



HEALTHY AGING

THE FAB FIVE

*Aging without
Getting Old*

Keep it Simple

NUTRITIONAL SUPPORT CHART

*What to Look for in
“ANTI-AGING”
SKIN CARE*

BE GOOD TO YOUR

WHOLE
BODY



IT'S YOUR LIFE, TAKE CHARGE OF YOUR HEALTH!

The longest recorded human life span is 122, but aging is not all about trying to live as long as possible. After all, if you're not healthy to enjoy them, what good are additional years? Here's our short and sweet guide for a long, sweet life. First tip? Be good to your whole body.

According to the National Institutes of Health, it's never too late to adopt a healthy lifestyle. For example, if you quit smoking now, your risk of heart disease begins to fall almost immediately.

Living a healthy lifestyle can improve how you age.

THE FAB 5

TO FEEL, LOOK & DO YOUR BEST AS YOU AGE, ANY POSITIVE CHANGE IS A STEP IN THE RIGHT DIRECTION and may help manage stress, which can be both a symptom and a cause of many health issues. Let a few fabulous steps become good habits, then add a few more.

- ① **BE PHYSICALLY ACTIVE EVERY DAY** with walking, yoga, strength training, swimming, golf, laughter, singing, dancing.
- ② **BE MENTALLY ACTIVE EVERY DAY** with crossword puzzles, games, book clubs, discussion groups.
- ③ **MAINTAIN SOCIAL CONTACTS** with friends, family, community groups and events.
- ④ **DRINK PLENTY OF WATER** to: help boost energy and immune system health; aid digestion and metabolism of nutrients; keep joints and skin healthy; lubricate dry eyes and mouth.
- ⑤ **EAT A HEALTHY DIET** and take a daily multi-vitamin formulated to your age—for "insurance."


EXPERTS
SAY...

Eating a well-planned, balanced mix of healthy foods every day may help prevent heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well may help you better manage them. *(National Institute on Aging, Senior Health)*

NOT HUNGRY? TOO HUNGRY?

LOAD ON THE NUTRIENTS, *NOT THE WEIGHT*

As the years go by some people have less of an appetite. For others, it's the opposite. We need fewer calories as we age, but just as many (or more!) nutrients to stay well. Older people who are underweight may have weakened immune systems which interfere with their ability to fight off infections. Those who are overweight face other serious health challenges. The goal is to find a balance, so your body has the essentials, but not the excess. Keep the following three nutritional tips in mind, too.

MAKE IT EASY TO EAT RIGHT

Your body needs nutrients. It doesn't need trans fats, artificial additives and added sugar. Arrange your fridge and pantry so you'll reach first for nutrient-dense foods. Try whole grain crackers, bean dips, yogurt, veggie sticks or soup, fruits, nuts and seeds. Save the treats for a treat!



**DON'T FORGET
YOUR EFAs**

GET PLENTY OF ANTIOXIDANTS

Often called anti-aging compounds, antioxidants counteract free radicals—unstable particles that can damage all kinds of cells in the body, contributing to aging and disease. Many foods contain high levels of antioxidants and the body produces some itself, such as CoQ10 and alpha lipoic acid. Production declines with age, though, and daily diets don't often include enough antioxidants, so supplementation may be beneficial.

The average Western diet contains far too many omega-6 essential fatty acids and not enough omega-3s. Because it is difficult to get enough from food, try a flaxseed oil or fish oil supplement. When choosing fish oil, remember that it's not healthy if it's not pure.

SUPER SOURCES *of* ANTIOXIDANTS

- ACAI
- APPLES
- ARTICHOKE HEARTS
- BEANS
- BERRIES
- CHERRIES
- CRANBERRIES
- GOJI BERRIES
- MANGOSTEEN
- PECANS
- PRUNES
- PLUMS
- POMEGRANATES
- RUSSET POTATOES

NUTRITIONAL SUPPORT FOR HEALTHY AGING

and this is the short list!

Many listed nutrients offer benefits other than those indicated and many nutrients are not included. We focused only on a few of the most popular, and remember that a daily multivitamin is most important.

Let a Whole Body Team Member assist you in finding just what you need.

	ANTIOXIDANT BENEFITS	EFA BENEFITS	HEART	BRAIN	BONES	JOINTS	EYES	DIGESTIVE SYSTEM	NOTES & SOME FOOD SOURCES
ALA (Alpha Linolenic Acid)			X	X	X	X	X	X	flaxseeds, soy, pumpkin seeds, walnuts (and their oils)
ANTHOCYANIN	X		X	X			X		red, purple and blue fruits
B VITAMINS (B1, B6, B12, Folic Acid)			X	X					eggs, fish, meat, poultry, yogurt, spinach, sea vegetables, brewer's yeast, B-fortified foods
BETA CAROTENE	X		X	X	X	X	X		yellow, orange, red and green fruits & veggies
BROMELAIN					X	X		X	pineapple
CALCIUM			X	X	X				1200mg; best with magnesium & vitamin D, with food & in divided doses
COQ10 (Coenzyme Q10)	X		X	X					found in the mitochondria, a cell's "energy powerhouse"
DHA (Docosahexaenoic Acid) & EPA (Eicosapentaenoic Acid)		X	X	X			X	X	certain fish, fish oil, cod liver oil, seaweed, microalgae
FIBER (Soluble)			X					X	oat & rice bran, whole grains, legumes, citrus, strawberries, pears
GARLIC	X		X						garlic cloves or standardized extract
GINGER	X				X			X	supports a normal inflammation response & calm stomach
GINKGO BILOBA			X	X			X		one of the most widely studied herbs for the brain
GLUCOSAMINE/CHONDROITIN					X				support structure, lubrication and nutrient absorption in cartilage
GREEN TEA	X		X	X					high in polyphenol antioxidants
LUTEIN	X					X			look for science-based beneficial levels; dark leafy greens, avocado
MAGNESIUM			X		X	X			best with calcium
MSM (methylsulfonylmethane)					X				naturally occurring, sulfur-containing compound
PANCREATIC ENZYMES (Lipase, Amylase, Protease)								X	pineapple, papaya
POMEGRANATE	X		X						high in antioxidants
POTASSIUM			X						in balance with sodium; vegetables
PROBIOTICS								X	for healthy gut flora; yogurt, kefir
SAME (S-Adenosyl-L-Methionine)						X			naturally occurring, amino acid metabolite; decreases with age, illness and B12 or folate deficiency
SELENIUM	X		X				X		Brazil nuts, tuna, beef, cod, turkey, eggs, brown rice
TURMERIC	X				X				promotes a healthy inflammation response
VITAMIN A	X					X			egg yolk, many dark leafy greens, liver, red, yellow & orange fruits & veggies
VITAMIN C	X		X	X			X		papaya, broccoli, peppers, strawberries, tomatoes, citrus, cauliflower, kale
VITAMIN D			X	X					cod liver oil, fortified beverages, egg yolks, butter & produced in skin with sun exposure
VITAMIN E	X		X			X			choose natural form (d-alpha tocopherol); almonds, sunflower seeds, peanuts, spinach, broccoli, soy, kiwi, mango
ZEAXANTHIN	X						X		corn, collards, turnip greens, orange peppers
ZINC			X	X			X	X	red meat, some seafood, whole grains, beans, nuts, fortified cereal

The information in this brochure is provided to you for educational purposes by Whole Foods Market® under Section 5 of the Dietary Supplement Health and Education Act of 1994, and is not intended as medical advice. To obtain more in-depth information contact your healthcare professional or other reliable resources.

THE NATURAL APPROACH

Beyond overall wellbeing, specific concerns remind us that we're not as young as we used to be. To address natural signs of aging, there are natural nutrients that can effectively support the body's own defenses, systems and healthy function. Match the sections below to the nutrient chart on the previous page.

HEART

Like other muscles in the body, the heart muscle gets a little less efficient with age. At the same time, blood vessels and arteries tend to lose elasticity. That means the heart has to work harder, so give it some help with proper nutrition and exercise.

BRAIN

As we age, we lose brain cells, so it's important to "feed" your brain certain nutrients that support brain and nervous system health (i.e. focus, memory and "smarts"). EFAs, for example, make up about 60% of the brain, and PS (Phosphatidylserine) is also found in high concentrations in the brain, yet those with age-related cognitive decline may not synthesize enough.

EYES

Remember what mom said about eating carrots for healthy eyes? She was right, and whether or not she knew it, she was referring to Vitamin A and other eye-supportive antioxidants, including lutein and zeaxanthin.



REGARDING MENOPAUSE, research suggests plant-based estrogens appear to offer many of the benefits provided by hormone replacement therapy (HRT) but without the risk associated with estrogen supplements. (*JACC*, 2000; 35:1977-1985)

BONES & JOINTS

The sad news is, bones reach maximum mass between ages 25 and 35, and then gradually decrease in size and density, increasing risk for fracture. And, muscles and joints generally lose some strength and flexibility as we get older. The good news is you are never too old to start exercising and reap the benefits. Studies show that strength training and walking can slow mineral loss in bones and there are excellent supportive nutrients for both bones and joints.

DIGESTION

With age, some of us notice the effects of a slower, less efficient digestive system. Fiber is essential for intestinal health and regularity. Other digestive aids include probiotics, which help to balance levels of healthy bacteria in the gut, and digestive enzymes. And, for post-meal comfort, consider natural support before resorting to "the roll." They really work, and promote a healthy system, too.

WHERE OH WHERE HAS MY LIBIDO GONE?

Men and women alike naturally experience hormonal changes with age, and that can also mean changes in desire, pleasure and performance. Fortunately, nature has also provided some help, now available in well-researched herbal libido formulas.

WHAT TO LOOK FOR IN “ANTI-AGING” SKIN CARE

POMEGRANATE EXTRACT contains ellagic acid and polyphenols to protect skin from free radical damage and support healthy tone and texture. **OTHER ANTIOXIDANTS** include: grape seed extract, green tea, CoQ10, red wine, citrus, Vitamins C & E, and beta carotene.

PROTEINS such as peptides and hyaluronic acid promote firming with collagen and elastin support. **ANTIOXIDANTS** fight damage. **HYDRATING MOISTURIZERS**.

Research shows that **PEPTIDES** in quality cosmetics have the potential to help mature skin look healthier and smoother.

Concentrated sources of **PEPTIDES** and **PROTEINS** can help mature skin become smoother and tighter, without invasive procedures or synthetic treatments. **ANTIOXIDANTS** help to protect from free radical damage as well as make collagen stronger.

For **DEEP MOISTURIZING**: apricot kernel, jojoba, borage seed, avocado, olive, sesame, evening primrose and sweet almond oils.

AT WHOLE BODY™, OUR SKINCARE PRODUCTS DON'T MESS AROUND

with your skin. They contain effectively high levels of nourishing plant oils, botanicals, nutrients & antioxidants.



Look for this symbol on products with the highest standards for ingredients and respect for the environment.



STANDARDS TO BELIEVE IN

- We carefully evaluate each and every product we sell.
- Our body care vendor partners are encouraged to use plant-based and naturally-derived ingredients, pure essential oil fragrances, gentle preservatives and non-petroleum ingredients.
- None of our personal care products have been tested on animals.
- We are committed to high-quality body care products and research-driven dietary supplements with a proven track record.
- We feature supplements that are free of artificial colors, flavors, sweeteners and hydrogenated oils.
- Products on our shelves are labeled legally based upon DSHEA (Dietary Supplement Health & Education Act of 1994), FTC Truth in Labeling laws and all associated FDA regulations.

Two Reasons to Shop for Supplements **HERE & NOT THERE**

- ① At Whole Body™ we're very careful with our selection and your health! It's important to purchase supplements from a trusted source because studies of commercial products have revealed that you may not always get what the label promises.
- ② Our team members are thoroughly trained and educated about the products we offer. They're not doctors, but they are here to help you and guide you in making the most informed decisions for your needs.

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