

### Tips for Anti-Aging

1. Cookware – eliminate aluminum and Teflon; use glass, stainless steel, iron, corning ware
2. Eat good fats for mineral absorption energy and mood (avoid margarine, shortenings, hydrogenated oils; use grass-fed butter, olive oil, coconut oil)
3. Eat quality protein such as salmon, grass fed beef, organic chicken, pasture-raised eggs (about 4 ounces at each meal) for rebuilding and mood
4. Increase water intake (enough to urinate every 2 waking hours on average)
5. Use apple cider vinegar (2 tsp. in 4 oz. water sipped with meal) and/or fresh lemon in water to improve digestion
6. Consider herbal supplements like curcumin, resveratrol or turmeric as they are high quality anti-oxidants
7. Limit sugar and white flour; as we age our cells cannot handle the sugar
8. Increase mineral intake, fresh or frozen (avoid canned) fruits & vegetables, cook by steaming, sauteing or in soups
9. Stocks – to increase minerals, excellent source of calcium (make weekly)\*
10. Keep carbohydrates to minimum for energy and mood (breakfast especially)
11. Avoid Aspartame as found in diet sodas, some gum, drink mixes, yogurts, etc. Consider Stevia as a good sugar alternative. Molasses or brown sugar could be used at a minimum.
12. Consider supplementing with a high quality food-based multi-vitamin and and 1-2 tsp/day of cod liver oil.
13. Get good sleep. Ideally get to sleep as close as possible to 10pm and sleep until 7am.
14. Reduce stress. Consider meditation, yoga, and give yourself time each day to do something you enjoy that relaxes you.

#### Benefits of homemade stocks:

- Delicious
- Easy to make
- Extremely nutritious (containing the minerals of bone, cartilage, marrow and vegetables in an easy-to-assimilate form)
- Gelatin aids digestion, calming to nervous system, soothing to intestines
- Lasts 5 days in refrigerator, several months in freezer

#### Stock recipe:

1 whole chicken or 2-3 lbs bony chicken parts  
4 quarts cold water  
2 tbsp apple cider vinegar  
1 large onion  
2 carrots  
3 celery sticks  
Bunch parsley

Remove items from cavity. Place chicken, water, vinegar and all veggies except parsley into stainless steel pot. Bring to a boil and remove scum that rises to the top. Cover and cook for 12 to 24 hours. The longer you cook the richer and more flavorful. About five minutes before finishing, add parsley. Remove from heat. Take out chicken. Once cooled, remove meat from bones and use for other recipes (salad, fajitas, etc.). Strain stock into a large bowl and put in refrigerator until fat rises to

the top and congeals. Skim this off. Keep stock in refrigerator or freezer. Use for vegetables soup, over rice or potatoes, etc.