

Anti-Aging Tips to Protect Your Brain,
Your Looks and Your Health



AGE SLOWER

Age Slower Resource Sheet: Top

Supplements to Help You Age Slower

We've looked at all kinds of lifestyle changes and health tips that can help you to age slower and stay looking and feeling much better even well past middle age.

But you can also get some benefit from supplementation. Let's look at some of the most powerful supplements, nutrients and foods for aging slower.

Omega 3 Fatty Acid

To protect your brain from cognitive decline, to avoid cellular damage and to help reduce inflammation. Omega 3 works by increasing cell membrane permeability and reducing too-high amounts of omega 6 which causes inflammation.

Resveratrol

Resveratrol is found in red grapes and red wine. It is highly effective at improving the efficiency of the mitochondria, which in turn means less oxidation.

Lutein

Another substance that can enhance mitochondrial function is lutein. Lutein will also protect the eyes from macular degeneration as you age, giving it multiple important benefits as an anti-aging supplement.

Tribulus Terrestris

This is a testosterone-boosting supplement that can help to increase production of the vital hormone in aging men. This is very important for strengthening the bones, increasing virility, boosting strength and generally supporting health as men age.

If this isn't enough, consider using asking for HRT (hormone replacement therapy) from your doctor.

ZMA

ZMA is zinc, magnesium and vitamin B6. This is a highly powerful combination for raising testosterone and for enhancing sleep.

Vitamin D

Vitamin D is very important for improving the immune system and recent studies show that it can help to significantly reduce the likelihood of developing colds and flus. In fact, it may even be more effective than vaccines in some cases.

Preventing colds and infections is very important as you age, so get this vital vitamin. This also helps to improve the absorption of calcium, to enhance bone strength.

Turmeric

Turmeric has a number of powerful benefits for the body but one of the most interesting is its ability to enhance brain plasticity. This is crucial for the aging brain as it can help to encourage fluid intelligence and learning.

Magnesium Threonate

Another powerful supplement when it comes to improving brain plasticity is magnesium threonate.

Blueberries

If you want a food that is high in antioxidants for slowing the effects of aging, then consider blueberries.

Ionized Water

You can actually get antioxidant benefits from your very water if you get an ionizer fitted. Some people report feeling benefits within 30 days.

Bone Broth

Bone broth is made by stewing bones from animals and then consuming the infused fluid as a soup. This is highly effective at enhancing connective tissues and bones and this can help to improve strength and prevent breakages as you age.

Hyaluronic Acid

For keeping your skin looking youthful look for products contain humectants such as hyaluronic acid.

Vitamin E

Vitamin E is another vital substance for combating free radicals, hydrating the skin and generally preventing the appearance of wrinkles as you age.

Of course you won't want to spend money on *all* these nutrients, which is why you need to pick and choose the ones that work for you while maintaining a healthy, balanced and nutritious diet.