

W Herbal Pharmacy

Anti-aging supplements that work!

Supplements that can slow—and even reverse—aging? It's true! The latest research has identified these four as having proven results:

1 Astaxanthin activates longevity enzymes!

A daily 10-mg. to 12-mg. dose of astaxanthin—a pinkish pigment found in shrimp, wild salmon and orange and red produce—could add up to five healthy years to your life, University of Hawaii researchers say. The reason: It switches on youth-boosting enzymes that quickly repair aging tissues!

■ **Important:** Always check with your doctor before starting a new supplement.

A no-cost option!
 Walking briskly for 20 minutes daily will add three years to your life by keeping your heart, lungs and blood vessels in tip-top condition!

simply enhance the flavor of your food with 1/4 tsp. of turmeric daily. The golden-yellow spice—nature's only source of curcumin—adds a delightful peppery, gingery flavor to any savory dish.

3 D-ribose restores vim and vigor

Feeling a bit wearier or foggy-headed lately? "Turn back the clock by sweetening your tea or coffee with two teaspoons of D-ribose powder daily," advises Jacob Teitelbaum, M.D., author of *Real Cause, Real Cure*. This natural sugar extract energizes mitochondria—the energy-producing engines inside every cell—cutting tiredness as much as 50% in just two weeks, while increasing your focus, concentration and brainpower 24%, research shows. One option: Life Extension

D-Ribose powder (\$20 for 150 g., LEF.com/ww).

4 Resveratrol keeps your organs young!

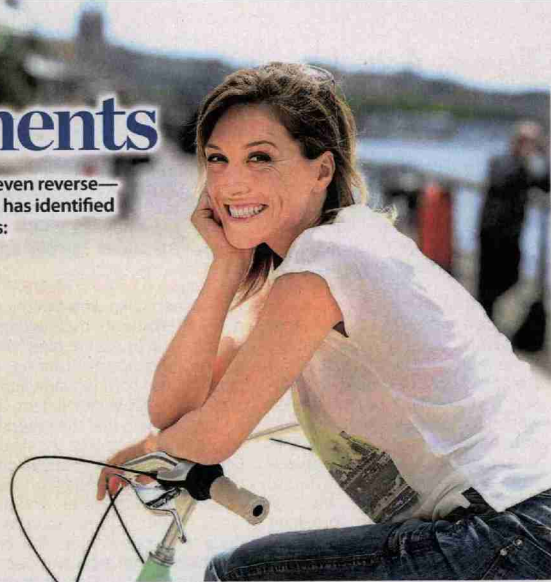
Supplementing with 250 mg. of this grape skin extract daily could slow aging of your heart, liver, pancreas and other organs as much as 33%, according to research in the *Journal of Pharmaceutical Sciences*. Resveratrol also hinders the breakdown of joint-protecting cartilage, notes study coauthor Liwei Wei, Ph.D. One option: Reserveage Resveratrol (\$33 for 60 capsules; VitaminShoppe.com).

Stay-young snacks
 Taming between-meal cravings with 1/4 cup of nuts and one cup of citrus daily could add up to eight years of great health to your life! Thanks goes to the polyphenols in citrus and the healthy plant fats in nuts, which speed healing of damaged and aging tissues, Yale research shows.

—Brenda Kearns

2 Curcumin tames inflammation

Want to send your risk of age-related illnesses—including dementia, heart disease, Type 2 diabetes, stroke and osteoarthritis—plunging 37% or more? Start taking 400 mg. to 500 mg. of curcumin every day, which, according to recent UCLA research, reins in the body-wide inflammation that's a key cause of aging. Or



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