



*The taste you love, the nutrition you want.*

## Wellness and Healthy Aging

Physical inactivity and excess weight, especially excess fat that settles around the abdominal area, accelerate aging and are major risk factors for chronic illnesses. Changes in lifestyle practices can promote healthy aging. Chief among these lifestyle modifications is changing to a diet rich in plant based foods.

Included as part of a healthy diet, raspberries help to maintain health and wellness and prevent or delay the onset of age-related illness. Raspberries are nutrient dense and anti-inflammatory. As a low calorie, high fiber food, raspberries have a positive effect on satiety, the feeling of fullness, and consequently can play a role in weight management by helping people feel more satisfied and eat less. Fiber helps reduce both hunger and the number of calories people's bodies can absorb.

Inflammation is the root cause of major illnesses such as neurological disorders (including Parkinson's and Alzheimer's disease), obesity, metabolic syndrome, cardiovascular disease, diabetes, arthritis and cancer. As a result of this understanding, professionals in the medical community are embracing anti-inflammatory diets as a key ingredient to promoting healthy aging, delaying the onset of age-related illnesses and promoting optimum health at any age.

A recent study in Finland on berry consumption and metabolic syndrome adds to the growing evidence of red raspberry's anti-inflammatory properties. Daily consumption of berries reduced the level of inflammatory markers associated with metabolic syndrome by 23%. Metabolic syndrome is a condition characterized by obesity, hypertension, and disturbed glucose and insulin metabolism, and linked to increased risks of type 2 diabetes, cancer and cardiovascular disease.

The onset of age-related neurodegenerative diseases such as Alzheimer's (AD) or Parkinson's disease (PD), superimposed on a declining nervous system, could exacerbate the motor and cognitive behavioral deficits that occur as a part of the aging process. It is in the interest of public health to explore methods to slow down or reverse age-related neuronal deficits. Consumption of diets rich in antioxidants and

anti-inflammatory polyphenolics, such as those found in raspberries, may lower the risk of developing age-related neurodegenerative diseases.

Research suggests that the polyphenolic compounds found in berry fruits may exert beneficial effects by lowering oxidative stress and inflammation or by altering the signaling involved in neuronal communication, calcium buffering ability, neuroprotective stress shock proteins, plasticity, and stress signaling pathways. These interventions, in turn, may exert protection against age-related deficits in cognitive and motor function. New research suggests that regularly eating foods rich in anthocyanins and other flavonoids can lower the risk of developing Parkinson's disease.

Scientific evidence released by the Kame Project, a ten year epidemiological study that tested whether more frequent consumption of fruit and vegetable juices reduced the risk of AD, demonstrated that regular dark fruit juice consumption could lower the risk against AD. These findings suggest the potential anti-aging roles of berry phenolics including anthocyanins. Research has found that raspberry consumption improves motor control, memory and learning in animal models. The findings of this research suggest that the beneficial effects of anthocyanins are due not only to antioxidant protection against stress, but also to neurogenesis, enhanced neuronal signaling capabilities and improved communication among neurons.

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