

# Looking for the *Fountain of Youth?*

Find a farmers' market near you at [www.localharvest.org](http://www.localharvest.org). Or learn more about community gardening at [www.communitygarden.org](http://www.communitygarden.org).

Look no further than your local farmers' market or your own garden. Delicious summer fruits and vegetables may slow aging by lowering blood pressure, fighting off heart disease and cancer, improving memory, and more.

## ANTI-AGING SUPERFOODS:

**BERRIES** are bursting with anti-aging antioxidants. Those found in blackberries help prevent blood clots to lower heart attack or stroke risk, while those in blueberries fight cell-damaging free radicals that cause wrinkles.

**CANTALOUPE, CARROTS, AND SWEET POTATOES** are high in vitamin C, zinc, and beta-carotene to help protect vision from macular degeneration, the leading cause of blindness after age 64.

**CUCUMBERS** contain silica in the peel that helps boost collagen and reduce wrinkles.

**EGGPLANT** has an antioxidant (nasunin) that cuts off blood to cancer cells, possibly preventing them from multiplying; it may also slow the development of Alzheimer's disease by protecting fats in brain cells.

**KALE** has a whopping amount of vitamin K, which can lower your risk for heart disease, cancer, and osteoporosis, and lower blood pressure.

**RED PEPPERS AND BRUSSELS SPROUTS** are rich in vitamin C, which helps build collagen and promotes healthy cells. Sulfur compounds in Brussels sprouts

may also block enzymes that promote tumor growth.

**SPINACH** is packed with vitamin C, used to make sebum – the body's "natural conditioner" that keeps hair shiny and smooth.

**TOMATOES AND WATERMELON** contain an antioxidant (lycopene) that may reduce your risk of heart disease and cancer, and also protects skin from wrinkle-causing UV rays.

*Find summer recipes to keep you and your skin looking and feeling younger at*

**HumanaActiveOutlook.com.**

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