

100+ Natural Ways to Slow Aging

The Foods
The Supplements
The Remedies
The Lifestyle Changes



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TABLE OF CONTENTS

03 INTRODUCTION

04 CHAPTER 1

Best Foods to Slow Aging — the Anti-Aging Diet

08 CHAPTER 2

Foods to STOP Eating that Increase Aging

12 CHAPTER 3

Best Natural Remedies for Aging

17 CHAPTER 4

Anti-Aging Essential Oils

20 CHAPTER 5

Lifestyle Practices to Slow Aging

23 REFERENCES

29 ABOUT DR. JOSH AXE

Introduction

It's coming for all of us, and there's no way to stop it entirely — I'm addressing the function of aging. Billions of dollars are spent each year on products meant to slow aging, but is what we're spending actually working?

Turns out, the best ways to slow aging involve a lifestyle of healthful habits. There are definitely supplements that can aid in your quest to stay younger for longer, but the most impactful habits are more about the foods, habits and lifestyle practices you do for decades before “old age” sets in.

In recent years, scientists have discovered the vital connection between aging and telomeres. These DNA segments at the end of chromosomes are sometimes described as resembling plastic shoelace tips to prevent the DNA strand from fraying.¹ They are significant, as longer telomeres translate to an internally “younger” body, while the shortening of telomeres is linked with the aging process, higher risk of disease and higher risk of death.²

Let's look at the best natural ways to slow aging, including an anti-aging diet, useful supplements, age-defying essential oils and lifestyle practices to keep you young. Keep in mind the two basic areas we'll be focusing on that people often become concerned about as they age: risk of age-related disease (like skin cancer, diabetes, cancer and heart disease) and risk of cognitive decline (such as dementia, Alzheimer's and the like).





CHAPTER 1

Best Foods to Slow Aging — the Anti-Aging Diet

Diet plays the No. 1 role in your life in shortening telomeres or keeping them long. You really are what you eat in some ways — there are foods to help and to harm your internal age.

One example of how this plays out is in the blue zones of the world, the five areas in which people are much more likely to live past the age of 100 than anywhere else in the world. While these locations don't share nationality or religion, they do have many diet and lifestyle choices in common that are probably the main “why” behind their abundant centenarian population.

People in blue zones commonly eat high antioxidant foods, which have high ORAC values and provide your body with the tools to fight oxidative stress. High levels of oxidative stress in the body are a huge factor in how you age, since lowering oxidation helps protect you against many diseases.

An anti-aging diet will also contain plenty of healthy fats. While many of us grew up hearing that all fat is bad for you, this is not the case at all. In fact, healthy fats positively impact brain function and may also help your body fight disease.

A perfect example of this is extra virgin olive oil. This oil contains a specific type of polyphenol (antioxidant) called secoiridoids which help activate gene signatures that contribute to anti-aging and reduction of cellular stress. Secoiridoids in extra virgin (cold-pressed) olive oil also suppress gene expression related to the Warburg effect, a cancer-related process, and helps to prevent “age-related changes” in skin cells.³

Another brain-supporting dietary item is coffee. For a long time, scientists believed caffeine was the driving force behind these benefits, but more recent information suggests that other compounds in the revered morning beverage may be the reason. In any case, it seems that drinking coffee may stave off age-related decline in memory and cognition.^{4, 5, 6}

Eggs can be useful in the anti-aging tool belt, too — they reduce the risk of developing metabolic syndrome in adults over 40, a major contributor to the development of heart disease, diabetes and stroke.⁷

There are a few diets known for their longevity-aiding benefits. Some of my favorites include the alkaline diet, the keto diet and the MIND diet. They have many things in common, but a keto diet (particularly a keto alkaline diet) practiced in cycles throughout your life, coupled with the MIND diet principles, can go a long way in protecting both your brain and your body from fast aging decline.^{8, 9, 10, 11}

Following a low-carb diet like keto or the Mediterranean diet is also better for long-term weight loss because of how it impacts your blood levels of important particles like triglycerides and cholesterol, in addition to giving better control over your blood sugar.¹² And, no, eating saturated fat (as you would on these diets) isn't actually associated with higher risks of heart disease, according to a review including nearly 348,000 subjects.¹³



Now, onto the specifics — a brain- and body-supporting diet that lowers your risk of disease and keeps your telomeres long should include these anti-aging foods:

Healthy fats: avocados, ghee/grass-fed butter, cold-pressed coconut oil, extra virgin olive oil, MCT oil, full-fat dairy

Green, leafy veggies: romaine lettuce, arugula, kale, mustard greens, collard greens, broccoli, cabbage, Swiss chard, spinach, watercress

Other vegetables: sweet potatoes, Brussels sprouts, artichoke, asparagus, beets, carrots, cauliflower, celery, okra, eggplant, mushrooms, green peas, peppers, onions, leeks, radishes, rutabaga, tomato, non-GMO corn

Nuts and seeds: sunflower seeds, pumpkin seeds, almonds, cashews, Brazil nuts, hazelnuts, ginkgo nuts, macadamia nuts, Valencia peanuts, walnuts, pecans, celery seeds, cumin seeds, sesame seeds, chia seeds, apricot seeds, flaxseed, hemp seeds

Legumes (preferably soaked before eating): black beans, green beans, adzuki beans, cannellini beans, kidney beans, fava beans, pinto beans, mung beans, anasazi beans, lentils, peanuts

Sprouts: broccoli sprouts (the ultimate cancer-fighting sprout!), bean sprouts, alfalfa sprouts

Whole grains (sprouted whenever possible) and cereal grains: whole-wheat bread (like Ezekiel bread), bulgur wheat, farro, wheat berries, oats, amaranth, brown rice, buckwheat, polenta, millet, quinoa, sorghum, teff, hulled barley, dark rye

Fruits (in moderation): strawberries, wild blueberries, Goji berries, apricots, elderberries, cranberries, blackberries, apples, banana, bilberry, cherries, dates, dragon fruit, figs, grapes, jackfruit, kiwi, kumquats, ugli fruit,



star fruit, pomegranate, pineapple, plantains, persimmon, pear, peach, passionfruit, papaya, orange, nectarine, melons

High-quality meat, seafood and eggs: fatty fish (not tilapia), grass-fed beef, eggs, free-range chicken, free-range turkey, lamb meat, bison meat, elk meat, offal (organ meats), venison (deer meat)

Fermented foods: sauerkraut, pickles, miso, tempeh, natto, kimchi, raw cheese, probiotic (unsweetened) yogurt

Water: Drinking water is essential to good health, but with the dangers

of fluoride and chemicals often found in bottled water and tap water, I recommend sticking to a reverse osmosis, de-ionizing or activated alumina filter on your home tap, plus a food-grade stainless steel or glass water bottle.

Other beverages: coffee, teas, kombucha, kefir, freshly juiced vegetables (unsweetened/unprocessed), raw milk, sparkling water (no artificial sweeteners)

Healthy treats: dark chocolate, red wine (both contain resveratrol, an anti-aging nutrient), almond butter, organic peanut butter, cacao nibs



A collage of fast-food items including three sesame seed burgers with lettuce, tomato, and cheese on a wooden cutting board, a bowl of curly fries, a bowl of peanuts, and two cups of iced cola. The items are arranged on a white surface.

CHAPTER 2

Foods to STOP Eating that Increase Aging

A close-up image of a pile of white granulated sugar, showing the individual crystals.

Sugar

I hope you know by now that sugar is bad for you. Many people in the modern world struggle with a sugar addiction, and artificial sweeteners like aspartame that many use to try curbing this addiction, are typically just as bad.

It's not just that sugar contributes to your risk of fatty liver, metabolic disease, heart disease, diabetes and some cancers — it may actually shorten your telomeres. At least, sugary soda is associated with shorter telomere length, aging you faster.¹⁴

Instead, opt for healthier alternatives like raw honey, monk fruit or stevia. Regardless of what you use, sweeteners should always be used in strict moderation.

Alcohol

While it's true a regular glass of red wine containing resveratrol can help slow aging, drinking a lot of alcohol can actually age you faster. When you drink a lot, your HPA axis is activated, which releases glucocorticoid (a stress hormone).



If you go a long time with elevated glucocorticoid levels, you may experience “premature and/or exaggerated aging.” Plus, the longer you follow that pattern, your body becomes less and less able to adapt to exposure to alcohol.¹⁵

Foods High in AGEs

Appropriately named, AGEs, or advanced glycation end products, are active molecules that age you faster.

According to a review in *The Journals of Gerontology*:¹⁶

Accumulation of AGEs accelerate the multisystem functional decline that occurs with aging... Exposure to AGEs can be reduced by restriction of dietary intake of AGEs... Modification of intake and circulating levels of AGEs may be a possible strategy to promote health in old age, especially because most Western foods are processed at high temperature and are rich in AGEs.

Dysfunction and diseases connected with AGE accumulation include diabetes, chronic inflammation, aging, heart disease, brain degeneration, Alzheimer’s and stroke — and the easiest way to decrease this risk is to eliminate as many AGE-rich foods as you can.^{17, 18, 19, 20}

In addition to eating foods high in AGEs, you should be cautious of sugar intake. Your body can produce AGEs internally when your sugar consumption is very high.²¹

- Foods high in AGEs to avoid include:²²
- Fast food
- Fried foods
- Fatty, processed meats, such as pork, hot dogs and steak
- Anything fried in canola oil
- Foods cooked at very high temperatures
- Foods cooked in olive oil (which should only be used at room temperature or low-temp cooking)



Caffeine

As I mentioned above, coffee is a great age-defying drink in many ways. However, excessive amounts of caffeine may disrupt waking signals and mess with your circadian rhythms. This affects middle-aged people more than younger individuals and can speed the aging process, so be cautious of your caffeine intake as you age.²³

Good practices are drinking caffeinated drinks more often in the morning and having a cutoff time at least 6-8 hours before you plan to go to bed.

Refined Carbohydrates

While complex carbohydrates support your body's natural defense against disease, eliminating many of the refined carbs from your diet may positively impact your disease risk.

Specifically, refined carbohydrates (which typically correlate with low fiber intake) is a big contributing factor in the diabetes epidemic, which afflicts about one-fourth of all people 65 and older. (24, 25)



Fluoride

Unfortunately, tap water may be one big offender when it comes to aging. It contains many harmful chemicals like atrazine, lead and arsenic, but one of the most problematic chemicals it contains is supposed to be good for you: fluoride.

Is fluoride bad for you? Definitely, it is. While it can be a helpful tool when used in toothpaste to help strengthen your teeth, ingested fluoride is associated with a large number of age-related problems, including brain and central nervous system dysfunction, increased risk of some cancers, higher bone fracture risk (related to osteoporosis), hypothyroidism and increased diabetes risk.^{26, 27, 28, 29, 30}

Fluoride is found in many processed foods, too, since fluoridated water is used to make many of these foods. That's



just one more reason to avoid processed foods!

Detoxing from fluoride involves eating an alkaline diet (great for slowing the aging process!), increasing your intake of tamarind tea and selenium and exercising regularly.^{31, 32, 33}

Too Much Iron

Iron-rich foods are good for you in many ways, but there is some concern that excessive amounts of iron consumption is connected to the development of Alzheimer's. A breakthrough research study at UCLA was published in 2013 explaining the connection between massive iron accumulation and hippocampal damage related to Alzheimer's disease.^{34, 35}

However, this definitely doesn't mean to stop eating iron-rich foods! Most experts recommend avoiding high amounts of red meat to limit your iron intake to a healthy amount (I try sticking to 2-4 times per week) — which is a good idea, in any case.



CHAPTER 3

Best Natural Remedies for Aging

1. CoQ10

You probably can't read any anti-aging advice without being informed of the amazing benefits of CoQ10. Coenzyme Q10 is required by every cell in your body for a lot of daily functions. However, you produce less and less as you age.³⁶

Some of the incredible ways supplementing your diet with CoQ10 can slow aging include:

- Improved fertility during your 40s by reversing egg degradation and increasing production of ATP³⁷
- Protection for the heart against stress-related aging³⁸
- Regulation of genes in skeletal muscles to keep them strong as you get older³⁹
- Lowering the incidence of age-related oxidative stress by increasing the function of antioxidants (catalase and glutathione) within the body and protecting cell membranes from the damage free radicals cause^{40, 41}



2. L-carnitine

The amino acid L-carnitine is another powerhouse for anti-aging efforts. How does it slow aging?

First of all, supplementing with L-carnitine helps protect your body from issues related to metabolic syndrome, which is connected to many diseases associated with age (e.g. diabetes, heart disease, stroke).⁴² In fact, people over the age of 100 seem to benefit from this amino acid by a reduction in fat, increases in muscle mass, reduced fatigue and improved cognition.⁴³

Second, using L-carnitine in animals is “very effective in normalizing age-associated alterations.” Researchers point out that it is a great option for reducing your chances of developing disease related to damage caused by free radicals.⁴⁴

Finally, older men may benefit from L-carnitine because of its ability to help with impotence, depressed mood and fatigue related to aging.⁴⁵

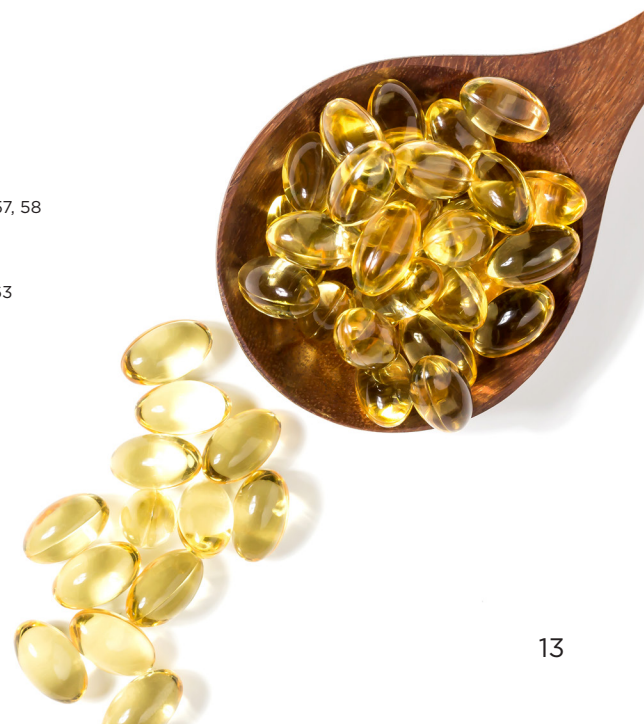
3. Omega-3s

You can get omega-3s from oily fish, but many people find it difficult to eat enough fish to get the amount they want. That’s why many people like to take fish oil or an omega-3 supplement on a regular basis.

Omega 3 benefits range into nearly every area of the body to help slow aging and help protect you from disease. They’re one of the most widely studied supplements around, and even the American Heart Association (AHA) acknowledges their importance for people at risk for heart disease.⁴⁶

Omega 3s may be able to:

- Lower high triglycerides^{47, 48, 49}
- Regulate cholesterol levels^{50, 51}
- Lower high blood pressure⁵²
- Prevent plaque buildup in arteries^{53, 54}
- Reduce symptoms of metabolic syndrome^{55, 56, 57, 58}
- Prevent blood clots^{59, 60}
- Protect the brain from Alzheimer’s disease^{61, 62, 63}
- Reduce system-wide inflammation^{64, 65, 66, 67, 68}
- Lower cancer risk^{69, 70, 71, 72, 73, 74}
- Support healthy bones and joints^{75, 76, 77, 78}
- Improve sleep quality⁷⁹



- Lower risk of macular degeneration^{80, 81}
- Slow the aging of skin⁸²

4. Collagen

Collagen is the most abundant protein in our bodies, especially type 1 collagen. It's found in muscles, bones, skin, blood vessels, digestive system and tendons. It's what helps give our skin strength and elasticity, along with replacing dead skin cells. When it comes to our joints and tendons, in simplest terms, it's the "glue" that helps hold the body together.

Our body's collagen production naturally begins to slow down as we age. We can thank this degenerative process for signs of aging, such as wrinkles, sagging skin and joint pains due to weaker or decreased cartilage.

Other lifestyle factors — like eating a diet high in sugar, smoking and high amounts of sun exposure — also contribute to depleting collagen levels. It's been found that collagen-related diseases most commonly arise from a combination of either genetic defects, poor intake of collagen-rich foods, nutritional deficiencies and digestive problems affecting production (synthesis) of collagen.

Thankfully, consuming foods like bone broth can provide plenty of this vital protein. Similarly, consuming collagen can do wonders.

For example, it can improve the health of both your skin and hair. Double-blind, placebo-controlled studies investigating the anti-aging properties of collagen have found that 2.5–5 grams of collagen hydrolysate used among women aged 35–55 once daily for eight weeks significantly improved skin elasticity, skin moisture, transepidermal water loss (dryness) and skin roughness, all with little to no side effects.⁸³

Collagen also reduces cellulite and stretch marks. When skin loses its elasticity as a result of decreased collagen, there's another side effect: more visible cellulite. This is just the tip of the anti-aging iceberg for collagen!



4. Hesperidin

A bioflavonoid found in many citrus fruits, hesperidin is a superstar when it comes to slowing aging caused by inflammation and oxidative stress.^{84, 85} It may also be effective for chronic venous insufficiency (lack of circulation in the veins), hemorrhoids and leg ulcers.

5. Turmeric

It's thought by many to be the most powerful herb ever — and for good reason. Turmeric is a vital part of traditional Chinese medicine and Ayurvedic medicine, and it's also got a pretty hefty spot in the scientific community.

Turmeric may slow aging by:

- Slowing or preventing blood clots^{86, 87, 88, 89}
- Fighting inflammation better than aspirin or ibuprofen⁹⁰
- Reducing inflammation and pain in rheumatoid arthritis⁹¹
- Decreasing risk of certain cancers⁹²
- Aiding in diabetes management⁹³
- Helping regulate cholesterol⁹⁴

Turmeric can be tricky, though. Using the spice in cooking may not result in absorption of much of curcumin, the active compound in turmeric. There are a couple ways to improve how much turmeric you absorb, though — in cooking, combine turmeric with peppers with some kick and some sort of fat.

When searching for a turmeric supplement, go for an option that's been fermented (which creates additional curcuminoid compounds as well as increases how much curcumin your body can use) and is formulated using peppers with some heat.^{95, 96}

6. PQQ

Many people have never heard of PQQ (pyrroloquinoline quinone), but this compound found in soil and some foods is a very powerful anti-aging supplement, keeping you young from the inside out. Your body produces it, but getting more PQQ through your diet may also help slow aging.

Not only does it relieve inflammation and reduce oxidative stress, PQQ may help to enhance brain function, protecting against dementia and cognitive



decline in elderly subjects.^{97, 98, 99} It might even reduce osteoporosis risk and protect skin cells from aging quickly due to sun exposure.^{100, 101} However, the most coveted benefit of PQQ comes from its potential to increase lifespan. While research is still in its infancy, it's clear that PQQ is involved in mitochondrial function.¹⁰² In lab and research studies, PQQ reduces oxidative stress and improves longevity.¹⁰³

7. Probiotics + Prebiotics

Using probiotics and prebiotics to maintain good gut health is essential to immunity, balanced inflammation and nutrient absorption. According to a 2014 review, synbiotics (which include both probiotics and prebiotics) “may help reverse age-related intestinal motility decay, and therefore reduce the incidence of functional disorders such as constipation seen in elderly people.”¹⁰⁴

These beneficial bacteria slow aging by impacting the body down to your DNA, improving signs of “both intrinsic and extrinsic aging.” They “can restore acidic skin pH, alleviate oxidative stress, attenuate photoaging, improve skin barrier function, and enhance hair quality.”¹⁰⁵

8. Idebenone

This common skincare ingredient with some similarities to CoQ10 is great to naturally slow aging signs of the skin. Taking idebenone can help to improve collagen production and reduce dryness and fine lines/wrinkles.

In one clinical trial, idebenone boasted a 33 percent overall improvement of sun-damaged skin.¹⁰⁶ It may also help with reducing the risk of heart, liver and Alzheimer's disease.

CHAPTER 4

Anti-Aging Essential Oils

You can't discuss aging without talking about anti-aging essential oils. Many of these are used topically to improve signs of aging on skin, but some essential oils have powerful benefits in protecting the brain from neurological decline, helping the body stay at a healthy weight and even preventing cancer.¹⁰⁷

Some of the most effective anti-aging essential oils are:

Shell Ginger Essential Oil

Popular in the longevity-extending Okinawa diet, shell ginger oil slows aging by reducing the risk of skin cancer due to oxidative stress, fighting obesity, help relax muscle spasms that occur after stroke and improve overall lifespan by up to 22.6 percent (according to research studies).^{108, 109, 110}



Oregano Oil

This popular and potent oil is powerfully antibacterial and may aid in the prevention of cancer.¹¹¹



Sweet Flag Essential Oil

Sometimes known as calamus root oil, sweet flag is an oil that may have “significant AChE inhibitory potential” and function as a natural Alzheimer’s treatment.¹¹²



Roman Chamomile Essential Oil

Safe to take internally, chamomile oil may relieve pain from arthritis, reduce death rates in coronary heart disease, speed wound healing and reduce inflammation of the skin.^{113, 114, 115}



Turmeric Essential Oil

Like its spice and supplemental counterparts, turmeric essential oil is a powerful anti-aging oil to keep in your cabinet. It may help lower your risk of colon cancer, aid in the prevention of neurological conditions (like Parkinson’s, Alzheimer’s, spinal cord injury and stroke) and reduce arthritis pain.^{116, 117, 118}



Black Seed Oil

This is another power anti-inflammatory and antioxidant essential oil. Black seed oil has shown scientific potential to help prevent (and possibly treat) cancer, support proper liver function, reduce diabetes risk and fight obesity.^{119, 120, 121, 122, 123, 108}



Lavender Oil

Using lavender oil both internally and externally can support your anti-aging efforts. It may help to reduce inflammation and oxidation in skin cells, reversing their aging, and is also well-known for being a potential natural Alzheimer's remedy.^{124, 100}



Rosemary Oil

Lab studies indicate that rosemary oil may be a potential Alzheimer's natural remedy.^{125, 100}



Evening Primrose Oil

Evening primrose oil may naturally slow aging by improving the structure of skin.¹²⁶



Rosehip Oil

Some people call rosehip the anti-aging oil, and for good reason. It helps inside and out — using rosehip may help improve collagen production of the skin, protect from age spots and reduce inflammation associated with arthritis.^{127, 128, 129}



CHAPTER 5



Lifestyle Practices to Slow Aging

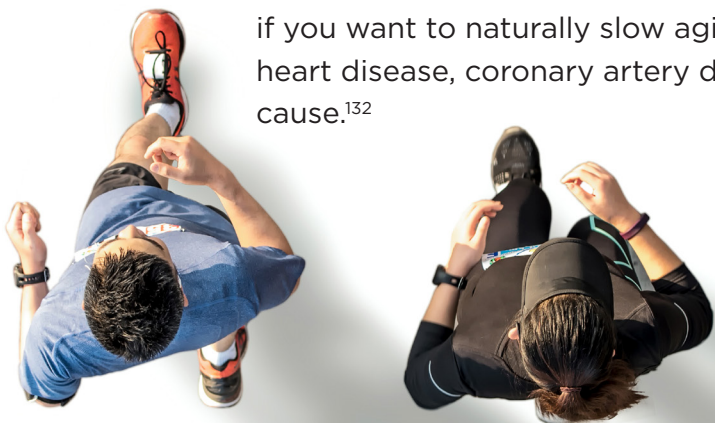
1. Get Enough Sleep

Poor sleep quality is associated with shorter telomeres, which means healthy sleep habits are one way to age in a healthy way.^{130, 131}

Can't sleep? It's a good idea to work on insomnia by changing your diet, reducing stress, using supplements and essential oils that support good sleep and altering your lifestyle habits. Simple changes like ensuring you're on a regular schedule, sleeping on a comfortable bed and turning off your electronics at least an hour before bed can help.

2. Exercise

Regular exercise is one of those things a lot of people know is important, but a much smaller number of people actually implement. It's worth it, though, if you want to naturally slow aging — exercising regularly lowers your risk of heart disease, coronary artery disease, diabetes, cancers and death by any cause.¹³²



The older you are, the more important this gets, because your muscles don't rebuild as quickly. Even in frail elderly people, exercise can improve not only muscle strength but muscle recovery, too.¹³³

Your brain needs significant physical activity, too. Twenty to 30 minutes of moderate physical activity most days decreases your risk of cognitive decline as you age.^{134, 126}

In general, it's best to avoid a sedentary lifestyle, but exercise does seem to have more impact on brain health than just basic physical activity throughout the day (like walking or standing for long periods).¹³⁵ This benefit may even extend to prevention of Alzheimer's and dementia.¹²⁶

Need some options? Try riding a bike. A study published in 2015 discovered aging people who regularly bicycle had better metabolic profiles, memories, balance and reflexes than their counterparts who did not.¹³⁶

3. Practice Stress-Reducing Habits

Prolonged environmental stress is not good for the aging process — in fact, stress shortens your telomeres.¹³⁷ It also impacts the quality of your sleep, indirectly acting as a stimuli to speed up aging.¹²⁴ To naturally slow aging, try stress-reducing habits.

Get longer telomeres by practicing exercise or yoga, healing prayer and meditation, acupuncture, therapy, spending more time in nature and journaling.^{138, 139, 140, 141, 142, 143} Social support is another stress-buster that scientifically lengthens telomeres.¹⁴⁴

4. Have Sex

Good news for all: Enjoying your partner intimately is one way to naturally slow aging. While it's important to have strong personal relationships (both in and out of romantic connections), sexual intimacy is the only part of a relationship that seems to be directly related to telomere length.¹⁴⁵

The study where this was observed used only 129 participants, and more research is warranted, but it's possible that the gratification from regular sexual activity helps to keep you feeling young.



Final Thoughts

Aging comes for us all — it's totally normal, and no efforts can halt or reverse it. However, there are a number of ways to naturally slow aging in such a way that you give your body the best defense against disease and mental decline.

The No. 1 way to do this is through eating healthy, whole foods. These include healthy fats, lots of vegetables, fruits, nuts and seeds, legumes, sprouts, sprouted whole grains and cereal grains (like quinoa), high quality proteins, fatty fish, fermented foods and healthy treats.

An anti-aging diet will also eliminate refined sugars, alcohol, foods high in AGEs, excessive caffeine, refined carbohydrates and fluoride, as well as being aware of iron intake.

Backed by science, many supplements and essential oils may help your body slow the aging process. Some of the most impressive of these are:

1. CoQ10
2. L-carnitine
3. Omega-3s
4. Hesperidin
5. Turmeric
6. PQQ
7. Probiotics/prebiotics
8. Idebenone
9. Anti-aging essential oils (shell ginger, oregano, sweet flag, roman chamomile, turmeric, black seed, lavender, rosemary, evening primrose, rosehip)

Finally, you can adjust some of your lifestyle habits to naturally slow aging. Try these options:

1. Get enough sleep
2. Exercise
3. Practice stress-reducing habits
4. Have sex



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