



Holli Bassin  
Health Coach

Allergies • Immunity • Dietary Restructuring

BEST FOODS FOR

# Anti-Aging



If you are interested in anti-aging remedies, you are not alone. However, it might be time to put aside all those expensive products that are only doing more damage to your skin, and instead take a more natural approach.

There are many vitamins and minerals, foods, and even essential oils and herbs that can help give you a more youthful appearance and protect your skin.

## 1. FOODS

If you are looking to appear more youthful, it all starts with what you put in your body. You may think that beauty starts on the outside, but it actually starts on the inside. You are probably already aware of the importance of drinking enough water and staying hydrated, not just for general health and wellbeing, but also for holding onto your youthful appearance and reducing the appearance of fine lines and wrinkles. But that's not all.

There are many foods that are very good for you, delicious, and can help you maintain that glow. Take a look at these foods to add to your diet for the purpose of natural anti-aging:

### **Oats**

The first food you should consider eating on a regular basis if you want to look younger is oats. These are one of the best carbs you can eat because they are low-glycemic, which means they are safe to eat even if you are on a diabetic diet because of diabetes or pre-diabetes. These are known as a complex carbohydrate. Make sure you choose rolled oats or old-fashioned oats, not the packets of dried oatmeal that is made in a few minutes in the microwave. The less processed, the better it will be for you.

Why are oats good for your skin and anti-aging? Because their plant composition helps to prevent irritation of the skin and can actually protect your skin's cells.

## **Pomegranates**

If you like fruit, you're in luck, because there are a few different fruits on this list. The first is pomegranates, which is a sweet and tart red fruit. Pomegranates are known as a superfood, meaning they have a higher-than-normal amount of nutrients. Pomegranates have lots of vitamin C, which is going to help protect those skin cells to avoid damage that would have otherwise led to premature signs of aging. Pomegranates also have antioxidants in them.

Pomegranates are unique in that when you cut it open, you are not getting the "flesh" of the fruit, but the seeds themselves. These can be added to a smoothie, sprinkled on oatmeal or cereal, or even top a salad for a fruity bite.

## **Blueberries**

Another fruit that you can enjoy daily for anti-aging purposes is blueberries. These are a popular fruit and for good reason. Not only are blueberries delicious and versatile, but they are a superfood loaded with antioxidants. In fact, blueberries have more antioxidants than most other foods. With these healthy little berries, you can prevent wrinkles and fine lines, and keep your skin firmer for a longer period of time.

## **Avocados**

Next up are your avocados. While often considered a vegetable, avocados have seeds, therefore they are actually a fruit. Avocados provide a great source of healthy fats, fiber, and various other

nutrients. These are all important for healthy, hydrated skin that won't show the signs of aging prematurely.

Avocados often frighten people because of the high fat and calorie content, but don't forget these are a healthy fat! They are very good for you, are easy to add to different meals and snacks, and can help keep you full in between meals.

### **Brussels Sprouts**

For vegetables, one of the best ones for anti-aging is brussels sprouts. You might not be a huge fan of brussels sprouts, but give them a chance! It is all in the seasoning and how you choose to cook them. Roasting brussels sprouts in olive oil and balsamic vinegar with some nice seasonings is a popular option.

These have nutrients your skin needs to maintain its youthful appearance, including vitamin C, vitamin A, and folate.

### **Cold Water Fish**

If you're looking for a food that is good for your skin that isn't a fruit or vegetable, why not have fish? Coldwater fish tends to be best for your skin and anti-aging because it contains omega-3 fatty acids. These are often called fatty fish or oily fish. It includes fish like:

Salmon  
Tuna  
Mackerel  
Sardines

These fish are loaded with those precious omega-3s that help to keep your skin hydrated and protect it from fine lines and wrinkles. They also help with other skin conditions, including blemishes and eczema.

### **Green Tea**

The last food on the list is actually a drink – green tea. In terms of tea, this is a fan favorite and has many health benefits. Green tea contains properties like catechins that can actually protect your skin from sun damage. While you still need property sun protection and sunscreen, this can boost your skin's ability to protect itself with prolonged sun exposure.

As you can see, just sticking to a well-balanced diet can help you prevent early signs of aging.

## **2. ESSENTIAL OILS**

The next type of natural remedy to consider for anti-aging is in your essential oils. Essential oils are pure oils extracted directly from the petals, stems, and leaves of herbs, plants, and flowers. These pure oils are high in concentration so they provide a lot of amazing health benefits, including for your skin. Some essential oils are better for anti-aging than others, including:

### **Frankincense**

This essential oil might have a funny name, but the benefits it has for your skin are not funny at all. Frankincense essential oil is from trees called browallia. The oil is a natural anti-inflammatory, which as you know is important for anti-aging. Inflammation in your skin creates a lot of problems, including sagging skin, lines and wrinkles, and flare-ups of conditions like rosacea and eczema.

With a little frankincense oil applied in the right way, you can tighten up your skin and prevent some of these early signs of aging. Just make sure if you apply it to your skin, it is diluted with a carrier oil first. Pure essential oil is much too strong for direct contact. To avoid irritation, mix it with an oil like jojoba oil or olive oil first.

## **Lavender**

If you have ever used essential oils, lavender should be no stranger to you. This is often what people think of when they think about oils and herbs in general. Lavender is such a wonderfully versatile essential oil, helping with everything from headaches to anxiety and insomnia. It is also really great for your skin, often used for burns and skin irritation. You can also use it for your anti-aging.

Lavender essential oil can relax and de-stress your skin, reduce irritation and inflammation, and has antioxidants to help fight free radicals. Try combining it with a carrier oil or use a natural skin care product with lavender like a mask or a night cream.

## **Geranium**

Geranium essential oil is very similar to lavender in that it is often used for soothing and relaxing your skin. The great thing about this is that it can also soothe your senses when you smell it, which provides a full aromatherapy experience. With geranium oil, you are allowing your skin to be firmer and regulate sebum in your pores to reduce acne.

## **Pomegranate Seed Oil**

While not exactly an essential oil, pomegranate seed oil is worth mentioning. This has been used for many different health purposes, including helping with anti-aging.

As you might have guessed, the oil is extracted from pomegranate seeds, which have lots of nutrients and antioxidants. You can also use it to protect your skin against sun damage, which can lead to premature aging and early lines and wrinkles.

### **3. HERBS**

Now that you have learned about foods and essential oils that can provide anti-aging benefits, it is time to go into herbs. Herbs are often used for natural health remedies, but don't forget about beauty! You can heal your skin on the outside and on the inside by using these 6 amazing herbs.

#### ***Ginseng***

The reason this is at the top of the list is because ginseng has a long list of healing properties. It truly is a versatile herb that heals your body and mind. You can increase stamina and physical performance, and get natural stress relief with the herb. With ginseng, you are fighting the effects that stress has on your body, which includes your skin. Through this, your skin doesn't go through as much irritation, and therefore holds onto its youthful appearance for longer.

#### ***Thyme***

The next herb to consider for your anti-aging purposes is thyme. The primary benefit thyme provides your skin is helping to fight against skin infections. When you get a cut or sore on your face or other part of your skin, you have a risk of a bacterial infection. When this happens, it can cause scarring, redness, and permanent marks on your face you can't get rid of.

By using thyme in your cooking, you are helping to protect your body and your skin against these infections, and are able to avoid the serious complications they can have on your skin.

## **Sage**

Next up is your sage, which helps to reduce inflammation in your skin. Many of these natural remedies for your skin fight inflammation, and the reason this is important is because it reduces redness and can help slow down the aging process. Sage naturally has anti-inflammatory properties, helping not just your skin, but your entire body.

## **Turmeric**

Of course turmeric is on the list! You are probably aware of turmeric if you have done any type of research on natural remedies, for your skin or otherwise. You can use turmeric for anti-aging in a number of different ways, all of which help to reduce irritation and prevent the early signs of aging.

You can make turmeric tea or use the powdered turmeric in your cooking, or you can actually use the turmeric on the outside of your skin by making a simple mask with it.

## **Cinnamon**

While technically a spice, cinnamon can also be considered a natural herb to help with anti-aging. For your skin, cinnamon provides those precious anti-inflammatory compounds in many of the herbs and other natural remedies for anti-aging. The cinnamon can also protect your body in other ways, including arthritis and with things like tooth disease and bacteria in the body. This helps reduce stress on the body, which also helps reduce stress on your face.

## Cloves

*The final herb to consider for anti-aging is cloves. Cloves are very similar to cinnamon, including in their health benefits and the compounds that make them so effective. In addition to being anti-inflammatory, cloves will also provide antioxidants for your skin.*

## 4. VITAMINS

Last up on the list are the vitamins. Here is a brief rundown of vitamins that can help you with anti-aging:

### Vitamin C

You want to get as much vitamin C into your body as you can to protect your skin from stress and to help the skin cells to keep producing as they should. To get vitamin C, look for citrus fruits like grapefruit and oranges, as well as veggies like bell peppers and broccoli.

### Vitamin A

Vitamin A is also good for your skin, protecting you from early signs of aging. For more of this vitamin in your diet, try squash, dark, leafy greens, sweet potatoes, and carrots.

### Vitamin K

Don't forget about your vitamin K! This is great for reducing dark circles under your eyes, which can age you dramatically. Get your vitamin K from broccoli, romaine lettuce, and parsley.

## **B Complex**

Last up is B complex vitamins, which are going to provide biotin and extra moisture to your skin, as well as your hair and nails. You can enjoy potatoes, mushrooms, and sunflower seeds for B complex vitamins.

If you don't feel like you are getting enough vitamins through food sources, don't forget you can take additional supplements.