



## Longevity

We would all like to live to be 100, but we often do not think about the things we can do on a daily basis to help us reach that goal. Below are some key nutrients you may want to consider adding to your diet in your quest to reach 100!

- 1.) **Resveratrol:** This is an antioxidant that can be found in purple grapes, blueberries and cranberries. It has been found to turn on the SIRT1 gene which enables the body to better fight disease and is associated with longevity.
- 2.) **Coenzyme Q10:** This is a vitamin-like nutrient that allows the body to manufacture energy in every one of its cells by assisting the transport of energy-containing electrons.
- 3.) **Magnesium:** This is an essential mineral to the body that can help to fight countless diseases/conditions such as Alzheimer's, Parkinson's, muscle pain/spasms, heart disease, high cholesterol, insomnia and fatigue.
- 4.) **Carnitine:** Similar to Coenzyme Q10, Carnitine is also linked to energy production in our cells. Specifically it allows fats to be transported into cells which are then used for energy. In studies Carnitine has been found to promote physical/mental energy, cognition and muscle mass.
- 5.) **B-Complex Vitamins:** Besides being associated with energy production, the B-Complex Vitamins (B12, folic acid, B2, and B3) also assist in the synthesis, repair, and regulation of our genes.
- 6.) **Cat's Claw:** This is a tropical rain forest plant that can also promote DNA repair in the body.
- 7.) **Vitamin C:** An important vitamin needed for many bodily functions including immunity, strong bones and tissues. Unlike most animals, the human body cannot make its own Vitamin C and therefore we are dependant on acquiring it in our diets.
- 8.) **Antioxidants:** A family of nutrients that have the ability to protect the DNA in our cells by neutralizing free radicals (Challem, 2009).



### Sources:

Challem, Jack (2009). Turn Back the Clock: these 7 Supplements Might Just help you reach the Century Mark. Better Nutrition. Vol. 71 No. 8 August 2009.

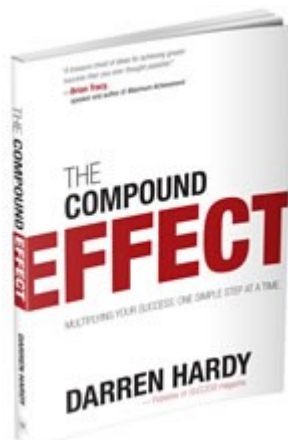
### Healthy Transformations Book of the Month:

#### The Compound Effect

By: Darren Hardy

I just finished reading this book the day after Christmas and was completely inspired and focused on where 2012 will take me. I hope you pick this book up and take the time to determine where you are heading in 2012. I give this book a 5-star rating!

-Kim Thompson of Healthy Transformations



### Special Thanks to...



Peter's Cornucopia

38 New Hartford Shopping Center

New Hartford, NY 13413

(315) 724-4998 [www.peterscornucopia.net](http://www.peterscornucopia.net)

### Healthy Transformations

3985 Oneida Street, Suite 104

New Hartford, NY 13413

(315) 737-8270



[www.healthytransformations.net](http://www.healthytransformations.net)