

Ageless Beauty Foods Revitalize Your Body

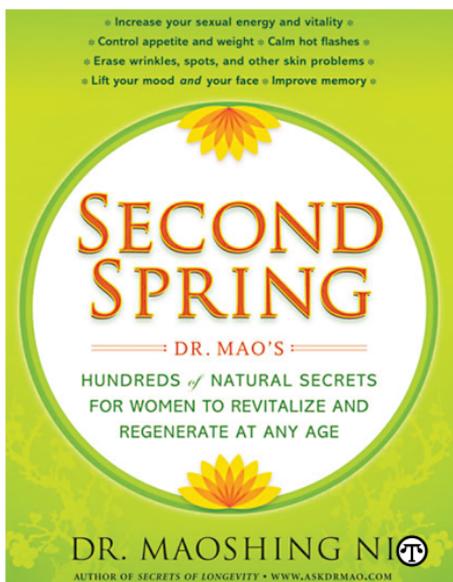
(NAPSA)—Between work, family and everyday life, most of us find ourselves searching for ways to revitalize and rejuvenate, both inside and out. Feeling youthful and looking your best at any age may be easier than you think, according to best-selling author and noted longevity expert Dr. Maoshing Ni, or “Dr. Mao,” author of the new book “Second Spring: Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age,” as well as “Secrets of Longevity” and many others.

“Beauty is more than skin deep, but your skin does reflect your health and life experiences,” says Dr. Mao.

“Many factors affect the quality of your skin, ranging from diet and mood to environment and lifestyle. For example, a poor diet lacking nutrients is a recipe for bad, unhealthy skin. On the other hand, studies show that a nutritious diet—particularly of leafy greens and fruits like dried plums—can have a protective effect against wrinkling,” continues Dr. Mao.

With healthy offerings of dietary fiber, potassium and more, California Dried Plums are a versatile source of many important nutrients. They also have a high antioxidant score, giving dried plums numerous health benefits ranging from maintaining desirable blood sugar levels to promoting good digestive health. And when you feel good, you’re likely to feel better about how you look, adds Leslie Bonci, M.P.H., R.D., LDN, CSSD, director of sports nutrition at the University of Pittsburgh and team nutritionist for the Pittsburgh Steelers.

“Used therapeutically, the dried plum is prized for its energy-boosting properties and assistance with



Dr. Mao's new book offers intriguing insights on eating right.

weight management. This *superfruit* is also a heart-healthy addition to the diet. A recent study published in the British Journal of Nutrition suggests that eating dried plums slows the development of atherosclerosis, an inflammatory disease better known as ‘hardening of the arteries,’” says Dr. Mao.

Dr. Maoshing Ni and Leslie Bonci are consultants for the California Dried Plum Board. For more information, please visit www.californiadriedplums.org and www.askDrMao.com.

Dried plums offer benefits you can see and feel:

- **Improve Digestion:** A single serving (four to five dried plums) has 3 grams of fiber, helping you maintain good digestive health.
- **Tasty Nutrition:** Dried plums are a nutrient-dense powerhouse food that contains B vitamins, potassium, magnesium and boron.
- **A Perfect Fit for Healthful Diets:** Dried plums can help curb your appetite with only 100 calories per serving.

