

5

FOOD SWITCHES THAT CAN TAKE FIVE YEARS OFF YOUR APPEARANCE

If you've had a chance to read *The Age Fix*, you may have determined that Chapter 5, The Age Fix Diet, is probably the most important chapter of them all. I truly believe that what you eat determines, to a large extent, how you look and how quickly you age. There are good and bad foods, no doubt about it, and what you put in your mouth, and therefore in your body, can make a profound impact on your appearance. Many scientific studies have proven this. I've even witnessed it firsthand with my patients.

**SO HERE ARE FIVE SIMPLE
FOOD SWITCHES THAT CAN
MAKE A BIG IMPACT ON
HOW QUICKLY YOU AGE.**

**THEY'RE PRETTY EASY AND
STRAIGHTFORWARD. HOPEFULLY
YOU'LL FIND THESE NEW FOODS
TASTE JUST AS GOOD (OR EVEN
BETTER!) THAN THE FOODS THEY
REPLACE.**



DR. ANTHONY YOUN

Food Switch #1:

COFFEE TO GREEN TEA

Green tea might just be the most powerful of all the antioxidant sources. The polyphenols in green tea have been shown to be 100 times more effective than Vitamin C in fighting free radicals. Now, many people who drink coffee consume several cups per day. This might be you. If that's the case, then making the cold turkey switch from coffee to green tea might be pretty difficult.

Here's a solution: Start slowly. If you drink three cups of coffee per day, begin by decreasing to two cups of coffee and one cup of green tea. After a few weeks, go to one cup of coffee and two cups of green tea. A few weeks later, discontinue the coffee altogether for green tea. You'll still get your much-desired caffeine boost but with more antioxidants and less unhealthy additives (sugar, cream, etc.) than you might need for your coffee.

Food Switch #2:

CREAM CHEESE TO ALMOND BUTTER

My kids love to slather cream cheese on their bagels. Unfortunately, cream cheese isn't all that healthy and doesn't make your skin any younger. So try substituting almond butter for cream cheese. Not only is almond butter tasty, but it's chock full of healthy monounsaturated fatty acids. Unlike saturated and trans fats, which are pro-inflammatory and accelerate the aging process, monounsaturated fatty acids are anti-inflammatory. They soothe and calm the skin, protect it from UV radiation, and even moisturize the skin from the inside-out.

Some of my friends and patients complain that almond butter tastes too dry. If this applies to you, then try a natural peanut butter. Make sure to avoid peanut butter with too many additives and preservatives and low-fat peanut butter, which often has an extra dose of unhealthy sugar to take the place of the missing healthy peanut fat.



Food Switch #3:

MILK CHOCOLATE TO DARK CHOCOLATE

Raw cocoa contains an enormous dose of free radical-fighting antioxidants. Chocolate bars are graded according to how much raw cocoa (or cacao – same thing) they contain. The higher the percentage of raw cocoa, the higher the antioxidant content. Unfortunately, most commercially-available chocolate bars, like milk chocolate or even Hershey's Dark, contain too much sugar and too little cocoa to be healthy for you. So, if you like chocolate (and who doesn't?), then try to stick with or switch to dark chocolate with at least 70% raw cocoa.

This also pertains to hot chocolate. Instant hot chocolate usually contains too much sugar and additives, and too little cocoa, to give a beneficial effect. Instead, try making your own dark hot chocolate at home. Just mix organic unsweetened ground cocoa with almond milk and a touch of honey or stevia.

Food Switch #4:

VEGETABLE OIL TO AVOCADO OIL

Which oil is the best for you? It can be very confusing. Back in the 1980's, everyone thought margarine was much healthier than butter. We now know that margarine contains trans fats (called partially hydrogenated vegetable oil on packaging) and that these trans fats are just not safe. Vegetable oil can also contain too much saturated fat, which can be inflammatory to our bodies.

Currently, it appears that avocado oil, even more than olive oil, may be the best oil for preventing and slowing down the aging process. Although avocado oil contains a similar amount of monounsaturated fatty acids as olive oil, it contains less harmful saturated fats and more healthy polyunsaturated fatty acids than olive oil. It also has a very high smoking point, making it ideal for both low temperature (drizzling it on a salad) or extremely high temperature (pan searing meats) uses. It's also full of carotenoid antioxidants and can even increase the absorption of carotenoids from other foods. I encourage you to try avocado oil if you haven't!

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Food Switch #5:

WHITE TO WHOLE WHEAT

This is probably the most important switch of all. Sugar is truly the worst food for your skin. It causes inflammation, produces AGE's (advanced glycation end products), and can contribute to unwanted fat pockets. It can even worsen acne!

When we think of sugar, most of us think of desserts and sweets, but refined carbohydrates are bad sugars, too. The refining process removes the bran and germ, causing the food to taste lighter but to digest much more quickly. This can result in sugar spikes, similar to what we get with candy and sweets! So, to decrease these sugar spikes (and lessen the damage caused by them), I strongly recommend that you switch to whole over white. Eat brown rice instead of white rice. Eat whole grain pasta instead of white pasta. Eat whole grain bread over white bread. Decreasing the amount of sugar you eat can have profound effects on how quickly (or slowly) you age.

So, there you have it! Five food switches that can take five years off your appearance. If you make these changes to your diet today, I bet that within a few weeks you will not only feel better but look better too. But don't take my word for it. Try it, and see your skin reap the benefits.

HERE'S TO GOOD, HEALTHY EATING!



For a complete guide to turning back the clock without surgery, please check out my new book *The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look Ten Years Younger.*



/DrYoun



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