blue  
Zones

LESSONS FOR LIVING LONGER  
FROM THE PEOPLE  
WHO'VE LIVED THE LONGEST

DAN BUETTNER

# The Blue Zones



# Key Characteristics of the Blue Zones

- No Smoking
- Importance Placed on Family
- Regular Exercise
- Social Engagement
- Engagement in Spirituality or Religion
- Moderate Caloric Intake
- Plant-Based Diet (semi-vegetarian or vegetarian)





# TIME



Secrets  
of Asian  
Longevity

The latest science on how to live  
longer, healthier and happier



# OKINAWA



"The Okinawa Diet Plan is a significant contribution to the science of healthy weight loss and longevity. This book can help you reduce the risk of many weight-related diseases by achieving and maintaining the healthiest weight for you."

—ANDREW WEIL, M.D., author of *8 Weeks to Optimum Health*

**GET LEANER,  
LIVE LONGER, and  
NEVER FEEL HUNGRY**

**THE  
OKINAWA  
DIET PLAN**

the only diet with  
**100** years  
of living proof

- Discover how the world's longest-lived and healthiest people eat to stay slim
- Use the caloric density index to achieve lifelong healthy weight
- Choose the right proteins, the right fats, and the right carbs
- With more than 150 delicious, easy-to-prepare recipes

Bradley J. Willcox, M.D., D. Craig Willcox, Ph.D., and Makoto Suzuki, M.D.  
Authors of the *New York Times* bestseller *The Okinawa Program*



Seikichi Uehara, 96



Koutoku Kinjo, 95



# Centenarians Getting Their Exercise



# Tenryu Taba 103 years old





# OKINAWA

- **Low-Calorie**
- **Plant-Based Diet**
- **Unrefined Carbohydrates**
- **Low In Protein**
- **Low In Sodium**



# Okinawa Program At A Glance

## **EAT DAILY:**

- **9-17 servings of vegetables**
- **7-13 servings of whole grains**
- **2-4 servings of calcium-rich foods**

# Okinawa Program At A Glance

- **2-4 servings of flavonoid-rich foods (a form of antioxidant common in green tea and soybean-based products such as tofu)**
- **2-4 servings of fruit**



# Okinawa Program At A Glance

- **Eat little protein (it should make up only about 10 percent of the day's calories)**
- **Eat little sodium; eat infrequent sweets**
  - **Drink a lot of water and little or no alcohol; cook with healthy oils, such as olive or canola.**

# How to Eat More, Feel Fuller, and Weigh Less Eating the Okinawa Way



280 calories

280 calories

Okinawa  
Stir-Fried Vegetables with  
Rice and Miso Soup  
Weight: 500 g  
Caloric Density: 0.6

North America  
Regular Hamburger with Cheese  
Weight: 100 g  
Caloric Density: 2.8

# Health Habits of Seventh-day Adventists



# Seventh-day Adventists

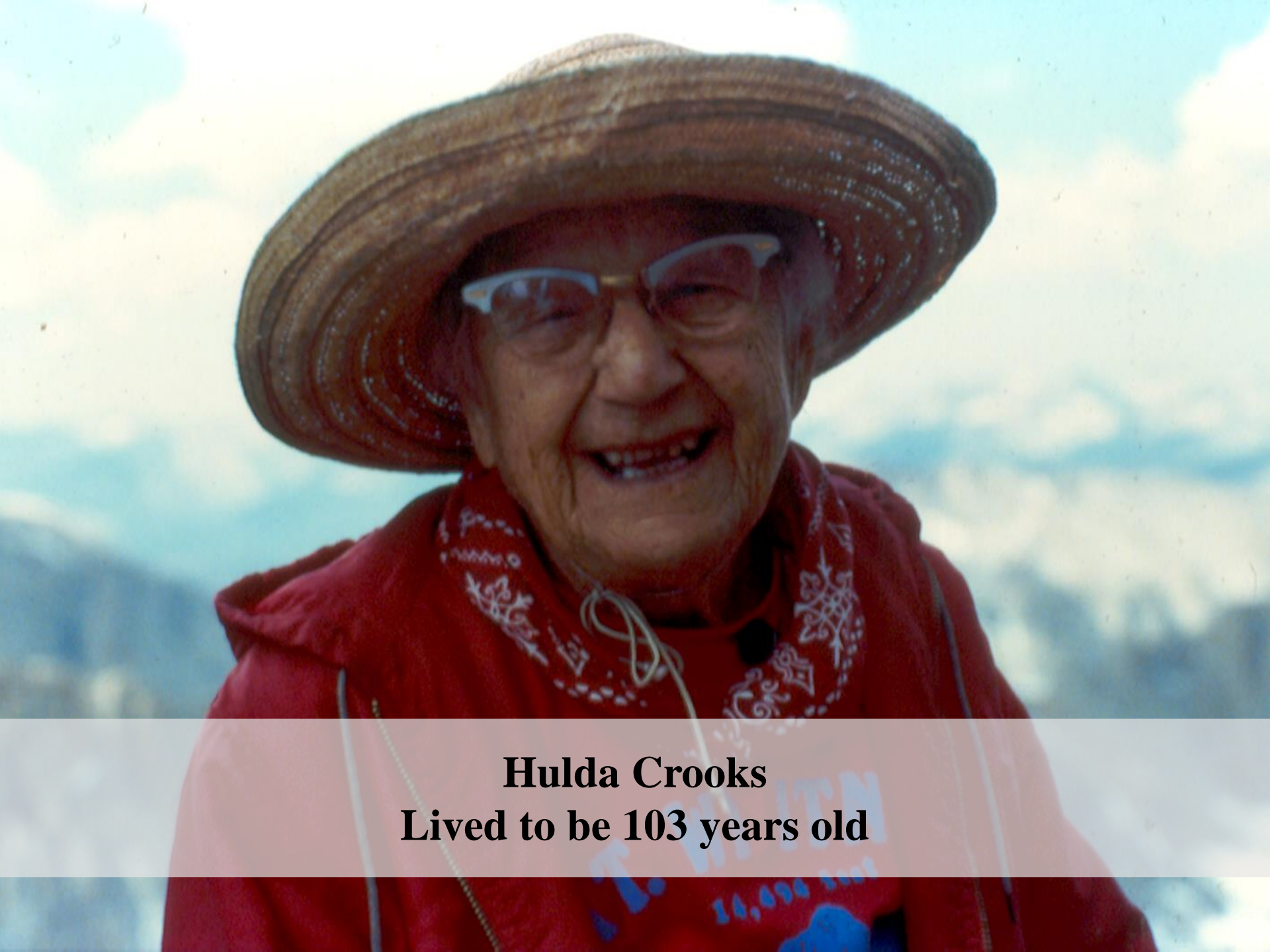
*Free of certain confounding factors...*

- A nearly smoke-free population
- A nearly alcohol-free population
- Relatively healthy dietary habits  
(many vegetarian)



# VEGETARIAN

Seventh-Day Adventists  
Live Up to 9.5 Years Longer!



**Hulda Crooks**  
**Lived to be 103 years old**





**Dr. Ellsworth Wareham**

104 Year Old Loma Linda Cardiothoracic Surgeon

“Exercise is King, Nutrition is Queen.  
If you put them together, you have a Kingdom.”  
- Jack LaLanne















*Shangri-la of the Himalayas...*



# HUNZA

15 secrets of the  
world's healthiest and  
oldest living people



by Dr. Jay M. HOFFMAN



# Hunza Men Over 100 Years of Age





**120 YEAR OLD MAN**  
**Baltit, Hunza**













# THE HUNZA DIET

- **Grains:** buckwheat, millet, rice, corn, wheat, barley, rye.
- **Fruits:** apricots, mulberries, grapes, oranges, apples, pears, peaches, cherries, melons, tomatoes.
- **Vegetables:** leafy greens, potatoes, carrots, squash, turnips, onions, cabbage, sprouts
- **Misc:** dried beans, peas, nuts, seeds, garlic.







# THE HUNZA DIET

- **Local Specialty:** fresh ground buckwheat pancakes (chapatis).
- **Cooking:** 80% of vegetables were eaten raw with their skins; 20% were lightly steamed.
- **Apricot seed oil:** all oil extracted from seeds is vulnerable to rancidity. For this reason, the traditional Hunza apricot oil was made fresh and discarded after only 2 days. (Commercial vegetable oils are not recommended)



# THE HUNZA DIET

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# THE HUNZA DIET

- **Animal products:** accounted for **only 1% of total calories**. Milk, butter and cheese (from goats, sheep and yaks) were consumed sparingly. **Small amounts of meat (3 oz. per month) were eaten on special occasions.**



**Whole Food Plant-Based Diet**  
The Ultimate  
Anti-Aging Diet

**Anti-Ageing Superfoods**

**For Health & Longevity**



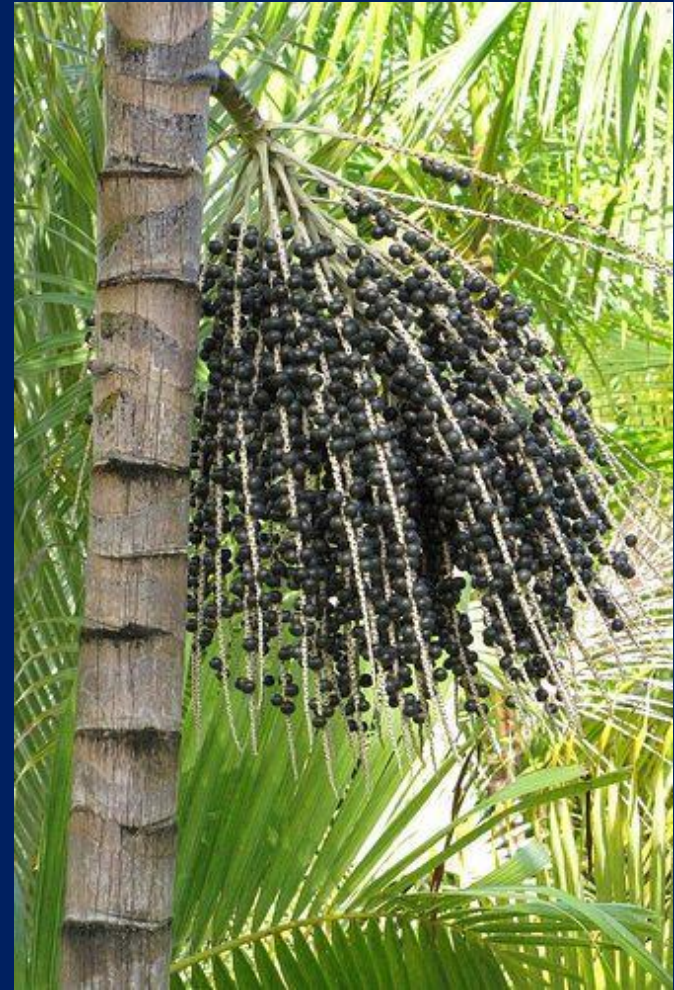
# Acai Berries







# Acai Palm Tree



# ***One of Top 10 Superfoods!***



***Nicholas Perricone, M.D.***





# Acai Berries Are...



- A Superfood
- Rich in Antioxidants
- Combat Premature Aging
- Combat Free Radical Damage
- Source of Anthocyanin Flavonoids That are Believed to Prevent Heart Disease

# **Acai Berry Extracts Reduce Risk of Cardiovascular Disease & Cancer**

**Journal of Agricultural  
and Food Chemistry**











# Almonds



# Nutrient Rich

- Good Source of Heart Healthy Monounsaturated Fats, Fiber, and Protein
- High in Antioxidants
  - Vitamin E



# Benefits

- Protects Cells from Oxidative Damage Leading to Premature Aging
- Assists with Blood Sugar Control
- Heart Healthy





# Apples





**“An Apple a Day Keeps the Doctor Away”**

# Benefits of Apples

- Contains Natural Polyphenol Antioxidants
  - Protect against free radicals
  - Maintain good health
- Contains Pectin
  - Soluble fiber to lower bad cholesterol (LDL)
  - Maintain control of blood sugar





# French Study on Apples

Eating 2 Apples Per Day Resulted in an Average  
Drop in Cholesterol Levels of up to 10%



**Apple Eaters Enjoy Lower  
Risk of Tumors, Lung Cancer,  
and Cardiovascular Problems.**

**Nurses' Health Study**



# 2001 Mayo Clinic Study

Helped Prevent the Growth of Prostate Cancer Cells





# ***Use Only Organic Apples!***

**One of 12 Foods Most  
Contaminated by Pesticides**

**Environmental Working Group**



# Apricots



- Good source of Vitamin A (Beta-Carotene)
- Contains Fiber and Potassium







## Anti-Ageing

- Protects Against Free Radical Damage
- Helps in Maintaining Health Skin
- Staple in the Hunza Diet





# Blueberries

# Contains Powerful Antioxidants

- Anthocyanins
- Flavanols



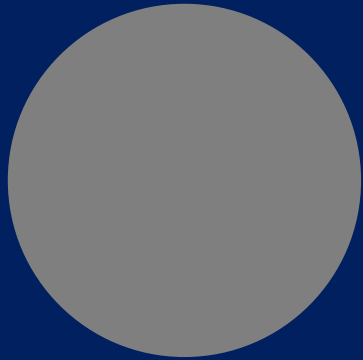
**Fights Free Radical Damage**



# Power of Blueberries

- Strengthen Tissue and Blood Vessels
- Protect Eye Health
- Ward off Varicose Veins
- Protects Against Heart Disease and Cancer





# Anticancer Food

Blueberries contain substances that prevent carcinogens from binding to the DNA in cells

# Anti-Ageing

Slows and Reverses Age-Related Brain Decline







# Broccoli



# Bone Health

Calcium

Vitamin K



# Prevent Cellular Degeneration

- Flavonoids
- Sulforaphane
- Indoles



**Anti-Inflammatory Properties**



# Cruciferous Vegetables: Anticancer Foods

Contain compounds that stimulate enzymes that  
break down cancer-causing chemicals





# Cinnamon







***Traditional  
Natural  
Remedy***



- **Anti-Inflammatory Compounds**

Helps with pain and stiffness  
in muscle and joints

- **Carminative “Gas Reliever”**





A bundle of cinnamon sticks, tied with a white cloth, is shown against a white background. The sticks are light brown and have a rough, fibrous texture. The text "Blood Sugar Control" is overlaid on the right side of the bundle in a bold, italicized, black font with a white outline.

***Blood  
Sugar  
Control***



# Methylhydroxychalcone Polymer (MHCP)

- Increases Glucose Metabolism in Cells
- Mimics Insulin Function





# Citrus Fruits





- Rich Source of Vitamin C and Bioflavanoids
- Contains Fiber



# Citrus Fruits Contain Antioxidant and Anti-Inflammatory Properties



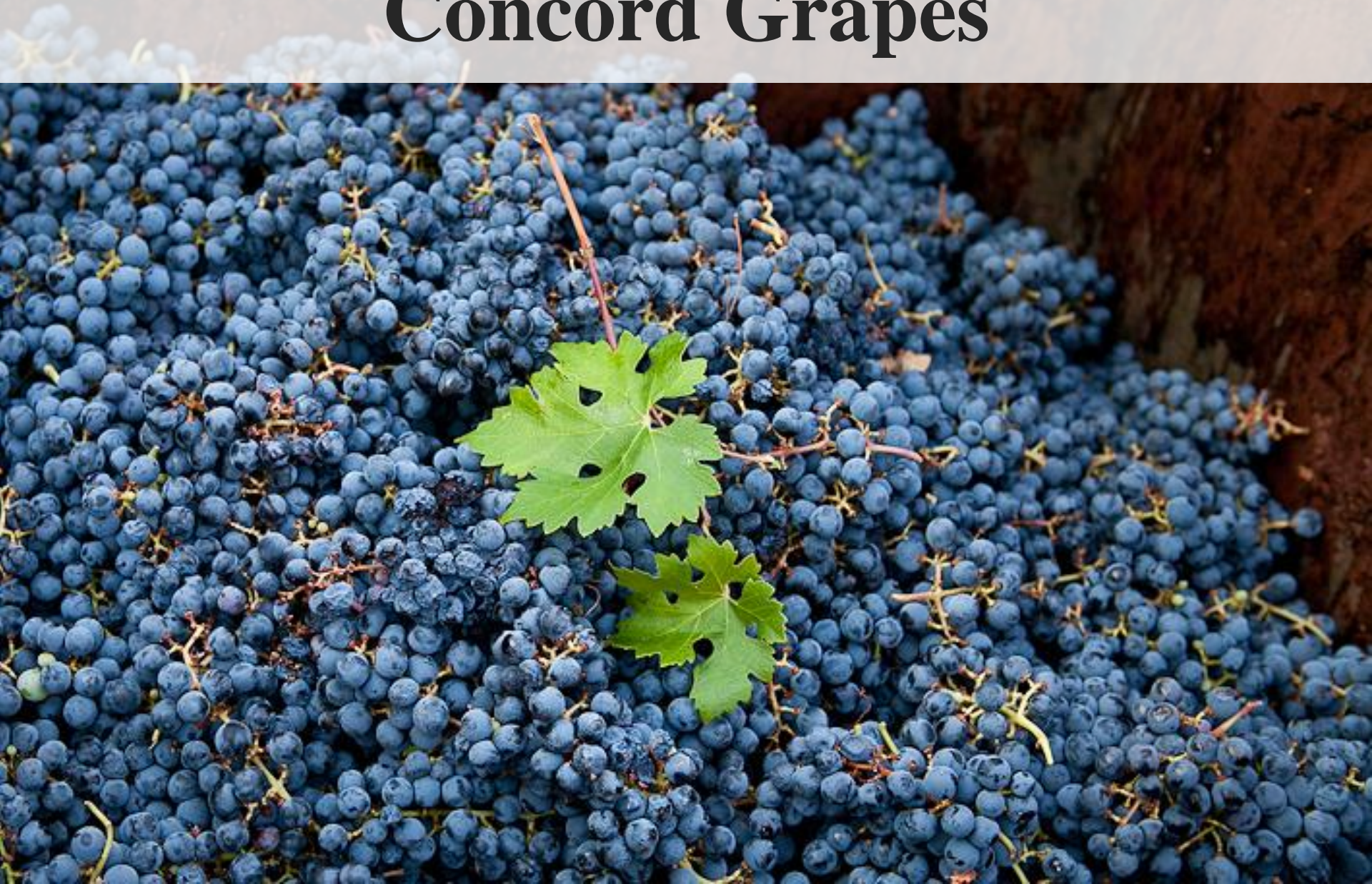
# Anticancer Foods

Contain limonoids, which inhibit  
activation of cancer cells





# Concord Grapes





- Pharmacy of Healthful Nutrients
- Life Extension





- Heart Healthy Polyphenol Antioxidants
  - Source of Resveratrol



# Resveratrol

- Anti-Ageing
- Slows Development of Cancer, Coronary Heart Disease, and Alzheimer's Disease
- Most Highly Concentrated in Grape Skins and Seeds





# Flaxseed



# Anticancer Food

Provides lignans and omega-3 fats;  
both may lower hormone levels  
and slow tumor growth.



# Omega-3

- Heart Healthy
  - May improve cholesterol levels
- Rich in Dietary Fiber
- Anti-Inflammatory







# Garlic

# Benefits

- Promotes Cardiovascular Health
  - Cholesterol Reduction
  - Lowers Blood Pressure
  - Lowers Risk of Heart Disease
- Improves Immunity



# Anticancer Food

Garlic contains organosulfur compounds which have been proven to halt and even reverse cancer growth





# Ginger





- Natural Remedy
- Digestive Aid
- Natural Antioxidants
- Anti-Inflammatory Properties





# Goji Berries



- Used in Tibet for 1,700 Years
- Traditional Chinese Medicine for Longevity and Strength-Building
- One of the Most Nutrient-Dense Foods on Earth



# Superfood

- 18 Amino Acids
- 21 Trace Minerals
- Essential Fatty Acids
- Carotenoids
- Vitamin C
- Fiber



# Powerful Anti-Ageing Antioxidants

- Carotenoids
- Beta Carotene
- Zeaxanthin
- Protects Cells and DNA from Free Radical Damage
- Protects Against Heart Disease and Cancer





# ***Improve Immune Response***

**Goji Polysaccharides Enhance  
Activity of Immune Cells**







# Kale



# Power of Kale

---

- Among the Most Nutrient-Dense Foods on the Planet
  - Rich Source of Vitamins A (Beta-Carotene), C, and K
  - Good Plant Source of Calcium
- Loaded with Powerful Antioxidants
  - Quercetin
  - Kaempferol





# Powerful Nutrients That Protect the Eyes

- Contains Lutein and Zeaxanthin
- Protects Against Macular Degeneration and Cataracts



# Mango



# Packed With Nutrients and Antioxidants

- Good Source of Vitamins A and C
- High in Antioxidants
  - Polyphenols, including Mangiferin (“super antioxidant”)





A glass of vibrant orange mango juice is the central focus, filled with a smooth, bright liquid. The glass sits on a rustic wooden cutting board. Surrounding the glass are several chunks of fresh mango, some with green leaves still attached, and a few large, clear ice cubes. The background is a dark, muted blue-grey, which makes the colors of the fruit and drink stand out. A semi-transparent white circle is overlaid on the left side of the image, containing the text.

# Benefits

---

- Anticancer Effects
- Boosts Immunity
- Eye, Skin, and Hair Health



# Mushrooms





# Benefits

- Associated with a Decreased Risk of Breast, Stomach, and Colorectal Cancers
- Stimulate the Immune System
- Prevent DNA Damage







# Oats



# Oats Contain...

- Vitamins and Minerals
- Antioxidants and Polyphenols
  - Avenanthramides



# Oat Fiber

- Contain Powerful Soluble Fiber, Beta-Glucan
  - Reduces LDL and Total Cholesterol Levels
  - Improves Blood Sugar Control
  - Increased Feeling of Fullness
  - Increases Growth of Good Bacteria in the Digestive Tract





# Steel Cut Oats

- Lower Glycemic Index than Rolled Oats
- Same Nutrition and Slightly Fewer Calories Than Rolled Oats



# Papaya





# Loaded With Nutrients

- Rich Source of Vitamins A and C
- Powerful Antioxidant Effects
  - Carotenoids
  - Defends Against Visible Signs of Aging





# Benefits




- Anticancer Properties
- Anti-Inflammatory Properties
- Improves Digestion
  - Papain Enzyme



# Pomegranate





# **Antioxidant Superpower**

- Neutralizes Harmful Free Radicals
- Contains Polyphenols
  - Punicalagin
  - Anthocyanins
  - Ellagic Acid



# Promotes Cardiovascular Health



- Increased Flow to Heart
- Inhibits Oxidation of LDL “Bad” Cholesterol
  - Reduced Arterial Plaque

# Prostate Cancer

Drinking 8 ounces of Pomegranate Juice Per Day  
Slows Progression of Localized Prostate Cancer





# Natural Sunscreen

Pomegranate Extract Enhances  
Protection of Sunscreen up to 23%!

Topically Inhibits  
Development of  
Skin Cancer





# Soybeans







# Cancer Protection

- Breast
- Colon
- Rectal
- Lung
- Stomach

# Anticancer Foods



Contains  
isoflavones,  
thought to block  
human estrogens  
that may encourage  
the growth of  
hormone-sensitive  
cancers



# Heart Healthy Vegetable Protein

- Provides All Essential Amino Acids
- No Cholesterol



# Contains Lecithin Needed to Build Health Cell Membranes





# Turmeric





# Contains Curcumin

- Powerful Antioxidant and Anti-Inflammatory Properties
- Increases Antioxidant Capacity of the Body
- Improves Brain Function and Lowers Risk of Brain Disease
  - Boosts Neurotrophic Factor
- May Help Delay Aging and Fight Age-Related Chronic Diseases







# Walnuts





# Benefits

---

- Rich in Antioxidants
  - Vitamin E
  - Polyphenols
- Plant Source of Omega-3s
- Anti-Inflammatory Effects
- Heart Healthy
- Supports Good Brain Function
- Supports Healthy Aging





**What About Supplements?**













***THE BEST IS YET TO COME***

A top-down view of a diverse array of fresh and healthy ingredients. The composition includes several bowls of legumes (chickpeas, lentils, and beans), a bowl of whole grains (quinoa), a bowl of granola, and a bowl of chickpeas. Fresh fruits like kiwi, grapes, strawberries, blueberries, and papaya are scattered throughout. Vegetables include okra, Brussels sprouts, artichokes, and green beans. There are also slices of oranges, a whole potato, and various nuts and seeds. The background is a dark, textured surface, possibly a wooden table.

***WITH A HEALTHY DIET***









THE BEST IS YET TO COME  
LIVING TODAY FOR A SHARPER  
TOMORROW!

KUMU

GERMAN  
COLO

MANGOS  
INDO

LICHI

Orig.

GURU  
BRA

SALP



# Health & *Longevity*

with Dr. John Westerdahl



[HealthAndLongevityRadio.com](http://HealthAndLongevityRadio.com)