

Anti Aging secrets of foods

One of the best anti-aging supplements is eating raw foods. This is because cooking actually removes some of the nutrition in food. Taking them in a raw form gives your body more of the vitamins and minerals present in food than otherwise. Here is a look at some important raw foods you can intake to reduce the effects of aging:

- Raw foods that have anti-oxidant properties are best because they counteract free radicals which are responsible for causing aging. Foods like carrots, apricots, oranges, lemons and grapefruit are high in anti-oxidant properties and they should be taken everyday in order to minimize the effects of aging.



- Raw foods containing high levels of enzymes gives your body much needed vitamins and minerals. Any deficiencies in vitamins and minerals fasten the process of aging.
- Raw foods rich in sulphur helps to maintain skin, hair, nails and joints in a good condition. Foods such as asparagus, garlic, onion, broccoli, red pepper, watercress and seeds like hemp seeds and pumpkin seeds are rich in sulphur.
- Raw foods containing phytochemicals such as broccoli, cauliflower, spinach, berries, carrots, cocoa, celery, and bell pepper will help to counteract aging effects because phytochemicals prevent damage and have anti-aging properties.
- Raw foods rich in vitamins E, C, B and A, and Zinc improve the body's resistance to ill-health. This is because they help to boost the immunity system and give way for healthy looking skin. They also help to rule out eczema.

Raw foods serve as good anti-aging supplements primarily because they abound in vitamins and minerals, which help to keep body healthy and strong. They can eliminate toxins, which in time bring out aging. If you have a diet that is rich in raw sea vegetables, considerable level of body toxins gets reduced.

When having raw foods ensure that you take ones rich with antioxidants. A very powerful anti-oxidant is Coenzyme Q10, which is present in every body cell, but its level reduces with age. Taking foods such as spinach, broccoli and peanuts maintains the balance and reduces the effects of old age. Ensuring that 65% - 75% of your food intake is raw food, helps to bring about better health and counteract the signs of aging.