



Combat Aging through Nutrition



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Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D or](#)
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Most of us know one or two older adults who appear radiant and youthful despite their actual age. How do these people achieve outward signs of eternal youth? While genetics play a part in how our bodies adapt to aging, healthy older adults take care of themselves. They eat right. They exercise. They maintain low stress levels and engage in social activities. In summary, they regard beauty as something that comes from within.

Experts say no matter how old you are, it's never too late to start taking care of yourself in attempts to age gracefully. With regards to nutrition, here are a few nutrients the body uses to promote a healthy appearance:

- **Antioxidants (such as vitamins A, C, E, selenium) and phytochemicals**— Whether through food or supplements, antioxidants provide the body with the defense mechanism against free radicals. Free radicals attack cells and prompt wrinkles to form. Also try our antioxidant products: [Alpha-Lipoic Acid](#), [Quercetin Complex](#), [Lutein](#), [Bio C Complete](#), [Greens-N-Things](#), [CoQ10](#), [Ultimate One Multi](#), and [Menopause Formula](#).
- **Vitamin C**—essential for forming collagen, vitamin C builds connective tissue which decreases wrinkle formation. Try our [Bio C Complete](#).
- **Fiber**—a high fiber diet with adequate fluids cleanses the body and promotes regularity. In turn, toxins may not build up in the body, resulting in a healthier glow. Besides lowering cholesterol, another benefit of fiber is its role in lowering blood sugar, which lowers insulin and thus reduces inflammation in the body—a major factor in the aging process. Bulk up your diet by supplementing with Freedom from Menopause [Super Fiber Tabs](#).
- **Protein** is essential for healthy skin (making skin appear taut) and muscle tone. Look for lean sources such as fish, poultry, legumes, or lean red meat. An easy way to incorporate more protein in your diet is through protein powders ([Ultimate Soy Spirulina Protein Powder](#)), which can be added to smoothies, yogurt, soup, oatmeal or baked goods.
- **Fish Oil** and other **omega-3 fatty acids** (such as flaxseed oil) help reduce inflammation in the body and promote heart health and supple skin. They appear to especially benefit those with eczema, an inflammatory skin condition. Regardless of how healthy our diet and lifestyle may be, some nutrients' metabolism or levels present in our body decline with age, making supplementation more appropriate. Two nutrients in particular that drop over time and affect the appearance of skin include:
 1. **Glutamine** (found in poultry, legumes, and protein powders): Levels of this amino acid decline with age, stress, or strenuous activity. It assists in the release of growth hormone, which has been shown to improve lean body mass, muscle tone and skin thickness. Try our [Ultimate Soy Spirulina Protein Powder](#).
 2. **CoQ10** (found in very small amounts in foods such as peanuts, fish, and organ meats): A vitamin-like compound, coenzyme Q10 functions as an antioxidant and assists the mitochondria in producing energy. CoQ10 can regenerate vitamin E that has used up its antioxidant function already. CoQ10's ability to recycle vitamin E within the body is believed to be a key factor in preventing LDL (or "bad") cholesterol to oxidize and cause damage to cells. Many choose to supplement in order to maintain serum levels as they age.