

# WHAT TO EAT TO LOOK YOUNGER

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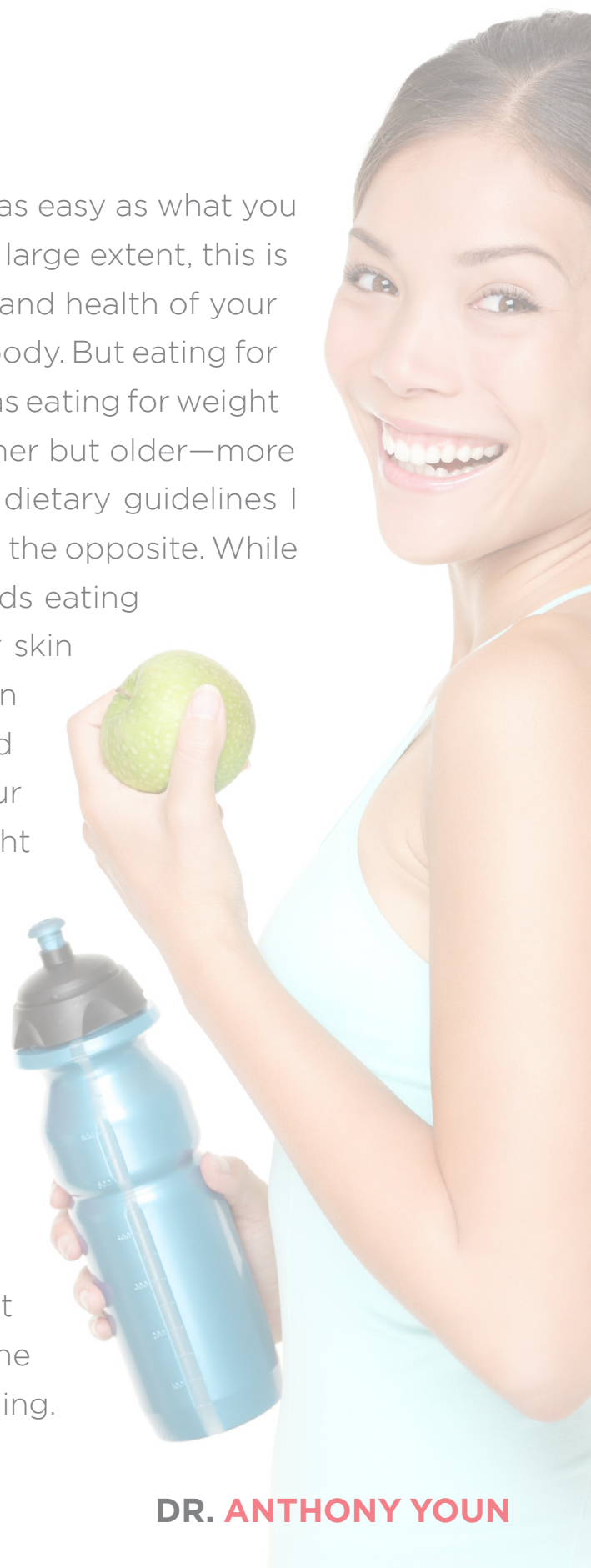
Author's Note:

This book is written to provide information on many of the various treatments and options for aging and beauty that are currently available. It is based solely on the opinions of Dr. Anthony Youn, whose opinions may not reflect every doctor's standpoint. Before you undergo any cosmetic procedure, begin a skin care regimen, or make major dietary changes, it is important that you consult with your physician to ensure that it won't adversely affect your health. Following any of the recommendations in this book does not constitute a doctor-patient relationship, and the author expressly disclaims any responsibility for any adverse effects arising from the use or application of the information contained herein.

## *Introduction*

Wouldn't it be nice if looking younger was as easy as what you choose to put on your plate? Actually, to a large extent, this is true. What you eat actually alters the look and health of your skin, not just on your face but all over your body. But eating for a more youthful appearance isn't the same as eating for weight loss. Many diets will leave you looking thinner but older—more shrunken, wrinkled, droopy, or sallow. The dietary guidelines I will share in this eBook, however, will do just the opposite. While you might very well lose a few extra pounds eating this way, you will definitely plump up your skin with hydration and moisture, strengthen and firm yourself all over with protein and collagen-building nutrients, and infuse your skin and body with anti-oxidants that fight the effects of aging and create a youthful bloom in your complexion. I'll also urge you off of the things that make you look older sooner, such as sugar, processed foods, and simple carbohydrates.

For some of you, the suggestions in this eBook may represent a sea change in the way you look at food, eating, and maintaining your youth and health. It doesn't help that dietary recommendations over the past few decades have been very confusing.



Are fats good or bad for you? What about carbohydrates? How about drinking wine?

I sympathize. I grew up in small town America, where I was surrounded by fast food restaurants and lots of processed food. As a kid, I remember riding my bike to the store and buying 4 candy bars for \$1, then proceeding to plow through them over the following two days. In high school my friends and I would binge on oatmeal cream pies, French fries, and hamburgers. This contrasted severely with my parents' traditional Korean diet which consisted of fish, vegetables, garlic, and white rice. Once I hit college, pizza and beer became new staples in my dietary routine. After marrying my wife and going through medical school, I began to reassess my diet. I reduced my visits to fast food restaurants, limited the amount of red meat I ate, and almost completely cut out soft drinks in exchange for ice water.

Today, I'm aware that what I eat affects my health, my skin, and my youth more than ever. I've learned a lot from nutritionists, dietitians, and dermatologists, and yes, even some other surgeons (most surgeons have little nutritional training, but others make it an area of interest), about what foods can help us live longer, look better, and lead healthier lives. So please read on, as the suggestions in this eBook can help you look younger in as little as two weeks.

# EATING

## FOR YOUTH

As a general rule, the foods you already know are good for you, like vegetables, fruits, wild-caught fish, and whole grains, are the foods that also tend to promote anti-aging and keep you looking younger longer. The foods you already know are bad for you, like sugar, trans fat, and processed junk foods, are the foods that actually cause accelerated skin aging. However, you probably want more specifics, and indeed, there are very specific bad guys that are particularly likely to age you quickly, and some very specific good guys with super anti-aging powers. Let's explore.



## THE AGE WRECKERS: FOODS THAT AGE YOU

### *Age Wrecker #1:*

## SUGAR

Sugar is just about the worst thing you can eat when it comes to your skin. If there is one thing I would like you take from this eBook, it's this:

*Sugar = Wrinkles.*

Let's look at why.

Just about everything you eat gets broken down into sugar. The process is complex, but to simplify, cookies, mashed potatoes, carrots, a sandwich, even a steak dinner gets converted into glucose (a type of simple sugar) for your body to use as energy. Anything you don't need right away gets stored in your liver and muscles in the form of glycogen, which your body can use later when it needs more energy. Foods with more carbohydrates are more readily turned into sugar to fuel the body than foods with more protein and/or fat (this is why athletes sometimes 'carb-load' before a race or competition). If you take in excessive calories and your liver and muscles have all the glycogen you need, anything leftover gets stored in your

fat cells. The more sugar you eat, the more likely you will have significant stores of body fat, because your body has to put that excess sugar somewhere.

However, the problem, when it comes to health as well as beauty, isn't so much about fat as it is about insulin. Normally, when you eat food and your body turns it into glucose, your blood sugar goes up. In response, your body releases just enough insulin to help shuttle that extra sugar into the liver, muscles, and fat cells. When you eat too much sugar, however (and that can mean too many calories, especially carbohydrates calories made of starchy and sugary foods), your body can't keep up. A large amount of sugar (including the sugar from refined carbohydrates like white bread) triggers the body to release a flood of insulin to get that blood sugar down before it hurts you. This in turn can push blood sugar too low. Too much of this up-and-down blood sugar/insulin instability can lead to diabetes and many other related issues, including obesity and system-wide inflammation. Chronic inflammation damages your skin and impedes your body's natural processes, which can lead to compromised health over time. As you probably already know, glowing health looks younger. Ill health looks (and feels!) older. As a final insult, spiking insulin levels can also result in increased levels of androgenic hormones and excess oil, worsening acne.

But perhaps the most direct link between sugar and aging is glycation. High levels of sugar in the bloodstream cause a chain reaction of accelerated aging when sugar molecules bond to

protein and fat molecules in the body, deforming and stiffening them. This happens with glucose, and at an even higher rate with fructose (high fructose corn syrup, a sweetener that's very common in processed foods, is one of the worst "foods" in terms of premature skin aging—avoid it like poison!). The molecules that are impacted by glycation include collagen and elastin, which are the building blocks of your skin. Collagen and elastin give skin its firmness and elasticity, but when sugar molecules attach to them, they get stiff, bent out of shape, drained of color. They become sugar-protein hybrids, called advanced glycation end products or (appropriately), AGEs. And they aren't pretty.

Glycation is a natural process and some AGEs are inevitable, but the more AGEs you have, the more your skin will be affected, even overwhelmed. The equation is simple: too much sugar = too many AGEs. This can result in premature wrinkles, sagging, stiffness, slower cell turnover, and a loss of circulation to the skin. It can cause unattractive distribution of fat pockets and a loss of that youthful bloom. All skin ages eventually, but AGEs have a definite accelerating effect that becomes most noticeable after the age of 35.

This is all some people need to know to cut out the sweet stuff, but sugar and simple carbohydrates are hard to resist. Overeating, which creates a flood of glucose, and especially overeating high-sugar and high-starch foods (from candy to white rice), is the quickest way to age due to too many AGEs, so the next time you are tempted to eat too many carbohydrates,



just picture your skin, and the damage you could cause by eating that extra slice of cake.

Another aging effect of sugar is inflammation. Many studies have linked high blood sugar and also the high insulin that inevitably follows to system-wide chronic inflammation, which can cause chronic disease but can also have a negative effect on a youthful appearance. Chronic inflammation can worsen rosacea and rashes, can increase skin oiliness, and may also weaken the collagen and elastin in your skin over time. It can impair the skin's natural healing ability, slowly degrading skin quality and accelerating aging.

Even if you weren't at all worried about wrinkles, sugar has also been linked to acne. When high blood sugar spikes trigger insulin spikes, insulin triggers insulin-like growth factor-1 (IGF-1). Both insulin and IGF-1 increase the production of androgens, which are hormones that can trigger acne. The short version: Sugar accelerates aging and causes breakout – two strong reasons to pass on the sweet stuff.

## *Age Wrecker #2:*

### **TRANS FATS**

The next youth-wreckers are trans fats. Trans fats, or trans fatty acids, are industrially modified plant oils that are cheap and don't tend to spoil quickly, so they are widely used in

processed foods and fried fast food. You can spot them by the term “partially-hydrogenated vegetable oil” on food packaging. Although once used widely, the FDA has now determined that these fats are not safe. We know they raise the bad (LDL) cholesterol and depress the good (HDL) cholesterol, increasing the risk of heart disease, stroke, and diabetes. They are also pro-inflammatory and accelerate the aging process. I do not recommend you consume any amount at all. There is no safe minimum.

## THE AGE FIXERS: FOODS THAT FIGHT AGING

Now that you understand the dietary culprits for premature aging and some of the foods to avoid, let’s look at some dietary good guys. Because aren’t we all more interested in what we get to eat, rather than what we shouldn’t eat? Fortunately, there are many delicious and satisfying foods that can not only fill you up and make you feel good but that are full of anti-aging compounds to keep you looking younger longer.

## *Age Fixer #1:*

### ANTIOXIDANTS

You probably already know that topical antioxidants like vitamin C fight free radicals on the surface of your skin, but foods rich in antioxidants can do the same thing from the inside. Antioxidant-rich foods can even help protect you from the harmful UV rays of the sun and the free radicals they can generate. In fact, some doctors believe that eating antioxidants is even more effective in reducing free radical damage created by UV rays than topical antioxidants.

Antioxidants are substances that prevent cell damage from free radicals. I explain how this works in my book [The Age Fix](#), but to put it simply, free radicals are unstable molecules that are missing an electron. They seek to steal electrons from healthy cells, causing damage. They can be generated by natural metabolism in the body but can also come into the body via pollution, chemicals, and exposure to sunlight. They can also be generated in greater numbers when the body is under stress. Antioxidants are substances like vitamin C and E that carry an extra electron. They donate this to the free radical, neutralizing its scavenging and damaging action. Let's look at some of the best ones for good eating.

## VITAMIN C

One of the great things about Vitamin C, in addition to its free-radical-fighting power, is its essential role in the production of collagen and elastin. That's why vitamin C is so good for your skin, whether you eat it or apply it topically. Vitamin C is water-soluble so it is quickly excreted by your body. In other words, you don't store it, so you should eat vitamin-C-rich foods every day. A study from the UK found that women with a higher vitamin C intake had fewer wrinkles and less dry skin than women with average or low levels of vitamin C intake . While most people think of citrus fruits as the best source of vitamin C, many fruits and vegetables contain lots of it, especially when you eat them fresh. Vitamin C degrades quickly after harvest and with cooking, so eat these fruits and veggies as soon as you can after purchasing, and look for them in the farmer's market where they are more likely to be extremely fresh.

Try to eat at least two servings of vitamin-C-rich food every day. That's about a cup of berries or chopped raw vegetables.

### *Good sources include:*

- Blackberries
- Blueberries
- Broccoli
- Brussels sprouts
- Cabbage
- Cantaloupe
- Cauliflower
- Gooseberries
- Grapefruits
- Honeydew
- Kale
- Kiwi
- Mango
- Oranges
- Papaya
- Pineapple
- Pomegranates
- Raspberries

- Red bell peppers
- Strawberries
- Tomatoes
- Rhubarb
- Sweet potatoes

## VITAMIN E

This antioxidant vitamin is excellent at protecting the skin from UV radiation as well as preventing free radical damage. Unlike water-soluble vitamin C, vitamin E is fat soluble. That means your body can store it in fat tissue, so it isn't as important to get some every day, and it is unusual for someone living in the United States to have a vitamin E deficiency. However, vitamin E has many benefits, so enjoy vitamin-E-rich foods when you have the opportunity.

### *Some good choices include:*

- Almonds
- Hazelnuts
- Shrimp
- Anchovies
- Olive oil
- Silken tofu
- Avocados
- Peanuts
- Spinach
- Broccoli
- Pine nuts
- Sunflower seeds
- Broccoli
- Pumpkin
- Wheat germ
- Butternut squash
- Salmon (smoked salmon has even more)
- Carrots
- Dried apricots

## VITAMIN A

Vitamin A is another fat-soluble vitamin with antioxidant action, and many skincare products contain a form of vitamin A (retinoids like retinol and tretinoin). Technically, vitamin A is actually a group of compounds, including both retinoids and carotenoids. Retinoids have anti-inflammatory effects and are often found in foods high in saturated fat and cholesterol, like egg yolks, shrimp, and liver.

Beta carotene is a carotenoid that the body can convert to a usable form of vitamin A. Fruits and vegetables that are a deep yellow or orange color are typically rich in beta carotene, and the effect in the body is most pronounced when those orange vegetables like carrots and sweet potatoes are cooked. Beta carotene increases the production of collagen and glycosaminoglycans (GAGs), which improve the skin's ability to retain moisture. This can prevent dry, scaling, cracked skin. There is some evidence that beta-carotene supplements may have some hazardous effects, although this seems to be most pronounced in smokers. Just in case, get your beta carotene from foods—it's easy to do.

### *Good sources of beta carotene include:*

- Apricots (especially dried)
- Cantaloupe
- Carrots
- Mangoes
- Nectarines
- Papaya
- Peaches
- Pumpkin (canned pumpkin is a great source)
- Sweet potatoes

- Dark green leafy vegetables (like kale and spinach—not orange but they contain a lot of beta carotene)
- Winter squashes like butternut and acorn

## CAROTENOIDS:

There are many different kinds of carotenoids, many of which do not convert to Vitamin A like beta carotene does, but that have profound antioxidant and anti-inflammatory effects. They include substances like lycopene, lutein, and zeaxanthin. Lycopene, found in red vegetables and fruits like watermelon, tomatoes, and red peppers, is perhaps one of the most potent of the free-radical-destroying antioxidants, and cooked tomatoes are the best source. Canned tomato sauce and tomato paste are easy ways to get a good dose of lycopene, which is even better absorbed if you combine it with a little fat because it is fat soluble—which also makes it more delicious. Add olive oil to your pasta sauce and extra sauce with your pizza—it's good for your skin!

The carotenoids lutein and zeaxanthin have also been shown to help protect the skin from UV exposure. They are both antioxidants that can be found in the eye, where they filter out damaging blue waves and act to neutralize free radicals. They are essential to eye health, but the skin also contains lutein and zeaxanthin, where they also prevent damage and help to maintain the structural integrity of the skin. These carotenoids

are most prevalent in cooked green leafy vegetables, but can also be found in some other foods.

*The best sources of lutein and zeaxanthin include:*

- Collard greens
- Kale
- Turnip greens
- Corn
- Kiwi fruit
- Zucchini and other squashes
- Egg yolks
- Orange peppers
- Spinach
- Grapes

The bottom line is that antioxidants are easy to get in your diet as long as you eat a variety of colorful fruits and vegetables. Just taking an antioxidant supplement like vitamin C isn't enough to fight the free radical onslaught of modern life. Foods are much better sources of absorbable and usable antioxidants as they contain many different beneficial antioxidants like polyphenols and flavanoids that also help to neutralize free radicals. (These are UV-protective antioxidants that inhibit inflammation and tissue damage, found in onions, dark chocolate, soy, cherries, red wine, green tea, and whole grains.) You can't get that whole package in a supplement.



## *Age Fixer #2:*

### OMEGA-3 FATTY ACIDS

There is a lot of conflicting information out there about fats and which ones are good or bad for you and how much and what percentage you need of which ones. I won't put myself in the center of the debate about whether saturated fats or polyunsaturated industrial seed oils are the true culprits of inflammation, but I will say this: Whenever you can, avoid trans fats and highly processed industrial fats like corn oil and soybean oil, and eat more of the good natural fats we know for sure help to elevate good cholesterol, moisturize the skin, reduce inflammation, and help you look younger:

- Monounsaturated fats like those in olive oil, walnuts, and avocados
- The polyunsaturated fat known as omega-3 fatty acid (not omega-6 fatty acid), which can be further subdivided into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found in cold-water fish like salmon, tuna, and sardines; and alpha-linoleic acid (ALA), found in flaxseed, chia seeds, canola oil, and soy products like tofu. The body converts ALA to the more usable EPA and DHA.

Whereas other types of fats tend to be inflammatory, monounsaturated fats and omega-3 fats tend to be anti-inflammatory. They soothe and calm inflamed, broken-out skin. They decrease the redness and damage associated with UV

exposure. Even though they are not anti-oxidants, they fight free radical damage. They also improve skin elasticity, resulting in fewer wrinkles.

The easiest ways to incorporate more omega-3s is to eat wild-caught fish as your protein whenever you can—aim for wild-caught fish as a dinner entrée 2 or 3 times per week. You could also take 1000 mg of fish oil per day in supplement form. For more ALAs, add ground flaxseed, chia seeds, or walnuts to your oatmeal or yogurt. For more monounsaturated fats, use olive oil instead of butter for flavoring your food. A good quality extra virgin olive oil tastes delicious on wholegrain toast.

### *Good sources of monounsaturated fatty acids include:*

- Almond butter
- Almond oil
- Almonds
- Hazelnut oil
- Hazelnuts
- Macadamia nuts
- Canola oil (a source of both monounsaturated and polyunsaturated fatty acids)
- Olive oil
- Olives
- Peanut butter
- Safflower oil
- Sesame oil
- Sesame seeds

### *Good sources of omega-3 fatty acids, including EPA, DHA, and ALA, include:*

- Chia seeds
- Cod
- Flaxseed (ground) or flaxseed oil
- Grass-fed beef
- Halibut
- Hemp seed oil

- Herring
- Mackerel
- Oysters
- Salmon (wild-caught only)
- Sardines
- Seaweed
- Tofu
- Trout
- Tuna (fresh)
- Walnuts

## WHAT TO EAT

You've got a lot of information, but how do you implement it? Here are some helpful strategies for increasing your intake of the Age Fixers while decreasing your reliance on the Age Wreckers:

### GO WHOLEGRAIN

Whenever you have a choice (if you tolerate gluten), choose whole grains over refined grains. Change your white toast to whole wheat toast. Change white rice for brown rice. Choose wholegrain cereals or oatmeal instead of refined sugary cereals. Try wholegrain pasta, including brown rice pasta, instead of the white stuff. Be aware that many products will advertise themselves as “wholegrain” or “multigrain” or “whole wheat” but will actually only contain a small amount of wholegrain compared to refined grain. This is especially common with bread

products, including bagels, English muffins, and hamburger buns. Read the label. The wholegrain ingredients should be listed first. Ideally, the product will contain 100% whole grains.

## USE PROTEIN

If you decide to eat a food high in sugar or refined grains, always pair it with protein, to slow down the release of glucose in your bloodstream. For example, have a hardboiled egg with your waffle, put grass-fed steak in your stir fry, or have almonds with your raisins.

## GO GREEN

If you are a coffee drinker, try alternating a cup of coffee with a cup of green tea. You'll still get the caffeine boost you crave, but you'll also get powerful antioxidants. Coffee has antioxidants, too, but green tea has different ones that are particularly skin-friendly.

## SPICE (AND HERB) IT UP

Many herbs, spices, and seasonings also contain potent antioxidants, so use them liberally, especially the spices cinnamon (skip the sugar), cloves, cumin, curry powder, turmeric, and saffron, and the herbs basil, lemon balm, marjoram, oregano, peppermint, rosemary, sage, tarragon, and thyme. Use herbs and spices liberally when cooking, sprinkle fresh herbs on

salads or sandwiches, and add a shake of cinnamon to your coffee or tea to fight off wrinkles and aging!

## **PASS ON THE PROCESSED FOOD**

Anything that comes in a package is suspect, but baked goods and snack foods are the worst—cupcakes, cookies, donuts, and kids' cereals contain refined flour and too much sugar, which will spike your blood sugar and your insulin levels. Fried foods like chips and crackers are often loaded with salt and fat, and may contain trans fats. Beware of so-called healthy versions of your favorite snacks, too. Low fat versions often contain an extra load of sugar (this can be especially true for peanut butter), and even wholegrain snacks may contain too much sugar, salt, and fat.

## **SATISFY YOUR SWEET TOOTH WITH DARK CHOCOLATE**

Chocolate is graded according to how much raw cocoa it contains. The higher percentage of raw cocoa, the greater the antioxidant activity. Look for chocolate with at least 70% cocoa, for maximum antioxidants and minimum added sugar. I like the 85% cocoa chocolate. Hershey's bars, chocolate kisses, and anything made of milk chocolate don't have enough raw cocoa to be beneficial, so skip them. They are mostly sugar.

## REMEMBER: GREEN, YELLOW, ORANGE, RED

The most antioxidant-rich foods are brightly colored.

## DRINK UP!

Water is extremely important for hydration. Everything in your body will work better when you are well hydrated, and the more you drink, the more you will moisturize your skin from the inside. If you are chronically dehydrated (and many people are), drinking 8 glasses of water a day can make you look younger almost immediately.

So, are you excited to change your diet so you can look younger, live longer, and feel better? I hope this short eBook has encouraged you to do just that. If you enjoyed reading this, I encourage you to check out my best-selling book [\*\*The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look Ten Years Younger.\*\*](#)

Not only do I go into a lot more detail on dietary changes that can radically turn back the clock, but I also give you a complete guide to everything else you can do to look and feel younger, from inexpensive creams to small changes in your daily habits to DIY at-home treatments to the newest non-surgical and minimally invasive technologies. I'm really proud of it, and hope you consider checking it out.

I hope reading this eBook has been time well spent. If you'd like to continue this conversation, please follow me on [Facebook](#), [Twitter](#), or [Instagram](#). I'd love to hear from you.

## *Let's Look, Live, and Be Better™*

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