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Foods to Keep You Young and Healthy After 40

A Practical Guide

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Cut out processed foods: Refrain from eating foods with refined or hidden sugar, salt and bad fats. These normally pre-packed foods are addictive and are consistently linked to poor ageing outcomes due to their effects on inflammation, metabolism and nutrient intake.



Include nuts in your diet: Eating 2 Brazil nuts daily provides your recommended daily intake of selenium. Selenium plays a key role in healthy ageing through its functions in antioxidant defence, immune regulation and thyroid health. Pistachios also contain anti-inflammatory properties that may strengthen the skin.



Add herbs to your cooking: Dried herbs in particular are antioxidant, alkalising and anti-inflammatory. They also provide support for heart, brain and digestive health.



Drink lemon and water: Squeeze the juice of a whole lemon into 500 ml warm water and drink every morning. This detoxes your body by removing the toxins released at night. You should aim to drink around 2 litres of fluid every day.



Eat raw vegetables: Boost your diet with alkaline vegetables and seeds. They are anti-inflammatory and help to prevent degenerative diseases. Aim to eat around 40% of your food raw, such as in salads or juices.



Hydration is often overlooked but is essential for skin integrity, cognitive performance, and physical function. Regular fluid intake (primarily water) should be maintained throughout the day.

The strongest evidence suggests that following a balanced, minimally-processed dietary pattern is the best way to maintain good health, rather than seeking individual 'anti-ageing' foods.