

24

# NEW SNACKS TO HELP YOU AVOID ALZHEIMER'S & BOOST YOUR BRAIN

The Best Plant-Based Snack Recipes to  
Improve Your Memory, Focus & Brain Power



**BRIAN VASZILY** |

Founder of The Art of Anti-Aging, Host of  
The World's BEST Longevity Summit (Literally!)



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# THE WORLD'S BEST LONGEVITY SUMMIT

*(Literally!)*

## The **Exact** Health Steps That Will Help You The Most

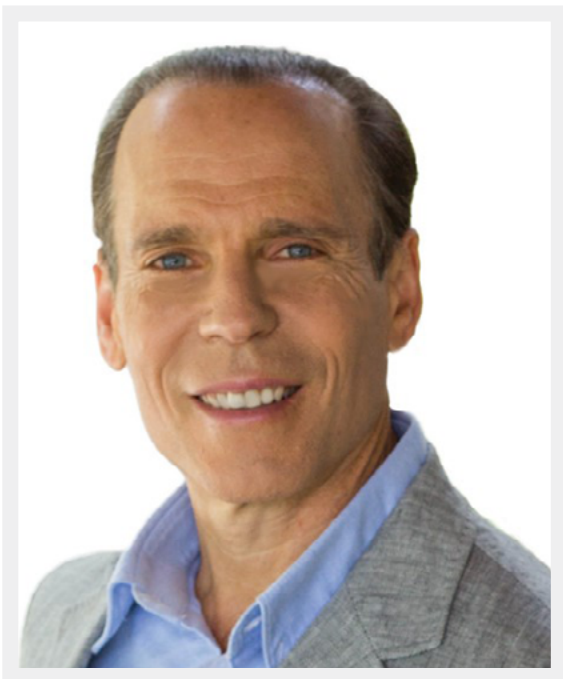
Discover the exact, most powerful longevity steps of all that have been used for centuries by the world's longest-living cultures AND are backed by cutting-edge research.

In ***The World's BEST Longevity Summit (Literally!): The Exact Health Steps That Will Help You The Most***, you are about to receive a complete road map to what actually works to help you look and feel your best, avoid and overcome disease, and live long and well for decades to come. Not fads. Not hype. Not the same old basic advice.

**Led by Brian Vaszily, a world-renowned natural health and longevity researcher with over 25 years of experience, alongside 21 of today's TOP doctors and longevity experts, each day of this truly groundbreaking event holds the potential to change your life, so you don't want to miss a moment of it!**

And to start things off, in this important new guide, you're about to discover the 24 new plant-based snacks to increase your brain health, slash your risk of Alzheimer's, and naturally boost your mood!

**Please DO share this free guide with loved ones!**



*"The World's Best Longevity Summit is sorely needed -- and it will be a game-changer for you. Why am I so confident of that?"*

Because in a world where we're now bombarded by vague, conflicting, and often flat-out wrong advice, this unique summit clears the air. You'll learn only the exact do-it-yourself steps that research shows will make the biggest impact on living long and living well – and it's a sure thing you haven't heard many of these steps before.

Your guide for this epic event, Brian Vaszily, is already known for creating some of the most amazing health events. He's also known for making sure you have some fun -- so make sure you don't miss a moment of this one!"

**Joel Fuhrman, M.D.**

World-Renowned M.D., 7-Time NY Times Bestselling Author



# How Do **YOU** Really Feel About the Following?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of ***The World's BEST Longevity Summit (Literally!): The Exact Health Steps That Will Help You The Most***, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 25 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about getting older out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re against all the toxic “solutions” and toxic thinking so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you with the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community.



Brian Vaszily, Founder



# CLARITY on What Will Make the Biggest Impact on YOUR Health and Life

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents two very big problems that frustrate and even mislead many people.

**One**, much of it is not backed by real evidence or comes from sources you can truly trust.

**Two**, it causes serious confusion—because it's unclear which steps will actually deliver the biggest, most lasting results for your health, energy, and longevity.

That's exactly why ***The World's BEST Longevity Summit (Literally!)*** may be the **single most life-changing and even life-saving health event you ever experience**.

You see, after working with hundreds of top doctors and researchers over the past 25+ years, I—Brian Vaszily—have identified **the exact steps that will help you the most** to live long and live well.

And in this powerful new summit, I'm not simply interviewing experts. **I'm personally guiding you through each of the most effective natural steps** for your longevity— steps that have been practiced for centuries by the world's longest-living cultures AND are backed by science and validated by the world's most respected healthy aging doctors and researchers.

That means ZERO worries about overwhelm of conflicting opinions, scattered advice, or fluff.

Instead, you'll gain **TOTAL CLARITY** on exactly what works—based on what I've seen proven again and again across brain health, heart health, hormonal balance, skin, mobility, energy, sleep, emotional wellbeing, and much more.

You'll hear directly from me what to **do now**—and how to do it.

And along the way, you'll hear from 21 of today's most world-renowned experts and doctors on the science of **why** these are the most important steps for your health, your body, and your future.

So if you want to feel your best, think clearly, move freely, avoid disease, and enjoy a long, healthy life on *your terms*...

[Head here to sign up for this FREE online summit](#) if you haven't already...

And head [here to get the complete recordings and transcripts](#) so you can revisit everything on your schedule—whenever and wherever works best for you.



With that said, your journey in *The World's BEST Longevity Summit (Literally!)* actually begins **right now** with this empowering new guide...

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# NEW SNACKS TO HELP YOU AVOID ALZHEIMER'S & BOOST YOUR BRAIN:

## The Best Plant-Based Snack Recipes to Improve Your Memory, Focus & Brain Power

The best snacks do more than just fill you up — they fuel your mind, sharpen your focus, and help protect your brain for years to come. That's why we've created this collection of 24 plant-based, brain-boosting snacks — each one carefully chosen to deliver the most powerful nutrients for your memory, focus, and overall brain health.

These snacks aren't just quick and easy — they're crafted to provide the specific foods and compounds that studies show can help reduce your risk of Alzheimer's and support lifelong cognitive vitality.

Every recipe here is **plant-based**, many are gluten-free, and all are created with **your brain, mood, and focus in mind**. These meals are packed with many of the world's most potent superfoods to provide your brain with what it truly needs, such as:

- ▶ *Omega-3s from seeds and nuts to nourish neuron membranes*
- ▶ *Polyphenols from berries and green tea to protect brain cells from damage*
- ▶ *B vitamins and minerals like magnesium and zinc to support memory and focus*
- ▶ *Gut-friendly fibers that connect your digestion and mood through the gut-brain axis*

Whether you're looking to protect your brain as you age, find new ways to nourish your focus at work, or simply enjoy snacks that keep you feeling clear and energized, these recipes are for you.

Let's begin! Every snack included is packed with nutrients to fuel your brain and finger-licking flavor to delight your taste buds!

*vibrant well into your later years?*



# World's 7 Most Potent Brain Foods

You've probably heard that your brain is the most energy-hungry organ in your body, but did you know that the foods you eat every day can literally determine whether your mind stays sharp, focused, and vibrant well into your later years?

It's true — and here's the best news: nature has already given us an incredible lineup of plant-based superfoods that nourish your brain in ways no supplement or synthetic pill ever could. These foods aren't just about adding years to your life — they're about adding life to your years.

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## Blueberries

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Let's start with the tiny but mighty blueberry. These vibrant little gems are loaded with anthocyanins, the powerful plant pigments responsible for their deep blue hue.

Multiple studies — including one published in the *Annals of Neurology* — have found that eating just two servings of blueberries a week can slow cognitive aging by as much as 2.5 years.

That's not just a sweet treat — it's a natural way to keep your memory and thinking skills fresh and youthful. Blueberries help fight oxidative stress and inflammation in the brain, two of the biggest drivers of age-related cognitive decline.

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## Leafy Greens

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Leafy greens are another absolute powerhouse for your mind. Spinach, kale, Swiss chard — these greens are bursting with folate, lutein, and beta-carotene, each playing a unique role in brain health.

In a groundbreaking study in *Neurology*, researchers found that people who ate a single daily serving of leafy greens had brains that performed like those of people 11 years younger. Eleven years! That's a decade's worth of sharpness, focus, and recall — all from enjoying a colorful salad or a green smoothie each day.

These greens nourish your brain by protecting it from inflammation and ensuring that your neurons fire as efficiently as possible.



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## Nuts + Seeds

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Then there are the creamy, crunchy nuts and seeds that so many overlook: walnuts, chia seeds, flax seeds, sunflower seeds, and more.

These plant-based powerhouses are packed with ALA omega-3 fatty acids, which form the building blocks of healthy, flexible brain cell membranes.

Research published in *Cureus* and other peer-reviewed journals confirms that diets rich in these plant-based omega-3s support better memory, quicker thinking, and even a brighter mood.

Walnuts, in particular, have been shown to support new brain cell growth in the hippocampus — the part of your brain that holds memories, making them a true secret weapon for lifelong cognitive health.

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## Avocado

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And let's not forget the creamy avocado, a delicious way to flood your brain with monounsaturated fats that boost circulation and fuel healthy brain activity.

Avocados are also packed with vitamin E, an antioxidant shown to slow cognitive decline in aging adults. A study in the *Journal of Alzheimer's Disease* linked higher vitamin E levels with better memory and thinking skills, underscoring how simple choices at snack time can build real, measurable resilience in your brain.



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## Seaweed

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Seaweed is one of nature's richest sources of iodine, a mineral that's crucial for healthy thyroid function. Since the thyroid helps regulate metabolism and energy balance in the brain, iodine from seaweed can help keep your mind sharp, focused, and energized.



But that's just the start — seaweed also boasts an impressive range of vitamins and minerals, including magnesium, zinc, and vitamin K, which play critical roles in everything from neurotransmitter synthesis to reducing oxidative stress in brain cells.

Seaweed also contains unique polysaccharides and polyphenols that have been shown to calm inflammation in the brain. A study in the journal *Marine Drugs* found that compounds in seaweed may help protect neurons from damage caused by free radicals — the unstable molecules that contribute to cognitive decline and neurodegenerative diseases.

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## Green Tea and Matcha

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Matcha and green tea are two of the most brain-loving beverages nature has to offer. Packed with a unique combination of caffeine and the calming amino acid L-theanine, matcha and green tea provide a gentle lift in mental energy and focus without the jittery effects of coffee.

Research in the Journal of Nutritional Neuroscience highlights how this dynamic duo of caffeine and L-theanine sharpens attention and improves working memory, perfect for those days when you need your mind to be clear and alert.

However, the benefits of matcha and green tea go even deeper. Both are loaded with powerful antioxidants called catechins, particularly one called EGCG (epigallocatechin gallate). Studies show that EGCG helps protect brain cells from oxidative damage and may even reduce the buildup of harmful plaques linked to Alzheimer's disease.



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## Edamame

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Edamame, the young green soybeans often served in Japanese cuisine, are another true brain superfood. They're rich in plant-based protein, which provides the amino acids your brain needs to build neurotransmitters like dopamine and serotonin — the chemical messengers that regulate mood, focus, and cognitive function. Edamame also boasts a solid dose of folate, a B vitamin that's essential for neuron health and has been linked in studies to better memory and slower rates of cognitive decline.

But the benefits of edamame don't stop there. These tender green beans are also packed with magnesium, a mineral that helps regulate nerve signals in the brain and can calm an overactive nervous system, supporting mental clarity and focus.

A study in The American Journal of Clinical Nutrition found that higher magnesium intake was associated with improved cognitive performance in adults. So whether you're snacking on lightly salted edamame or adding it to your meals, you're giving your brain the nutrients it needs to stay strong, sharp, and energized.

Now, knowing which specific foods pack the biggest punch in relation to brain health is great, but knowing how to actually incorporate them into your diet (and how to make them taste delicious) is where the true magic happens. Thankfully, we've compiled 24 of our favorite plant-based, brain-boosting snack recipes for you below!



# BLUEBERRY LEMON OAT BITES

## INGREDIENTS:

- 1 cup rolled oats
- ½ cup fresh blueberries (or frozen, thawed)
- Zest of 1 lemon
- ¼ cup almond butter
- 2 tablespoons chia seeds
- 2 tablespoons maple syrup

## INSTRUCTIONS:

- ▶ *In a large bowl, mix together the oats, blueberries, lemon zest, almond butter, chia seeds, and maple syrup.*
- ▶ *Stir until the mixture becomes sticky and well combined.*
- ▶ *Scoop out 1 tablespoon portions and roll into bite-sized balls.*
- ▶ *Place on a parchment-lined plate and refrigerate for at least 30 minutes to set.*



## Brain Health Benefits

Blueberries are rich in anthocyanins that help protect neurons from damage, while lemon zest adds a burst of antioxidants to combat aging and inflammation.

**Fun Tip:** Add a pinch of cinnamon or vanilla extract for an extra layer of flavor.



# SPINACH, AVOCADO & LIME HUMMUS

## INGREDIENTS:

1 cup cooked chickpeas (canned or homemade, drained and rinsed)

1 cup fresh spinach, packed

1 ripe avocado

2 tablespoons tahini

Juice of 1 lime

1 small clove garlic

¼ teaspoon sea salt

2 tablespoons water (as needed to adjust consistency)



## INSTRUCTIONS:

- ▶ In a food processor, combine the chickpeas, spinach, avocado, tahini, lime juice, garlic, and salt.
- ▶ Blend until smooth, adding water one tablespoon at a time until you reach a creamy consistency.
- ▶ Scoop into a bowl and drizzle with olive oil or sprinkle with paprika, if desired.

## Brain Health Benefits

Avocado and spinach deliver healthy fats and folate to support neuron function and memory.

**Fun Tip:** Spread on toast or serve with veggie sticks for an extra nutrient boost!





# WALNUT-CRUSTED SWEET POTATO FRIES

## INGREDIENTS:

2 medium sweet potatoes, scrubbed and cut into fries

½ cup walnuts, finely chopped

1 tablespoon olive oil

½ teaspoon smoked paprika

¼ teaspoon sea salt



## INSTRUCTIONS:

- ▶ Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- ▶ Toss the sweet potato fries with olive oil, smoked paprika, and sea salt.
- ▶ Spread fries in a single layer on the baking sheet. Sprinkle evenly with crushed walnuts.
- ▶ Bake for 20-25 minutes, flipping halfway through, until golden and crisp.

### Brain Health Benefits

Walnuts are rich in plant-based omega-3s, which strengthen memory and cognitive function.

**Fun Tip:** Pair with a yogurt-tahini dipping sauce for extra flavor.





# KALE & WHITE BEAN MINI WRAPS

## INGREDIENTS:

6 large kale leaves, ribs removed

1 cup cooked white beans (cannellini or navy beans)

1 tablespoon lemon juice

¼ teaspoon garlic powder

¼ teaspoon black pepper

Shredded carrots and diced red peppers for crunch



## INSTRUCTIONS:

- ▶ *In a bowl, mash the white beans with lemon juice, garlic powder, and black pepper.*
- ▶ *Lightly steam or blanch the kale leaves to make them pliable.*
- ▶ *Spread the bean mixture on each leaf and top with shredded carrots and red peppers.*
- ▶ *Roll up into mini wraps and secure with toothpicks.*

## Brain Health Benefits

Kale's lutein and white beans' plant-based protein keep your brain alert and sharp.

**Fun Tip:** Add a drizzle of balsamic glaze for a sweet and tangy boost.



# MANGO CHIA COCONUT PARFAIT

## INGREDIENTS:

- 1 cup coconut yogurt
- ½ cup fresh mango
- 2 tablespoons chia seeds
- 1 teaspoon maple syrup (optional)



## INSTRUCTIONS:

- ▶ *In a glass or jar, layer coconut yogurt, fresh mango, and chia seeds.*
- ▶ *Drizzle with maple syrup, if desired.*
- ▶ *Repeat layers until the jar is filled.*
- ▶ *Let it sit in the fridge for at least 15 minutes so the chia seeds can thicken.*

## Brain Health Benefits

Mango's anthocyanins protect your brain from oxidative stress and support memory.

**Fun Tip:** Top with a sprinkle of toasted coconut for extra texture.





# AVOCADO & CHICKPEA LETTUCE CUPS

## INGREDIENTS:

1 can of chickpeas, drained and rinsed  
1 ripe avocado, diced  
2 tablespoons chopped red onion  
1 tablespoon lime juice  
½ teaspoon cumin  
Pinch of salt  
Butter lettuce or romaine leaves



## INSTRUCTIONS:

- ▶ *In a bowl, mash the chickpeas with a fork until they are chunky.*
- ▶ *Stir in diced avocado, red onion, lime juice, cumin, and salt.*
- ▶ *Scoop mixture into lettuce cups and serve immediately.*

### Brain Health Benefits

Avocado's healthy fats and chickpeas' fiber support steady blood sugar for clear thinking.

**Fun Tip:** Add fresh cilantro for a bright, herby touch.





# WALNUT & FLAX BANANA MUFFIN BITES

## INGREDIENTS:

- 1 cup oat flour
- 2 ripe bananas, mashed
- ¼ cup crushed walnuts
- 2 tablespoons ground flaxseed
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ¼ cup almond milk



## INSTRUCTIONS:

- ▶ Preheat oven to 350°F (175°C) and grease a mini muffin tin.
- ▶ In a large bowl, mix together oat flour, ground flaxseed, cinnamon, and baking powder.
- ▶ Add mashed bananas and almond milk, stirring until smooth.
- ▶ Fold in crushed walnuts.
- ▶ Spoon batter into mini muffin tins and bake for 12-15 minutes.

## Brain Health Benefits

Walnuts and flaxseed are rich in omega-3s and antioxidants, which support memory and clarity.

**Fun Tip:** Add a handful of blueberries for an extra burst of brain-protecting power.



# SPINACH PESTO WITH SUNFLOWER SEEDS

## INGREDIENTS:

- 2 cups fresh spinach
- ½ cup sunflower seeds
- Juice of 1 lemon
- 1 clove garlic
- 2 tablespoons olive oil
- ¼ teaspoon sea salt



## INSTRUCTIONS:

- ▶ *In a food processor, combine spinach, sunflower seeds, lemon juice, garlic, and salt.*
- ▶ *Blend until creamy, streaming in olive oil as you blend.*
- ▶ *Adjust consistency with a tablespoon of water if needed.*

### Brain Health Benefits

Spinach's lutein and sunflower seeds' vitamin E provide protection for neurons.

**Fun Tip:** Use as a pasta sauce, veggie dip, or sandwich spread.





# BLACKBERRY GINGER SMOOTHIE SHOT

## INGREDIENTS:

- ½ cup fresh or frozen blackberries
- ½ inch fresh ginger, peeled
- 1 tablespoon chia seeds
- ½ cup almond milk



## INSTRUCTIONS:

- ▶ *Blend all ingredients until smooth.*
- ▶ *Pour into shot glasses and enjoy immediately.*

### Brain Health Benefits

Ginger and blackberries work together to combat inflammation and oxidative stress.

**Fun Tip:** Add a squeeze of lemon for a refreshing zing.



# AVOCADO-CACAO PUDDING CUPS

## INGREDIENTS:

- 1 ripe avocado
- 2 tablespoons raw cacao powder
- 2 tablespoons maple syrup
- ½ teaspoon vanilla extract



## INSTRUCTIONS:

- ▶ In a blender, combine avocado, cacao powder, maple syrup, and vanilla.
- ▶ Blend until silky smooth.
- ▶ Chill in small cups for at least 30 minutes.

### Brain Health Benefits

Avocado's monounsaturated fats and cacao's flavonoids support memory and mood.

**Fun Tip:** Top with fresh berries for a pop of color.





# KALE & WALNUT SALAD BOATS

## INGREDIENTS:

- 1 head of endive or romaine leaves
- 1 cup chopped kale
- ½ apple, diced
- ¼ cup walnuts, chopped
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- Pinch of flaky sea salt



## INSTRUCTIONS:

- ▶ *In a bowl, massage kale with lemon juice, olive oil, and salt.*
- ▶ *Toss in diced apple and walnuts.*
- ▶ *Spoon the salad into endive or romaine leaves.*

## Brain Health Benefits

Kale and walnuts combine to provide antioxidants and healthy fats for brain resilience.

**Fun Tip:** Add a drizzle of balsamic glaze for extra sweetness.





# SWISS CHARD VEGGIE ROLLS

## INGREDIENTS:

- 6 large Swiss chard leaves
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 1 ripe avocado, sliced
- 1 tablespoon lime juice
- ¼ teaspoon sea salt

## INSTRUCTIONS:

- ▶ *Blanch Swiss chard leaves in hot water for 30 seconds to soften.*
- ▶ *In a bowl, toss carrots, cabbage, lime juice, and sea salt.*
- ▶ *Lay out a Swiss chard leaf and place avocado slices and veggie filling at the base.*
- ▶ *Roll up like a burrito and slice in half.*



## Brain Health Benefits

Swiss chard's vitamins and minerals nourish the nervous system and support energy levels.

**Fun Tip:** Add a sprinkle of sesame seeds for crunch and flavor.





# BLUEBERRY LEMON CHIA JAM

## INGREDIENTS:

- 1 cup fresh or frozen blueberries
- Juice of ½ lemon
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup



## INSTRUCTIONS:

- ▶ In a small saucepan, heat blueberries and lemon juice over medium heat until the berries burst.
- ▶ Stir in chia seeds and maple syrup.
- ▶ Let it thicken for 10 minutes, then transfer to a jar to cool.

### Brain Health Benefits

Blueberries and chia seeds provide antioxidants that support memory and cognitive function.

**Fun Tip:** Spread on whole-grain toast or swirl into yogurt.



# FLAXSEED ROSEMARY CRACKERS

## INGREDIENTS:

- 1 cup ground flaxseed
- 1 teaspoon chopped fresh rosemary
- ¼ teaspoon sea salt
- ½ cup water

## INSTRUCTIONS:

- ▶ Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- ▶ In a bowl, combine ground flaxseed, rosemary, sea salt, and water.
- ▶ Spread thinly on the parchment and bake for 20 minutes until crisp.



## Brain Health Benefits

Flaxseeds' plant-based omega-3s support brain cell structure and function.

**Fun Tip:** Break into pieces and enjoy with your favorite dip!





# SPINACH & EDAMAME DIP

## INGREDIENTS:

- 1 cup fresh spinach
- 1 cup cooked and shelled edamame
- 2 tablespoons lemon juice
- 1 small clove of garlic
- ¼ teaspoon sea salt
- 1 teaspoon olive oil



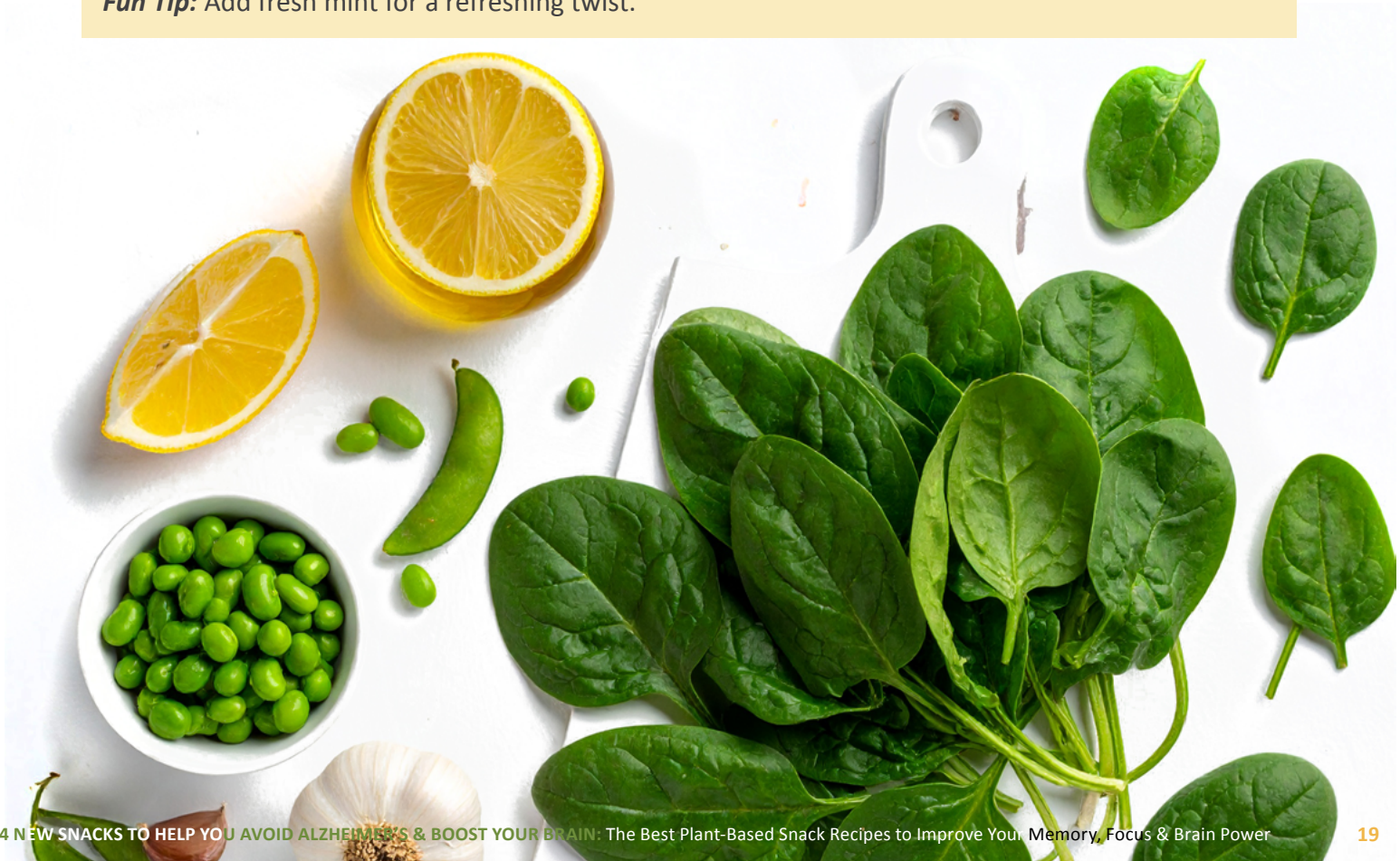
## INSTRUCTIONS:

- ▶ *In a food processor, combine all ingredients and blend until smooth.*
- ▶ *Transfer to a bowl and drizzle with olive oil.*

### Brain Health Benefits

Spinach and edamame provide folate and fiber for improved brain circulation.

**Fun Tip:** Add fresh mint for a refreshing twist.





# AVOCADO & BLACK BEAN SALSA CUPS

## INGREDIENTS:

- 1 can black beans, drained and rinsed
- 1 ripe avocado, diced
- ¼ cup diced red onion
- 2 tablespoons lime juice
- Butter lettuce leaves



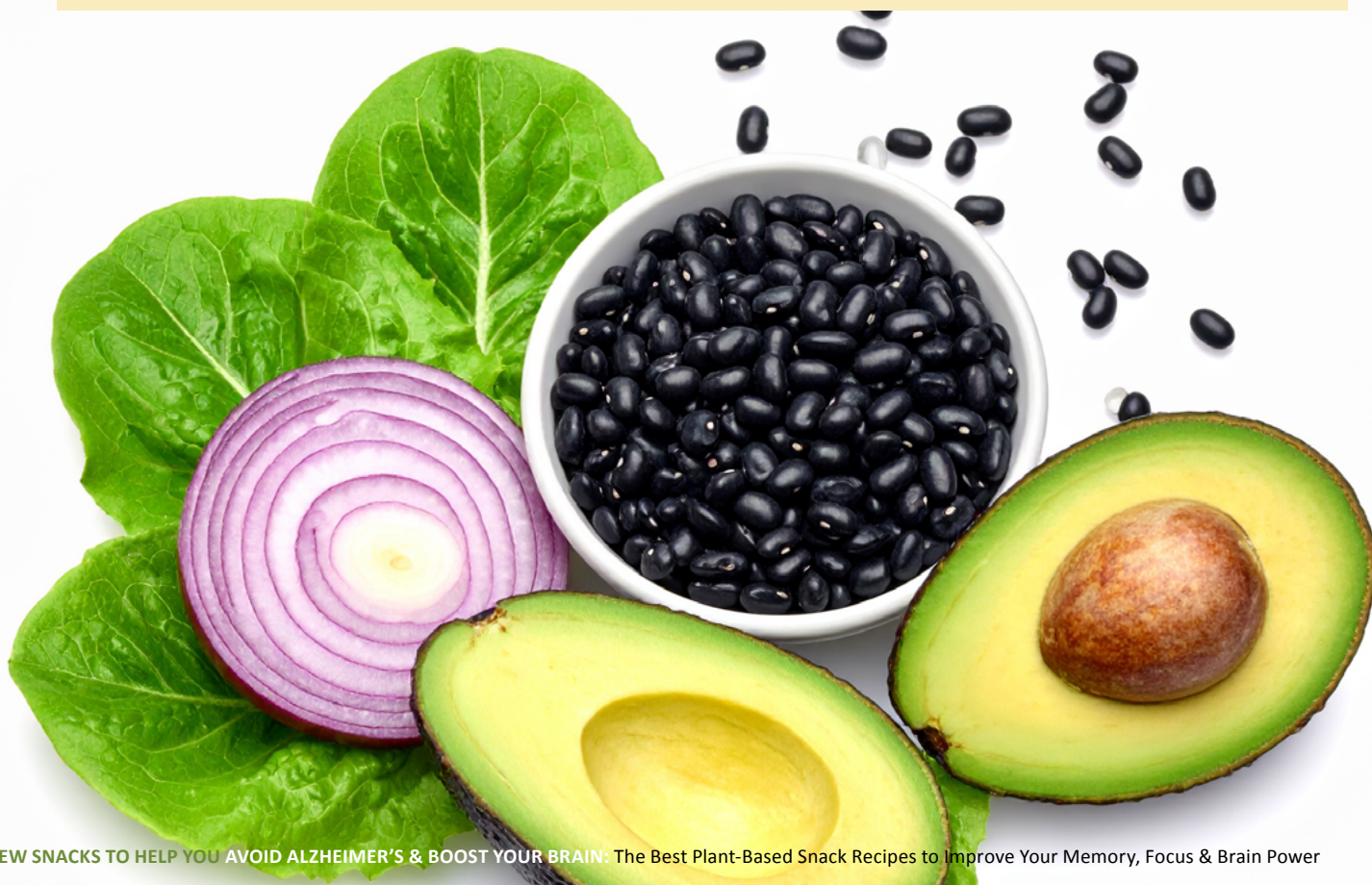
## INSTRUCTIONS:

- ▶ *In a bowl, combine black beans, diced avocado, red onion, and lime juice.*
- ▶ *Spoon mixture into lettuce leaves and serve.*

### Brain Health Benefits

Avocado's healthy fats and black beans' protein keep your brain fueled.

**Fun Tip:** Add chopped tomatoes and fresh cilantro for extra flavor.





# WALNUT-CACAO ENERGY SQUARES

## INGREDIENTS:

- 1 cup pitted dates
- ½ cup walnuts
- 2 tablespoons raw cacao powder
- 1 tablespoon chia seeds



## INSTRUCTIONS:

- ▶ In a food processor, blend dates and walnuts until crumbly.
- ▶ Add cacao powder and chia seeds, pulsing until combined.
- ▶ Press into a lined baking dish and refrigerate for 1 hour before cutting into squares.

### Brain Health Benefits

Walnuts and cacao flavonoids protect neurons and support mood.

**Fun Tip:** Sprinkle with flaky sea salt for a sweet-salty crunch.





# CRUNCHY KALE CHIPS

## INGREDIENTS:

- 1 bunch kale, torn into pieces
- 1 tablespoon olive oil
- 2 tablespoons nutritional yeast
- ¼ teaspoon sea salt



## INSTRUCTIONS:

- ▶ Preheat oven to 300°F (150°C).
- ▶ Toss kale with olive oil, nutritional yeast, and sea salt.
- ▶ Spread on a baking sheet and bake for 15-20 minutes until crispy.

## Brain Health Benefits

Kale's vitamin K and antioxidants support memory and learning.

**Fun Tip:** Add a pinch of smoked paprika for a smoky twist.



# BLUEBERRY-APPLE WALNUT CRISP CUPS

## INGREDIENTS:

- 1 apple, diced
- ½ cup fresh blueberries
- 2 tablespoons rolled oats
- 2 tablespoons crushed walnuts
- 1 tablespoon maple syrup
- ½ teaspoon cinnamon



## INSTRUCTIONS:

- ▶ Preheat oven to 350°F (175°C).
- ▶ In ramekins, combine diced apple and blueberries.
- ▶ Mix oats, walnuts, maple syrup, and cinnamon; sprinkle over fruit.
- ▶ Bake for 15-20 minutes until golden.

## Brain Health Benefits

Blueberries and walnuts help reduce inflammation in the brain.

**Fun Tip:** Top with coconut yogurt for a creamy finish.





# MATCHA ENERGY BALLS

## INGREDIENTS:

- 1 cup rolled oats
- ¼ cup almond butter
- 2 tablespoons maple syrup
- 1 tablespoon matcha green tea powder



## INSTRUCTIONS:

- ▶ In a bowl, mix oats, almond butter, maple syrup, and matcha until combined.
- ▶ Roll into small balls and refrigerate until set.

### Brain Health Benefits

Matcha's L-theanine promotes calm, focused energy.

**Fun Tip:** Roll in shredded coconut for a fun texture.





# HERBED EDAMAME SPREAD WITH BELL PEPPER SLICES

## INGREDIENTS:

- 1 cup cooked and shelled edamame
- Juice of 1 lemon
- 2 tablespoons fresh herbs (parsley, cilantro, or basil)
- ¼ teaspoon sea salt
- Sliced bell peppers for dipping



## INSTRUCTIONS:

- ▶ In a food processor, blend edamame, lemon juice, herbs, and salt until smooth.
- ▶ Transfer to a bowl and serve with sliced bell peppers.

### Brain Health Benefits

Edamame's folate and herbs' polyphenols protect against cognitive decline.

**Fun Tip:** Add a clove of garlic for a zesty kick.



# ROASTED SEAWEED SNACKS WITH SESAME SEEDS

## INGREDIENTS:

16 sheets of nori seaweed (cut into quarters with scissors)

1 tablespoon toasted sesame oil

1 tablespoon sesame seeds (white or black)

Pinch of sea salt

Optional: Pinch of garlic powder or smoked paprika for added flavor



## INSTRUCTIONS:

- ▶ *Preheat oven to 300°F (150°C).*
- ▶ *Lay nori squares in a single layer on a parchment-lined baking sheet.*
- ▶ *Lightly brush each piece with sesame oil.*
- ▶ *Sprinkle with sesame seeds, sea salt, and any optional spices.*
- ▶ *Bake for 8–10 minutes, watching closely so they don't burn. They should crisp up but not brown.*
- ▶ *Let cool and enjoy immediately or store in an airtight container for up to 3 days.*

## Brain Health Benefits

Seaweed is packed with iodine, which supports healthy thyroid function—critical for brain metabolism. Sesame seeds are rich in vitamin E and other antioxidants shown to support memory and reduce brain inflammation.

**Fun Tip:** Crush a few roasted seaweed snacks and sprinkle over salads or avocado toast for an umami brain boost!





# POPCORN WITH NUTRITIONAL YEAST

## INGREDIENTS:

3 cups air-popped popcorn  
1 tablespoon olive oil or avocado oil  
2 tablespoons nutritional yeast  
¼ teaspoon turmeric powder (optional, for color + extra anti-inflammatory benefits)  
Sea salt to taste



## INSTRUCTIONS:

- ▶ Place warm popcorn in a large mixing bowl.
- ▶ Drizzle with oil and toss to coat evenly.
- ▶ Sprinkle in the nutritional yeast, turmeric (if using), and salt.
- ▶ Toss again until popcorn is well coated with seasoning.
- ▶ Enjoy immediately for a savory, brain-powered snack.

## Brain Health Benefits

Nutritional yeast is a great source of B vitamins, especially B12 (if fortified), which is essential for cognitive function and mood regulation. Olive oil supports brain cell flexibility and reduces inflammation.

**Fun Tip:** Add a dash of smoked paprika or cumin for a “cheesy taco” twist that your brain (and taste buds) will love.



# CHOCOLATE-COVERED SUNFLOWER SEED BUTTER STUFFED DATES

## INGREDIENTS:

6 Medjool dates, pitted  
3 tablespoons sunflower seed butter  
¼ cup dark chocolate (70% cocoa or higher)  
Flaky sea salt



## INSTRUCTIONS:

- ▶ *Slice dates lengthwise to open them up.*
- ▶ *Fill each date with sunflower seed butter.*
- ▶ *Melt the dark chocolate using a double boiler or by putting it in the microwave for 30 seconds.*
- ▶ *Using a fork, dip the stuffed dates into the chocolate and transfer to a plate.*
- ▶ *Sprinkle the dates with flaky sea salt.*
- ▶ *Place the dates in the freezer for 15 minutes so the chocolate hardens, and enjoy!*

## Brain Health Benefits

Sunflower seed butter delivers vitamin E, an antioxidant shown to slow cognitive decline.

**Fun Tip:** Add peanuts or pistachios for an added crunch!





# THE WORLD'S BEST LONGEVITY SUMMIT

(Literally!)

The **Exact** Health Steps That Will Help You The Most



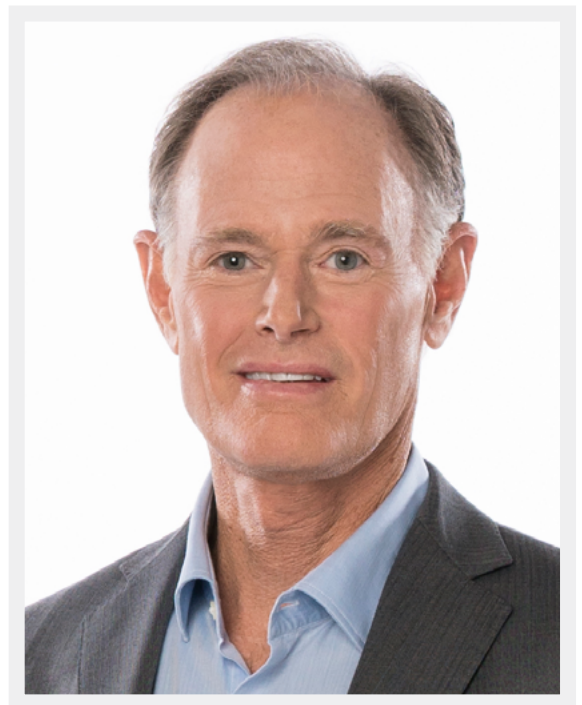
*"The World's Best Longevity Summit is unlike anything out there — and it's arriving at the perfect time. We're drowning in trends, misinformation, and recycled advice, but this event cuts through the noise. You'll discover only the science-backed, do-it-yourself steps proven to make the biggest impact on how long and how well you live — including many you have definitely not heard before. And with renowned longevity expert Brian Vaszily leading the way, you can expect clarity, inspiration, and yes — some fun. This one genuinely qualifies as "life-changing," so don't miss it!"*

**Nick Polizzi**

"Brian Vaszily has long been a trusted voice in the world of natural health and longevity, and for good reason. He brings uncommon integrity, depth, and curiosity to every project he touches. His new *World's BEST Longevity Summit* represents the culmination of decades spent studying what truly moves the needle for healthy aging.

In this summit, Brian distills his top 50 evidence-based strategies, providing practical, impactful steps drawn from years of research and real-world experience. And he doesn't stop there. He's also bringing together 21 leading physicians and researchers in the longevity space, each sharing the 3 or 4 strategies they consider most transformative.

The result is a rare opportunity: clarity on what actually works, insights that challenge assumptions, and tools you can put into action immediately. And, as anyone who knows Brian would expect, the journey will be as enjoyable as it is enlightening."



**Dr. David Perlmutter**

World-Renowned Neurologist, 7-Time NY Times Bestselling Author

# NOW GET READY FOR THE MOST **LIFE-CHANGING** LONGEVITY SECRETS OF ALL...

So again, here at *The Art of Anti-Aging*, the “anti” has always meant we’re proudly **against the toxic myths** and manipulative lies about getting older—

Lies that suggest life after your 40s, 50s, 60s, 70s and beyond is a slow decline into invisibility, illness, and irrelevance.

We’re against the **toxic “solutions”** and fear-driven tactics being pushed by those who profit from aging being seen as a disease.

And we’re against the belief that getting older means giving up your vitality, beauty, energy, or purpose.

Instead, we believe something radically different—and far more empowering:

**That your midlife and beyond can truly be the best, most vibrant years of your life.**

However, that’s only possible if you know the right steps to take. And that’s why we are fully committed to giving you the **clearest, most effective, evidence-based guidance** to help you look and feel your best, avoid and even overcome disease, and live a long, fulfilling, joyful life.

This guide was just a small taste of that—and we encourage you to **share it with those you care about.**

But now, you’re invited to the **pinnacle** of this mission...

## THE WORLD’S BEST LONGEVITY SUMMIT *(Literally!)*

For the first time ever, Brian Vaszily—after 25+ years working directly with the world’s most accomplished longevity MDs—is laying out the **exact natural steps that will help you the most** to extend your lifespan and dramatically improve your healthspan.

You’ll get total clarity on what to do, why it works, and how to get started today—across brain health, heart health, gut health, sleep, energy, hormonal balance, mobility, emotional wellness, and more.

And with each core step **backed by world-renowned doctors and researchers** in their fields, you’ll walk away with the rare kind of confidence that only comes from knowing you’re following what actually works.

So head [here now to sign up for this FREE online summit](#) if you haven’t already...

And go [here to get the COMPLETE recordings and transcripts](#)—so you can absorb every powerful step at your own pace, on your own schedule, and return to them again and again as needed.

Your healthiest, longest, and most vibrant life truly begins now.

