

# 7 Anti-Aging & Disease Preventing Foods!

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**“The 7 Anti-Aging & Disease Preventing Foods You Must Know About To Help Reverse The Aging Process Like Arthritis, Diabetes, Heart Disease, Obesity, Cancer Or Strokes”**



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## The Anti-Aging or Disease Preventing Food # 1 = AVOCADO.

Organic Avocados are grown especially in Mediterranean countries like Portugal, Italy and Spain. Additionally, it is grown in Mexico, Uruguay, Brazil, Peru, Australia, New Zealand, India, China and South African countries. Avocado is sometimes called “avocado pear” or “alligator pear”, and “*Aguacate Palta*” in Spanish.

Here are the most well-known health benefits of avocado for both adults and children.

Avocado protects cholesterol related heart diseases and it reduces the risk of cardiovascular diseases. **Avocados contain “oleic acid”, a monounsaturated fat that may help lower cholesterol.** In some studies, patients with high cholesterol levels who ate avocado showed clear health improvements. After a week of being on an avocado diet, some patients showed a significant decrease in cholesterol contents.



Avocado may help to lower cholesterol, is rich in Potassium and is used as a preventative in both breast and prostate challenges.

**Avocado is a good source of potassium, a mineral that helps assist in the regulation of blood pressure.** Adequate intake of potassium can help guard against circulatory diseases, like high blood pressure, heart disease or stroke. Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

One cup of avocado has about 23% of the daily value for **folate**, a nutrient important for heart health. Another study showed that individuals who consume folate-rich diets have a much lower risk of cardiovascular disease or stroke than those who do not consume much of this vital nutrient.

In fact, the US Food and Drug Association has authorised a health claim that states: "Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke." (1)

It may be used both in prevention and treatment of prostate and breast cancers. Some information states that a toxin found in avocado may kill cancer cells. However, the toxin mentioned here is not identified completely. Scientists believe that the toxin has a great effect on the myocardium (heart muscle tissue) as well as on tissues of the lactating mammary gland.

It also contains measurable amounts of related carotenoids plus significant quantities of vitamin E.

Avocado includes necessary minerals like potassium, calcium, vitamin C and K, folic acid, copper, sodium and dietary fibres. These are used to provide the mineral necessity of the body. People who live in hot climates have great mineral and water loss. So, avocado is suggested strongly by medical practitioners.

Avocado is used to help people who have sexual problems.

It is a good antioxidant.

It can be used in the treatment of skin disorders.

It is used to help people who suffer from digestive and circulatory problems.

A large body of scientific evidence supports a move from the traditional Western diet, rich in saturated fat, to one similar to that consumed in the Mediterranean area, as being more healthful. Avocado oil has a composition closely resembling olive oil and can be directly substituted for it in a healthful cuisine.

Cold pressing of avocados produces very high-quality oil with very low levels of acidity and oxidation products whilst retaining the vitamin E content.(2.. Eyres et al 2001)

Avocado oil, carefully prepared and stored, contains components which may bring many health benefits, while also providing the sensory and culinary benefits expected of a food oil. The oil because of its nutritional benefits is an excellent contributor to a healthy and balanced diet and is of particular benefit in diets, which help to prevent coronary heart disease, diabetes and possibly prostate problems.

## **References**

1. Avocados are a good source of potassium, a mineral that helps regulate blood pressure. Adequate intake of potassium can help to guard against circulatory diseases, like high blood pressure, heart disease or stroke. In fact, the U.S. Food and Drug Association has authorised a health claim that states: “Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.”

<http://www.avocado.com/site/health-beauty/nutrition/heart-health>

2. Eyres L, Sherpa N and Hendriks G: Avocado oil: a new edible oil from Australasia. Lipid Technol 2001;Vol 13, no 4:84-88.

<http://www.olivado.com/studies3.htm>

## **The Anti-Aging or Disease Preventing Food # 2 = CARROTS.**

A single Organic Carrot will supply all your vitamin A needs for the whole day. It's also a great food to nibble, being a much healthier snack than eating potato chips or lollies. Research has also shown that this vegetable has a protective effect against ultraviolet light (1) (in other words they will help you look younger, longer) Chinese medical practitioners recommend eating carrots to give your liver more energy.



A carrot contains a very complete nutrition to provide our body the essential enzymes, vitamins and minerals.

Carrots the Vitamin A Food, protects against the sun's harmful rays, is anti-carcinogenic and the Chinese suggest by eating carrots it will provide energy for your liver.

### **Vitamin and Mineral Content :**

- Vitamin A - 12,000 I.U
- Vitamin B; Thiamine B: .06 mg.
- Riboflavin: .06 mg.
- Niacin: .5 mg.
- Vitamin C: 5 mg.
- Vitamin D, E, G, & K
- Calcium: 39 mg.
- Iron: .8 mg.
- Phosphorus: 37 mg.
- Fat: 0.3 gm
- Carbohydrates: 9.3 gm.
- Protein: 1.2gm.
- Calories: 42

Carrots also offer an excellent source of beta-carotene, which is 3.62milligram (equivalent to 1981 international unit for the value of vitamin A) in each 100 gram of

carrots. Many studies have shown that carrots provide us the highest amount of beta-carotene among the list of vegetables we usually consume every day.

Carrots have proved its outstanding role in anti-cancer effect. Some research revealed that people with lack of beta-carotene were more likely to have 2 times higher risk of cancer than normal people. The beta-carotene content in carrots can be easily changed by our body into vitamin A, which is essential for healthy cell growth, strong immune system and protection against macular degeneration.

Research also found that carrot contains bulk of folic acid, a group of vitamin B, which has good effect to fight against free radicals (substances that cause cancer) in our body. The lignin found in carrots too, helps to strengthen our immune system to fight against cancerous cells.

It's anti-hypertensive drug properties may also help to reduce the blood pressure and helps reduce cholesterol.

For those with blood sugar imbalances carrots can regulate blood sugars.

Carrots can also promote colon health, because carrot is rich in fiber.

## REFERENCES

1. Stahl W, Sies H. Bioactivity and protective effects of natural carotenoids. *Biochimica et Biophysica Acta* 2005; 1740:101-107.

Read more: <http://blog.beliefnet.com/truebeauty/2011/05/get-your-glow-with-carrots.html#ixzz1brYnyfHx>

2. Dr. Xiangdong Wang has carried out studies on the use of lightly cooked carrots and has found that beta-carotene is changed by the human body into retinoic acid and is a widely used cancer treatment<sup>2</sup>  
<http://www.carrotmuseum.co.uk/nutrition.html#raw>



## The Anti-Aging or Disease Preventing Food # 3= ONIONS

Organic Onions have a variety of medicinal effects. Early American settlers used wild onions to treat colds, coughs, asthma and to repel insects. In Chinese medicine, onions have been used to treat angina, coughs, bacterial infections, and breathing problems.

The World Health Organization (WHO) supports the use of onions for the treatment of poor appetite and to prevent atherosclerosis. In addition, onion extracts are

recognized by WHO for providing relief in the treatment of coughs and colds, asthma and bronchitis. (1) Onions are known to decrease bronchial spasms. An onion extract was found to decrease allergy-induced bronchial constriction in asthma patients.



The mighty Organic Onion has been used for centuries to help the lungs, the heart and circulation.

Onions are low in calories and virtually absent of sodium, fat, and cholesterol. Many varieties are also a good source of dietary fibre, as well as vitamin B6 and potassium. Onions contain prebiotics. These substances help to encourage the growth of good bacteria (probiotics) in the digestive system, which helps to promote proper digestive function.

An important element inherent in onions is the flavonoid quercetin, which studies have shown to be extremely useful in helping to prevent cancer and reduce symptoms of cardiovascular disease. Onions contain a number of sulfides similar to those found in garlic which may lower blood lipids and blood pressure.

In India, communities that never consumed onions or garlic had blood cholesterol and triglyceride levels substantially higher, and blood clotting times shorter, than the communities that ate liberal amounts of garlic and onions.

Onions are a rich source of flavonoids, substances known to provide protection against cardiovascular disease. Onions are also natural anti-clotting agents since they possess substances with fibrinolytic activity and can suppress platelet-clumping. The anti-clotting effect of onions closely correlates with their sulfur content.

Most onions are also an excellent source of Vitamin C, something you would normally expect from more colorful vegetables or fruits. A commonly known health

benefit of onions is how they reduce the symptoms of asthma sufferers. This is due to the high vitamin C content, which acts as an antioxidant and powerful anti-inflammatory.

Onions are a very rich source of fructo-oligosaccharides. These oligomers stimulate the growth of healthy bifidobacteria and suppress the growth of potentially harmful bacteria in the colon. In addition, they can reduce the risk of tumors developing in the colon.

Chinese with the highest intake of onions, garlic, and other *Allium* vegetables have a risk of stomach cancer 40 percent less than those with the lowest intake. Elderly Dutch men and women with the highest onion consumption (at least one-half onion/day) had one-half the level of stomach cancer compared with those consuming no onions at all.

## REFERENCES

1. The World Health Organization (WHO) supports the use of onions for the treatment of poor appetite and to prevent atherosclerosis. Onion extracts are also recognized by the World Health Organization for providing relief in the treatment of coughs and colds, asthma and bronchitis.

<http://www.macaupublicopinion.info/tag/national-cancer-institute>

## **The Anti-Aging or Disease Preventing Food # 4 = BEETROOT.**

Also called beet, the Organic Beetroot is a firm, clean globe shaped vegetable with no soft wet areas. If still attached, it should have fresh, clean young leaves. The beetroot is characterised by dark purple skin and a distinctive purple flesh.

Beetroot contains copious amounts of Vitamin-C, folic acid and potassium, and silica which make it a useful antidote to eating too much salt and a contributor to lowering blood pressure. Silica aids the uptake of calcium. Beetroot is particularly rich in Vitamin C, calcium, phosphorus and iron.

Half a cup of beet greens cooked, supplies 92 % of your body's need of Vitamin A.

Containing the powerful antioxidant betacyanin, which gives beetroot its deep red colour, this vegetable purifies the blood and has anti-carcinogenic properties. Research shows it boosts the body's natural defenses in the liver, regenerating immune cells. Also contains silica, vital for healthy skin, fingernails, ligaments, tendons and bones.



Organic Beetroot purifies blood, helps the liver, degenerate's immune system cells and is traditionally used as a blood building food.

Beetroot contains sodium, potassium, phosphorus, calcium, iodine, iron, copper, Vitamins B1, B2, B3, B6 and C. Each capsule provides approximately 1-2mg of elemental iron.(1)

Beetroot provides a good source of anthocyanadins, a natural antioxidant that contributes to its deep red colour

Beetroot is used traditionally as a blood building food and may aid the natural process of elimination and support detoxification processes. Beetroot has liver, spleen, gall bladder and kidney cleansing properties. Importantly it is useful in acidosis due to it being rich in alkaline elements.

### **REFERENCES**

1. Beetroot contains sodium, potassium, phosphorus, calcium, iodine, iron, copper, Vitamins B1, B2, B3, B6 and C. Each capsule provides approximately 1-2mg of elemental iron.

<http://fruitsnvegetables.com/beetroot.html>

## The Anti-Aging or Disease Preventing Food # 5 = DARK BERRIES

Dark Organic Berries are known to have the highest concentration of antioxidants among all fruits and vegetables, and there have been studies touting the benefits of cranberries and blueberries. So researchers analysed the antioxidant content of several varieties, including black currants, red currants, gooseberries, chokeberries and elderberries.



They measured two classes of antioxidants found in the purple berries, anthocyanins and proanthocyanidins.

Organic Berries have the highest concentration of antioxidants among all the fruits. They can help improve vision and can play an active role in reducing the effects of stomach ulcers.

One cup of strawberries contains over 100 mg of vitamin C, almost as much as a cup of orange juice. We need vitamin C for immune system function and for strong connective tissue. Strawberries also add a bit of calcium, magnesium, folate and potassium and only 53 calories.

One cup of blueberries offers a smaller amount of vitamin C, minerals and phytochemicals for only 83 calories. The same amount of cranberries is similar, but with only 44 calories, 1 cup of raspberries offers vitamin C and potassium for 64 calories.

You can choose other berries with similar nutrition, such as loganberries, currants, gooseberries, lingonberries and bilberries.

A 2004 USDA study ranked wild blueberries as the number one anti-oxidant fruit, with 48% more antioxidants than the cultivated (farmed) berry. Anti-oxidants fight free radicals in the body and anti-oxidants also help build and maintain a healthy immune system.

Considering their size, berries contain a giant portion of phytochemicals, in addition to vitamins, minerals and fiber that provide numerous health benefits. Here are just a few examples of the various types of berries and the health benefits they provide:

- Dark berries like blueberries, blackberries, raspberries and goji berries all contain powerful antioxidants.
- Blueberries, bilberries and raspberries contain lutein, which is important for healthy vision.
- Raspberries are rich in anthocyanins and cancer-fighting phytochemicals such as ellagic, coumaric and ferulic acid.
- Pomegranate fruit extract (yes, it is considered a berry) has strong antioxidant and anti-inflammatory properties and has been found to be particularly beneficial in inhibiting the growth of cancer cells (4), and improving symptoms of coronary heart disease (2.) and periodontitis (gum disease). (3.)

Raspberry, strawberry, cranberry, elderberry, blueberry and bilberry extracts have all been found to significantly inhibit H. pylori bacteria, when compared with the controls.

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1. Chatterjee A, Yasmin T, Bagchi D, Stohs SJ. Inhibition of Helicobacter pylori in vitro by various berry extracts, with enhanced susceptibility to clarithromycin. *Mol Cell Biochem.* 2004 Oct;265(1-2):19-26.
- 2..Kaplan M, Hayek T, Raz A, Coleman, Dornfeld L, Vaya J, Aviram M. Pomegranate juice supplementation to atherosclerotic mice reduces macrophage lipid peroxidation, cellular cholesterol accumulation and development of atherosclerosis. *Biochemical and Molecular Action of Nutrients* 2001 Aug;131(8):2082-9. Abstract
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- 4 Jeune MA, Kumi-Diaka J, Brown J. Anticancer activities of pomegranate extracts and genistein in human breast cancer cells. *J Med Food.* 2005 Winter;8(4):469-75. Abstract

## The Anti-Aging or Disease Preventing Food # 6 = CABBAGE

Organic Cabbage contains phytonutrients, which work to protect the body from free radicals that can damage the cell membranes. Phytonutrients also signal our genes to increase its production of enzymes involved in detoxification.

Cabbage may lower the incidence of cancer, especially in the lung, stomach and colon prostate.

Cabbage is a muscle builder, blood cleanser and eye strengthener.

The juice of fresh raw cabbage has been proven to heal stomach ulcer. Cabbage is rich in iron and sulfur. Juice of fresh cabbage is effective in treating fungus infection (due to its sulfur content).

Cabbage can lower serum cholesterol.

Cabbages contain **Sulforaphane**, a substance that can increase the production of antioxidant and detoxification enzymes. Sulforaphane works by stimulating the production of glutathione, the body's most important internally produced antioxidant which plays a role in liver detoxification.

Interestingly **Red Cabbage** has more **phytonutrients** than the green cabbage. The Vitamin C content of red cabbage is 6-8 times higher than that of the green cabbage.

Red cabbage contains **anthocyanin** (red pigment/color) which is an antioxidant that can help protect brain cells, thus can help prevent Alzheimer's disease.(1)

### Nutritive Values of Cabbage : Per 100 gm.

- Vitamin A : 80 I.U.
- Vitamin C : 50 mg.
- Calcium : 46 mg.
- Phosphorus : 31 mg.
- Potassium : 140 mg.
- Carbohydrates : 5.3 gm.
- Protein : 1.4 gm.
- Calories : 24



Organic Cabbage lowers the incidence of cancer, is a blood builder, and contains powerful enzymes to help with detoxification.

## REFERENCES

1. **Red Cabbage** has more **phytonutrients** than the green cabbage. The vitamin C content of red cabbage is 6-8 times higher than that of the green cabbage

[http://len7288.hubpages.com/hub/Health\\_Benefits\\_of\\_Cabbage](http://len7288.hubpages.com/hub/Health_Benefits_of_Cabbage)

### **The Anti-Aging or Disease Preventing Food # 7 =ALMONDS.**

Here are some of the health benefits of Organic Almonds that you should know about: Almonds contain monounsaturated fats and some polyunsaturated fats and hence they help to lower the low-density lipoprotein (LDL) or the bad cholesterol, while maintaining healthy high-density lipoproteins or good cholesterol levels. They are also beneficial in the treatment of constipation since they increase the fiber content of the food as well.

Almonds have great health benefits in terms of healthy skin. Almonds prevent premature appearance of wrinkles, black heads, pimples and dry skin as well.

Almonds have an extremely high nutritive value since they contain copper, iron and vitamins and are hence used as a remedy for anemia.

They provide nutrients that help to increase the bone mineral density, along with helping to strengthen the skeletal system. This may help in osteoporosis in the elderly.

Almonds decrease the after-meal rises in blood sugar thus helping to maintain healthy blood sugar levels. Almonds are great for a snack at supper time or for morning or afternoon tea.

Organic Almonds are considered by the Ancients as a must-eat food. To be eaten daily in small quantities and must be eaten with the skin removed. To remove the skin, all you have to do is boil the Almonds in water and then place them immediately in cool water and the skin is then easily removed.



Organic Almonds are considered by the Ancients as a must eat NUT. To be eaten daily in small quantities and must be eaten with the skin removed.

Almonds also have antioxidant properties and contain Alpha-tocopherol, which is a major source of Vitamin E which is really great for healthy hair and skin.

Almonds also increase the blood flow to the vital organs and are also used as aphrodisiacs.

Studies carried out by the American Institute for Cancer Research and the World Cancer Research have revealed that almonds have several substances in their chemical constituents, which could be useful in the prevention of cancer.

- Two flavonoids in almonds ( quercetin and kaempferol ) were found to be strong suppressors of lung and prostate tumor growth and these plant chemicals inhibited the tumor cell growth in culture in the studies at Pennsylvania State University
- Flavonoids found in almonds also suppressed breast cancer cell growth when these cells have been exposed to cancer-causing agents as evident from other research findings. (1)

#### REFERENCES

1.Flavonoids found in almonds also suppressed breast cancer cell growth when these cells have been exposed to cancer-causing agents as evident from other research findings

[http://veryspecialfoods.blogspot.com/2009\\_03\\_01\\_archive.html](http://veryspecialfoods.blogspot.com/2009_03_01_archive.html)



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