

THE ULTIMATE GUIDE FOR

HEALTHY AGING

*10 science-backed protocols to help fight aging
and keep you looking and feeling your very best!*

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10 Science Backed Protocols For Healthy Ageing

1. Prioritize a Mediterranean Diet

A Mediterranean-style diet, rich in fruits, vegetables, whole grains, and healthy fats like olive oil, has been linked to improved longevity and reduced age-related diseases.

Study: The PREDIMED study found that the Mediterranean diet reduced cardiovascular events by 30% in high-risk individuals over five years

Source: [Primary Prevention of Cardiovascular Disease with a Mediterranean Diet | New England Journal of Medicine](#)

2. Consume Omega-3 Fatty Acids

Foods like fatty fish (e.g., salmon) and walnuts are rich in omega-3s, which support brain health and reduce inflammation.

Study: Research has shown that omega-3 fatty acids reduce the risk of Alzheimer's disease and slow cognitive decline

Source: [Omega-3 fatty acids and dementia - PMC](#)

3. Boost Antioxidant Intake with Berries

Berries such as blueberries and strawberries are high in antioxidants that combat oxidative stress, a key driver of ageing.

Study: A study found that regular blueberry intake has the potential to decrease cardiovascular risk factors

Source: [Blueberries Decrease Cardiovascular Risk Factors in Obese Men and Women with Metabolic Syndrome. - ScienceDirect](#)

4. Incorporate Green Tea

Green tea contains polyphenols, which protect cells from damage and support skin health.

Study: Research highlights green tea may have anti-inflammatory anticarcinogenic properties.

Source: [Green tea and skin - PubMed](#)

5. Emphasize Whole Grains

Whole grains like oats and quinoa support heart health and lower cholesterol, reducing age-related cardiovascular risk.

Study: The Nurses' Health Study showed that higher whole-grain consumption was associated with lower all-cause mortality

Source: [Whole Grain Intake and Mortality: Two Large Prospective Studies in U.S. Men and Women](#)

6. Eat Fermented Foods

Fermented foods like yogurt and kimchi improve gut health by promoting a diverse microbiome, which is linked to reduced inflammation.

Study: Probiotic intake was found to alleviate chronic inflammation in older adults

Source: [Probiotic-Reduced Inflammaging in Older Adults: A Randomized, Double-Blind, Placebo-Controlled Trial](#)

7. Add Dark Leafy Greens

Spinach and kale are rich in vitamin K and lutein, nutrients crucial for bone health and eye protection.

Study: A study showed that high lutein intake protects against macular degeneration, a leading cause of blindness

Source: [The role of the carotenoids, lutein and zeaxanthin, in protecting against age-related macular degeneration: A review based on controversial evidence - PMC](#).

8. Stay Hydrated

Proper hydration supports skin elasticity and overall cellular function, reducing the visible effects of ageing.

Study: Dehydration has been linked to poorer health outcomes and accelerated ageing markers

Source: [Link between hydration and aging | National Institutes of Health \(NIH\)](#)

9. Reduce Processed Sugar Intake

Excess sugar contributes to glycation, which damages collagen and elastin, accelerating skin ageing.

Study: Glycation has been shown to impair skin structure and increase wrinkle formation

Source: [Advanced Glycation End Products in the Skin: Molecular Mechanisms, Methods of Measurement, and Inhibitory Pathways](#)

10. Resistance training

Nuts like almonds and seeds like flax are rich in healthy fats and antioxidants, which reduce inflammation and support cardiovascular health.

Study: A meta-analysis found that doing any amount of resistance training, like lifting weights, can lower your chances of dying early by 15%, dying from heart problems by 19%, and dying from cancer by 14%. The biggest benefits happen if you do about 60 minutes of resistance training a week, cutting the risk of dying early by up to 27%.

Source: [Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis - PubMed](#)