

7 SIMPLE (SCIENCE-BASED) HACKS THAT WILL PROLONG YOUR LIFE

I move to banish the word “diet,” and all the images of pitiful starving austerities.

Because rather than restriction, you must think *abundance*. When you learn to eat for your health and vitality, you naturally start to crave foods that boost your power rather than zap it.

Nature provides us with an array of natural immunity boosting foods. Eat these things every day and don't worry if you indulge in a bit of chocolate or wine.

Remember that your mental attitude also plays a part in your health. Gratitude is linked to longer lifespans.

Eat your veggies and be grateful. Words to live by.

Now let's get started with your simple seven food hacks. Cheers to a long, healthy, happy life!

1. Live longer by eating beans.

That's right. Long-lived people across different ethnicities eat beans. This study found that bean consumption was the only dietary constant across cohorts in Sweden, Japan, Greece and Australia. The researchers found an 8% decrease in death likelihood for every 20g of beans consumed. That's only two tablespoons of beans!

Another study found that high fiber intake prolonged lifespan, while intake meat and eggs shortened life span. Consuming the amount of cholesterol in one egg each day cut a woman's life as short as consuming five cigarettes for 15 years!

Packed with protein, keep you feeling full and satiated with their fiber and fight off disease with their antioxidants. Afraid of gas? Soak your beans before cooking, and add a little garlic.

2. Eat your oatmeal and add anti-inflammatory fats (omega-3 FA's)

Eating just a cup of oatmeal's worth of fiber a day appears to extend life as much as 4 hours of jogging a week. (There's no reason you can't do both.) Oatmeal lowers bad cholesterol and increases good cholesterol. That's the direction you want them to move to lower your risk of heart disease.

Omega-3 Fatty Acids are nature's natural anti-inflammatory fat. Inflammation causes the immune system to react, and has been linked to heart disease, cancer and a host of other problems. While you can ingest these from salmon, you also take in mercury and other pollutants. Chia seeds and flax seeds are packed with plant sourced Omega-3 Fatty Acids and other anti-oxidants.

Get fiber and anti-inflammatory fats in your first meal of the day: oatmeal. You can add berries and make your breakfast a powerhouse! (See my recipe for power oatmeal in the 7-Day Meal Plan)

3. Binge on berries.

Raspberries, strawberries, blueberries are packed with anti-oxidants. Blueberries and raspberries contain resveratrol, the wonder ingredient in red wine which has health benefits including fighting inflammation, protecting your heart, improving your skin, fighting certain cancers and even boosting your immune system.

4. Gorge on greens.

Greens - collard greens, kale, spinach, swiss chard, are packed with nitric oxide. Nitric oxide is like your blood vessels natural chill pill. Think about how you feel after a great yoga class. That's how your blood vessels feel after you eat greens. Now when you eat meat, fish and eggs, they get stiff and rigid. The endotoxins in these foods cause systemic inflammation immediately after eating. Restricted blood vessels in the heart and brain can cause heart disease, stroke, dementia and alzheimer's. Sources [here](#).

Arugula is the best source of Nitric Oxide along with mesculin mix, swiss chard, beet greens, basil, cilantro, spinach and kale.

5. Spice up your nosh.

Cloves, peppermint, ginger, allspice, oregano, thyme, sage, and rosemary are excellent sources of anti-oxidants. Sprinkle a little on your oatmeal, sautéed vegetables, or spice up a soup. Or even drink them in a chai. Foods high in anti-oxidants reduce your likelihood of developing oxidative-stress related diseases: alzheimers, Parkinson's, cancer, arteriosclerosis, chronic fatigue syndrome and heart failure.

6. Eat tons of mushrooms

These cute little fungi have dual *magic* powers. They boost immunity while fighting inflammation. In a study, one group ate mushrooms daily while the controls group didn't. The mushroom-eating group contained 50% more IGA in their saliva, the first-line of attackers in our immune system. The mushroom eaters also had less inflammation at the end of the study. Done with white button mushrooms, but most commonly eaten mushrooms - portobello, shitake, etc. have these properties.

7. Power-up your cancer fighters: cruciferous and allium vegetables.

Imagine a contest amongst the fruits and vegetables to see who is the biggest cancer fighter? And the winners are: the cruciferous vegetables, like broccoli, kale, cabbage, and the allium family, like garlic, onions, and leeks.

Whether for breast cancer, brain cancer, kidney cancer, lung cancer, brain cancer, pancreatic cancer, prostate cancer, and stomach cancer. All those great Cajun recipes that start with onions and garlic, then throw in other greens...that's the way to eat!

Now you have the info. It's time to get started.

Don't let all this great information go to waste. It would be like cooking a 5-Star Gourmet meal then watching it rot.

Make things easy by keeping your pantry and fridge stocked. Then start simply.

Add a salad or sautéed plate of veggies to your lunch. Cook beans over the weekend. Put your oatmeal together in the evening.

It's really not that hard, and doesn't take much time.

And the benefits....the benefits are worth every bit of effort.

Your long-term health is your pot of gold at the end of this rainbow of fruits and veggies.