

Living Well to Age Well
Session #7
Beck's Kitchen Staples

Some Recipes 'n Tips!

Bone Broth

One of the Most Nutrient-Dense Foods You Can Make

8/1/2026

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The Collagen Connection

When we think about aging, we often think about wrinkles. But collagen isn't just about skin—it's the structural protein that literally helps hold us together. Bone broth nourishes far more than appearance; it supports the connective tissues throughout the entire body.

Bone broth is one of the richest whole-food sources of collagen breakdown products. During the long, slow simmering process, collagen from bones, joints, cartilage, tendons, ligaments, and connective tissue gradually breaks down into **gelatin** and then into smaller collagen peptides.



Collagen is the body's most abundant protein...

...accounting for roughly 30% of total body protein. It provides strength and structure to:

- Skin
- Bones
- Cartilage
- Tendons and ligaments
- Blood vessels
- The lining of the digestive tract
- Intervertebral discs
- Fascia and other connective tissues





What happens during the long simmer?

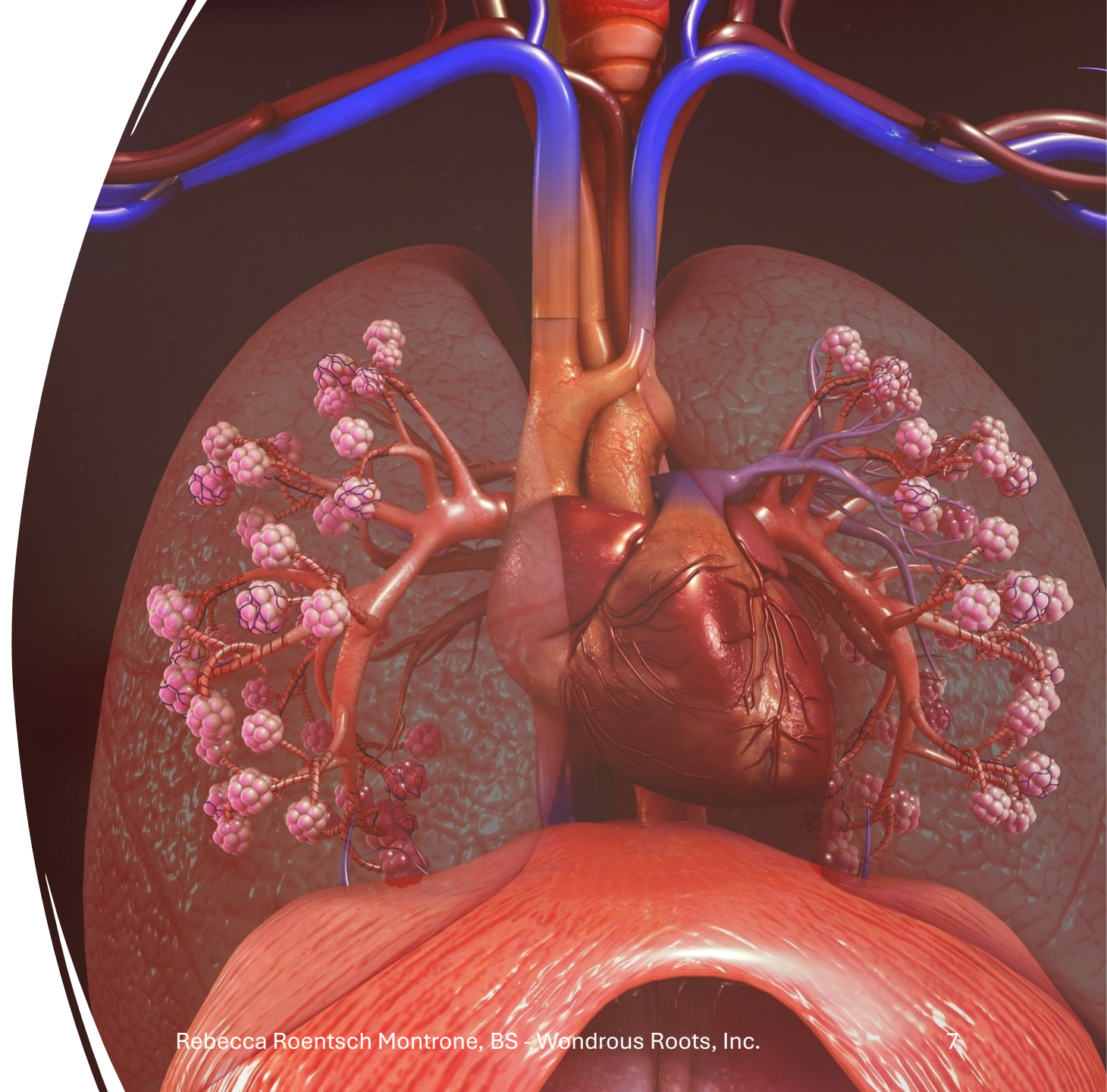
As collagen is broken down during cooking, bone broth becomes rich in amino acids that support connective tissue health, particularly:

- **Glycine** – important for collagen synthesis, glutathione production, detoxification, sleep, and nervous system support.
- **Proline** – a key building block for collagen repair and wound healing.
- **Hydroxyproline** – found almost exclusively in collagen and an important marker of collagen intake.
- Smaller amounts of **arginine** and **glutamine**, depending on the ingredients used.

Bone broth does not magically "replace" collagen, but it supplies many of the raw materials the body uses to continually build and repair its own collagen throughout life.

Collagen: structural support for the cardiovascular system

- Collagen isn't just for skin, joints, and bones. It is a major structural component of the **arterial wall and the extracellular matrix surrounding vascular cells**. It contributes to the strength and resilience that allow arteries to withstand the enormous mechanical stress of blood moving through them day after day.
- The endothelium—the delicate cellular lining of the blood vessels—rests on a **collagen-rich basement membrane**. Maintaining that extracellular matrix is therefore an important part of maintaining vascular integrity.











Greek Yogurt

Superior in nutrition, and so easy to make yourself!

Why Greek Yogurt? — A Great Choice for Aging Well

- **Much higher in protein** – Straining removes much of the liquid whey, concentrating the protein. Many Greek yogurts provide **15–20+ grams of protein per serving**, often roughly twice that of conventional yogurt.
- **Rich in complete, high-quality protein** – Provides all nine essential amino acids, including the branched-chain amino acids important for maintaining and rebuilding muscle.
- **Helps counter age-related muscle loss** – As we age, muscle becomes less responsive to smaller amounts of dietary protein (“anabolic resistance”), making **adequate high-quality protein at each meal increasingly important**.
- **Excellent source of leucine** – Dairy protein supplies leucine, the amino acid that acts as an important signal for **muscle protein synthesis**. Greek yogurt makes it easier to get a meaningful amount of protein without eating a large volume of food.



And there's more...

- **Supports bones as well as muscles** – Supplies protein along with **calcium and phosphorus**, all important components of maintaining bone structure and strength. Depending on the brand, it may also provide vitamin D.
- **Fermented food benefits** – Yogurt made with live cultures supplies beneficial bacteria and fermentation products that can support the **gut microbiome and digestive health**. Look for “live and active cultures.”
- **Generally lower in lactose** – The straining process removes some lactose along with the whey, so Greek yogurt may be better tolerated by some people with mild lactose intolerance.
- **Can be lower in carbohydrate and sugar** – **Plain, unsweetened** Greek yogurt generally contains less naturally occurring lactose than traditional yogurt and avoids the substantial added sugar found in many flavored yogurts.
- **Very nutrient-dense and easy to eat** – Particularly useful with aging, when appetite or total food intake may decline while the need for **protein and micronutrient density remains high**.



Leucine & Muscle

- **Leucine is a key “on switch” for muscle protein synthesis**—it activates the **mTOR signaling pathway**, telling muscle cells that amino acids are available and it's time to build protein.
- **Stimulates muscle repair and rebuilding**, particularly following exercise or normal daily muscle wear.
- **Helps preserve lean muscle mass** by supporting the balance between muscle protein synthesis and breakdown.
- **Becomes especially important with aging** because older muscle develops **anabolic resistance**—it takes a stronger protein/amino-acid signal to stimulate muscle protein synthesis.
- A meal containing approximately **2.5–3 grams of leucine**, generally supplied by about **25–30+ grams of high-quality protein**, is often used as a practical target for maximally stimulating muscle protein synthesis in older adults.
- **Dairy proteins are particularly leucine-rich**, which is one reason foods such as Greek yogurt can be so useful in an aging-well diet.
- **In a nutshell:**
Protein supplies the building materials; leucine helps flip the switch that tells the muscle to use them.







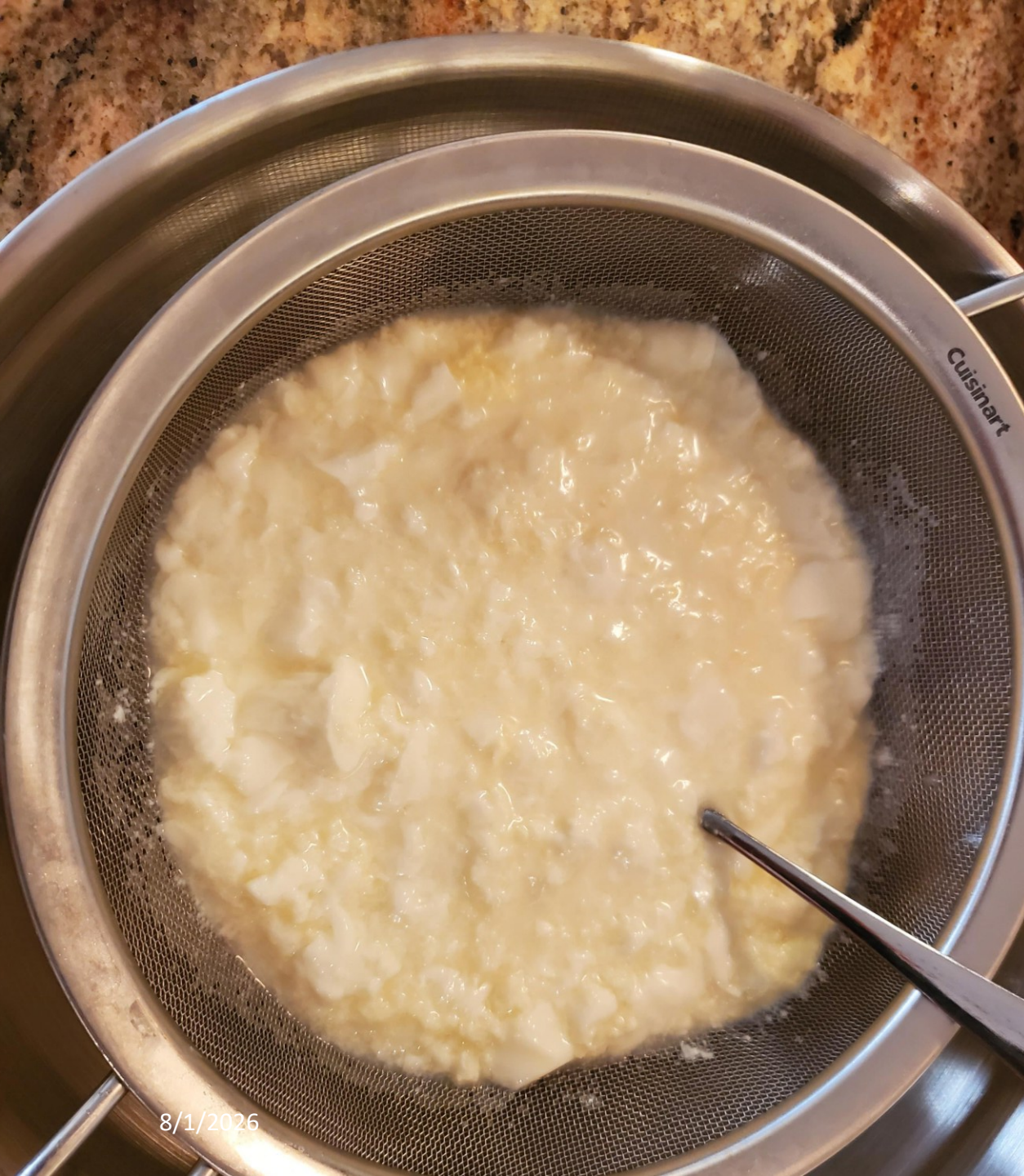




Instant Pot Greek Yogurt - the Beck Method

[Get the Recipe Here!](#)





Kefir — What's This All About?

Kefir is essentially a cultured, fermented milk beverage— somewhat like drinkable yogurt but made with a much more complex community of microorganisms.

What are “kefir grains”?

- They aren't cereal grains at all.
- Kefir grains are little whitish, cauliflower-like clusters containing a **living community of beneficial bacteria and yeasts** held together in a polysaccharide/protein matrix.
- Add the grains to milk, leave them to ferment—typically about **18–24 hours**—then strain them out.
- The grains are **reused for the next batch** and, when well cared for, actually multiply.
- During fermentation, the organisms consume much of the milk's **lactose**, producing lactic acid and numerous fermentation compounds that give kefir its characteristic tart flavor.
- Traditional kefir grains contain a **greater diversity of microorganisms than ordinary yogurt starter cultures**.





Where Do Kefir Grains Come From? (Well, I got mine from KELLY! 😊)

- Kefir grains are **not actual grains** and aren't something found growing in nature.
- They are living clusters of **bacteria and yeasts held together in a natural matrix**, traditionally associated with the Caucasus region.
- They likely developed over generations of repeatedly fermenting fresh milk in the same containers, allowing microorganisms from the **milk, animals, people, and environment** to organize into a remarkably stable microbial community.
- The microbes produce **kefiran**, which helps form the little cauliflower-like structures we call kefir grains.
- Here's the fascinating part: **authentic kefir grains are still propagated from existing grains**. Feed them milk and they grow and multiply, allowing portions to be passed from person to person.
- We know a great deal about what's in them, but **the precise origin of the first kefir grains remains uncertain**.

In essence: kefir grains are a living microbial ecosystem that humans have been feeding, multiplying, and passing along for generations.

Why kefir is such an interesting food

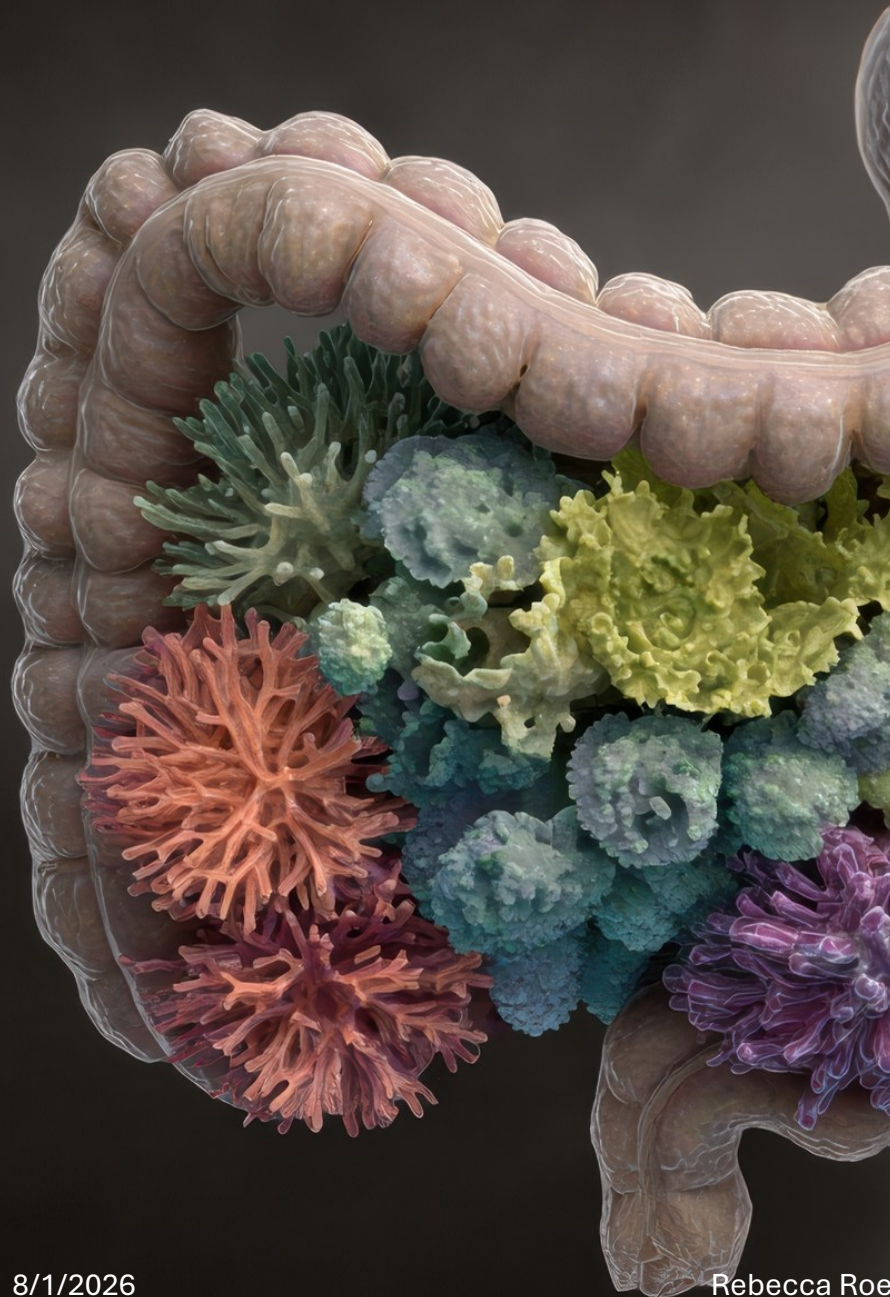
- **Probiotic diversity** – Kefir can contain numerous species/strains of lactic-acid bacteria, acetic-acid bacteria and beneficial yeasts. The exact microbial community varies considerably from one set of grains to another.
- **Supports the gut microbiome** – Regular fermented-food intake can introduce beneficial organisms and microbial metabolites that may support microbial diversity and intestinal health.
- **More than probiotics** – Fermentation creates **bioactive peptides, organic acids and other metabolites**, so kefir isn't simply milk with probiotics added.
- **Often easier to digest than milk** – Fermentation reduces lactose, and the microorganisms provide enzymes that help digest the remaining lactose. Some people with lactose maldigestion therefore tolerate kefir surprisingly well.
- **High-quality complete protein** – Provides all essential amino acids, making it useful for **maintaining muscle as we age**.
- **Bone-supportive nutrition** – Provides **calcium, phosphorus and protein**; vitamin D depends largely on whether the milk was fortified.
- **Potential cardiovascular/metabolic benefits** – Research is investigating effects on blood pressure, lipids, glucose regulation and inflammation, although these benefits shouldn't be presented as established treatment effects.
- **Gut-immune connection** – Because the intestinal microbiome interacts extensively with immune function, kefir is particularly interesting as an everyday fermented food.





Why Microbial Diversity Matters

- **Different microbes do different jobs.** A diverse microbiome provides a broader range of enzymes and metabolic capabilities for processing components of the diet that human enzymes cannot handle alone.
- **Produces a wider variety of beneficial compounds,** including short-chain fatty acids and other microbial metabolites that influence the intestinal lining, metabolism and immune signaling.
- **Supports the intestinal barrier.** Beneficial organisms and their metabolites help maintain the mucus layer and tight junctions that separate the contents of the intestine from the bloodstream.
- **Helps keep undesirable organisms in check.** A diverse microbial community occupies ecological niches, competes for nutrients and produces compounds that make it harder for potential pathogens to dominate.
- **Supports immune regulation.** The gut microbiome continually communicates with the immune system and helps it respond appropriately rather than simply being more or less “active.”
- **Provides greater resilience.** A diverse ecosystem tends to be better able to withstand disturbances—such as dietary changes, illness, stress or antibiotics—and recover afterward.
- **Supports the gut-brain connection.** Microbial metabolites interact with the nervous system and influence signaling pathways involved in mood, cognition and stress responses.



Why this matters as we age

- Aging is frequently accompanied by changes in the gut microbiome, and **greater microbial diversity and preservation of beneficial organisms are generally associated with healthier aging and greater resilience.**
- **MORE MICROBIAL DIVERSITY = MORE CAPABILITIES**
Different microbes perform different functions. A diverse gut ecosystem provides a broader range of beneficial activities and tends to be more stable, adaptable, and resilient.
- That makes kefir's mixture of bacteria **and** yeasts particularly interesting compared with fermented foods containing only a few defined starter organisms.

Kefir vs. yogurt

Yogurt: generally fermented by a relatively small number of bacterial cultures.

Kefir: traditionally fermented by a **whole microbial ecosystem of bacteria AND yeasts.**

So, while both are excellent fermented dairy foods, kefir's calling card is **microbial diversity.**





Getting Started

Homemade Milk Kefir — 1 Quart

Ingredients

- 1 quart whole milk
- **1–2 tablespoons active milk kefir grains**

Directions

- Place kefir grains in a clean quart-size glass jar.
- Pour in the milk, leaving a little room at the top.
- Cover loosely with a lid or breathable cover.
- Leave at **room temperature for about 18–24 hours**, out of direct sunlight.
- When the milk has thickened slightly and has a pleasantly tangy aroma, **strain out the kefir grains** using a nonreactive strainer.
- Refrigerate the finished kefir.
- Put the grains into another quart of fresh milk and **start the next batch!**

Tip: Fermentation happens faster in a warm kitchen and more slowly in a cool one. A longer fermentation produces a **tangier, thicker kefir with less remaining lactose**.

That's it: grains + milk + time.





BECK'S SOUPED-UP KEFIR

Start with:

1 quart freshly made and strained milk kefir

Add to the full batch:

- Cinnamon, to taste
- Nutmeg, to taste
- Vanilla extract to taste
- Pure maple syrup, to taste
- A splash of buttermilk
- **Mix well**, then divide the flavored kefir into two equal portions.

Keep one half as:

Cinnamon-Nutmeg Kefir

To the other half add:

- Organic cacao powder, to taste
- Blend or whisk thoroughly for:
Chocolate Kefir
- Refrigerate both and serve chilled. Shake or stir before serving.

Why "Souped-Up"?

Kefir provides **high-quality protein, calcium, and a diverse community of beneficial microorganisms**. Cinnamon, nutmeg, and cacao add an array of plant compounds, while cacao is particularly rich in **polyphenols**. The splash of cultured buttermilk introduces another traditional fermented dairy food—and maple syrup adds just enough natural sweetness to make the whole thing delicious.

One batch. Two flavors. Lots of nutritional goodness!

Tomatoes Cooked in Olive Oil & Garlic

A little culinary chemistry
with big nutritional benefits!



The Nutritional Magic...

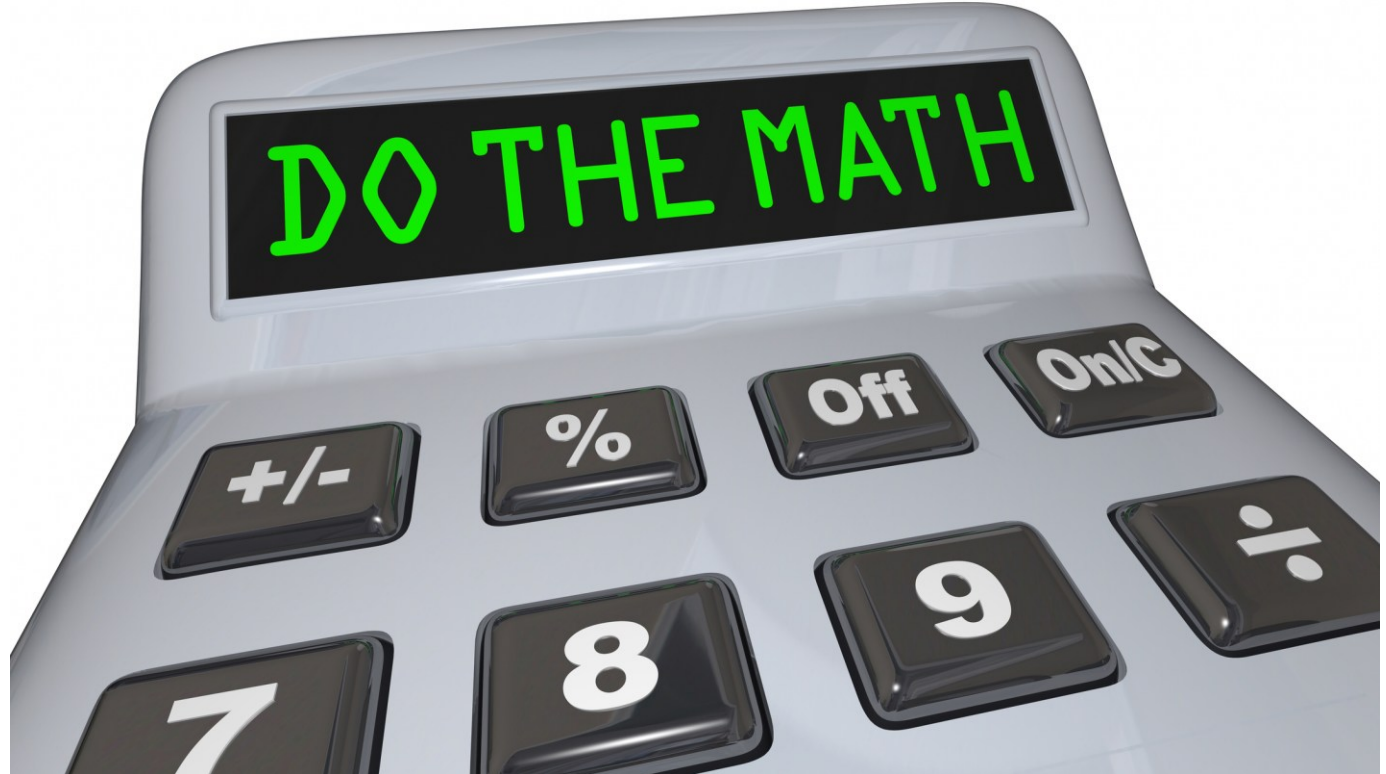
- **Cooking increases lycopene availability.** Heat breaks down tomato cell structures and converts some lycopene into forms that are **more readily absorbed** than the lycopene in raw tomatoes.
- **Olive oil boosts lycopene absorption.** Lycopene is **fat-soluble**, so eating cooked tomatoes with a healthy fat such as extra-virgin olive oil substantially improves its uptake.
- **Lycopene is especially interesting for cardiovascular health.** Higher lycopene intake/status has been associated with healthier **endothelial function, blood pressure, lipid oxidation, and overall cardiovascular health**.
- **Prostate support is another standout.** Tomatoes and lycopene have been extensively studied for their association with **prostate health**, including a possible relationship between greater tomato/lycopene consumption and lower prostate-cancer risk.
- **Excellent antioxidant protection.** Lycopene concentrates in tissues and helps protect lipids and cellular structures from **oxidative damage**—increasingly important with aging.
- **Extra-virgin olive oil contributes its own polyphenols.** In addition to monounsaturated oleic acid, good EVOO provides compounds such as **hydroxytyrosol and oleuropein derivatives**, associated with antioxidant, anti-inflammatory, and cardiovascular benefits.
- **Garlic adds organosulfur compounds.** Crushing or chopping garlic activates **alliinase**, producing allicin and related sulfur compounds associated with cardiovascular, antimicrobial, antioxidant, and anti-inflammatory effects.
- **One little garlic trick: Chop or crush the garlic and let it sit for about 10 minutes before heating it.** This gives alliinase time to form allicin before heat begins inactivating the enzyme.







Why this combination is special



This is a terrific example of **culinary synergy**:

HEAT makes tomato lycopene more bioavailable
+ **FAT** from olive oil helps the body absorb it
+ **GARLIC** contributes its own protective sulfur compounds
= a simple food combination that's nutritionally more powerful than the ingredients might appear individually.



BECK'S TOMATOES

A Simple, Lycopene-Rich Kitchen Staple

Ingredients

- High-quality extra-virgin olive oil
- 1–2 cloves fresh garlic
- Organic cherry tomatoes

Directions

- Add a **generous amount of EVOO** to a skillet—enough to thoroughly cover the bottom of the pan.
- Slice 1–2 cloves of garlic and add to the olive oil.
- Cut the cherry tomatoes in half and add them to the pan.
- Gently sauté until the tomatoes reach your desired consistency—soft and juicy, but as intact or “saucy” as you like.
- Allow to cool and transfer to a covered container in the refrigerator.

Beck's Tip: Make enough to keep on hand! These are terrific served warm or cold as a quick side or spooned alongside eggs, vegetables, meats, fish, beans, grains—or just about anything that could use a little tomato goodness.

Why cook them this way?

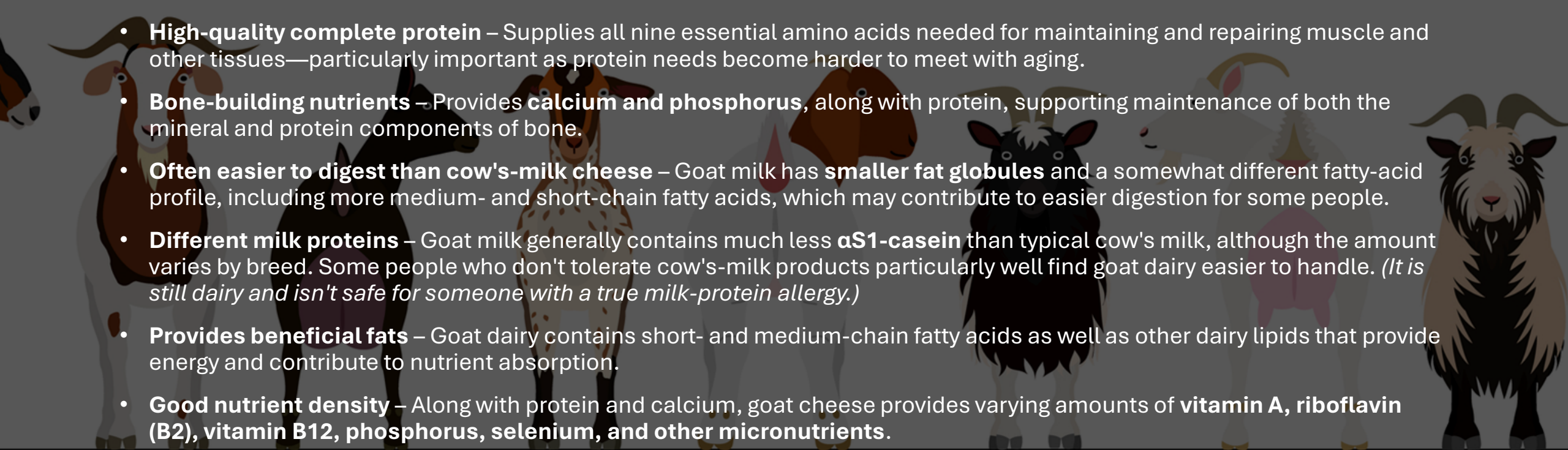
Cooking makes the tomatoes' **lycopene more bioavailable**, while the olive oil provides the fat needed for excellent absorption. Add garlic and EVOO's own polyphenols, and three very simple ingredients become a nutritional powerhouse.



Goat Cheese

Why It Earns a Place in an Aging-Well Kitchen

Goat Cheese Health Bennies

- 
- **High-quality complete protein** – Supplies all nine essential amino acids needed for maintaining and repairing muscle and other tissues—particularly important as protein needs become harder to meet with aging.
 - **Bone-building nutrients** – Provides **calcium and phosphorus**, along with protein, supporting maintenance of both the mineral and protein components of bone.
 - **Often easier to digest than cow's-milk cheese** – Goat milk has **smaller fat globules** and a somewhat different fatty-acid profile, including more medium- and short-chain fatty acids, which may contribute to easier digestion for some people.
 - **Different milk proteins** – Goat milk generally contains much less **αS1-casein** than typical cow's milk, although the amount varies by breed. Some people who don't tolerate cow's-milk products particularly well find goat dairy easier to handle. *(It is still dairy and isn't safe for someone with a true milk-protein allergy.)*
 - **Provides beneficial fats** – Goat dairy contains short- and medium-chain fatty acids as well as other dairy lipids that provide energy and contribute to nutrient absorption.
 - **Good nutrient density** – Along with protein and calcium, goat cheese provides varying amounts of **vitamin A, riboflavin (B2), vitamin B12, phosphorus, selenium, and other micronutrients**.
 - **Fermentation adds another dimension** – Cultured goat cheese is produced through bacterial fermentation, creating organic acids and other fermentation products. Whether it contains meaningful live cultures when eaten depends on how the cheese is made and handled.



PROTEIN + BONE NUTRIENTS + DIGESTIBILITY

Goat cheese is a wonderfully concentrated way to add **high-quality protein, calcium, phosphorus, and healthy fats** to meals—and its distinctive protein and fat structure can make it an appealing alternative for people who find conventional cow's-milk dairy harder to digest.

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Ingredients

- 2 quarts
- ¼ cup u
- Good s

Directions

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BECK'S TIP

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Sourdough Bread — Why Is It “Better for Us”?

The real advantage isn't simply that sourdough is homemade. It's the **long fermentation by lactic-acid bacteria and wild yeasts** before the bread is baked.

- **Fermentation partially predigests the flour.** Microbial enzymes begin breaking down carbohydrates and proteins during fermentation, changing the flour before it ever reaches the digestive tract.
- **Reduces phytic acid.** Fermentation activates phytase and creates an acidic environment that helps break down **phytate**, a compound that binds minerals. This can improve the bioavailability of minerals such as **iron, zinc, magnesium, and calcium**.
- **May produce a gentler blood-sugar response.** Traditional sourdough fermentation can result in a **lower post-meal glucose response** than comparable conventionally leavened breads, although this varies considerably with the flour, recipe and fermentation.
- **Can be easier to digest.** Long fermentation changes some of the carbohydrates and proteins that can cause digestive difficulty. In particular, fermentation can reduce certain **FODMAPs**, including fructans.
- **Some gluten is broken down—but sourdough is NOT gluten-free.** Fermentation partially degrades gluten proteins, which may make traditionally fermented bread easier for some people to tolerate. But ordinary wheat sourdough remains **unsafe for people with celiac disease**.
- **Creates beneficial fermentation products.** Lactic and acetic acids, peptides and other compounds produced during fermentation contribute to sourdough's flavor, digestibility, keeping quality and metabolic effects.
- **Can improve whole-grain nutrition.** When whole-grain flour is used, sourdough combines fermentation with the **fiber, minerals, vitamins and phytonutrients of the intact grain**.
- **Naturally keeps better.** The organic acids created during fermentation inhibit some spoilage organisms, which is one reason traditional sourdough can stay fresh longer without relying on commercial preservatives.



One important distinction

- The **live organisms don't survive baking** in meaningful numbers, so sourdough bread isn't really a “probiotic food” like kefir. The benefits come primarily from **what the microbes do to the dough during fermentation**.
- **Traditional sourdough uses fermentation to transform ordinary flour**—reducing antinutrients, improving mineral availability, modifying difficult-to-digest carbohydrates and proteins, and potentially moderating the glycemic response.

In other words: **the microbes do some of the digestive work before we ever take the first bite.**







Getting Your Sourdough Starter Going

Start with a sourdough starter culture

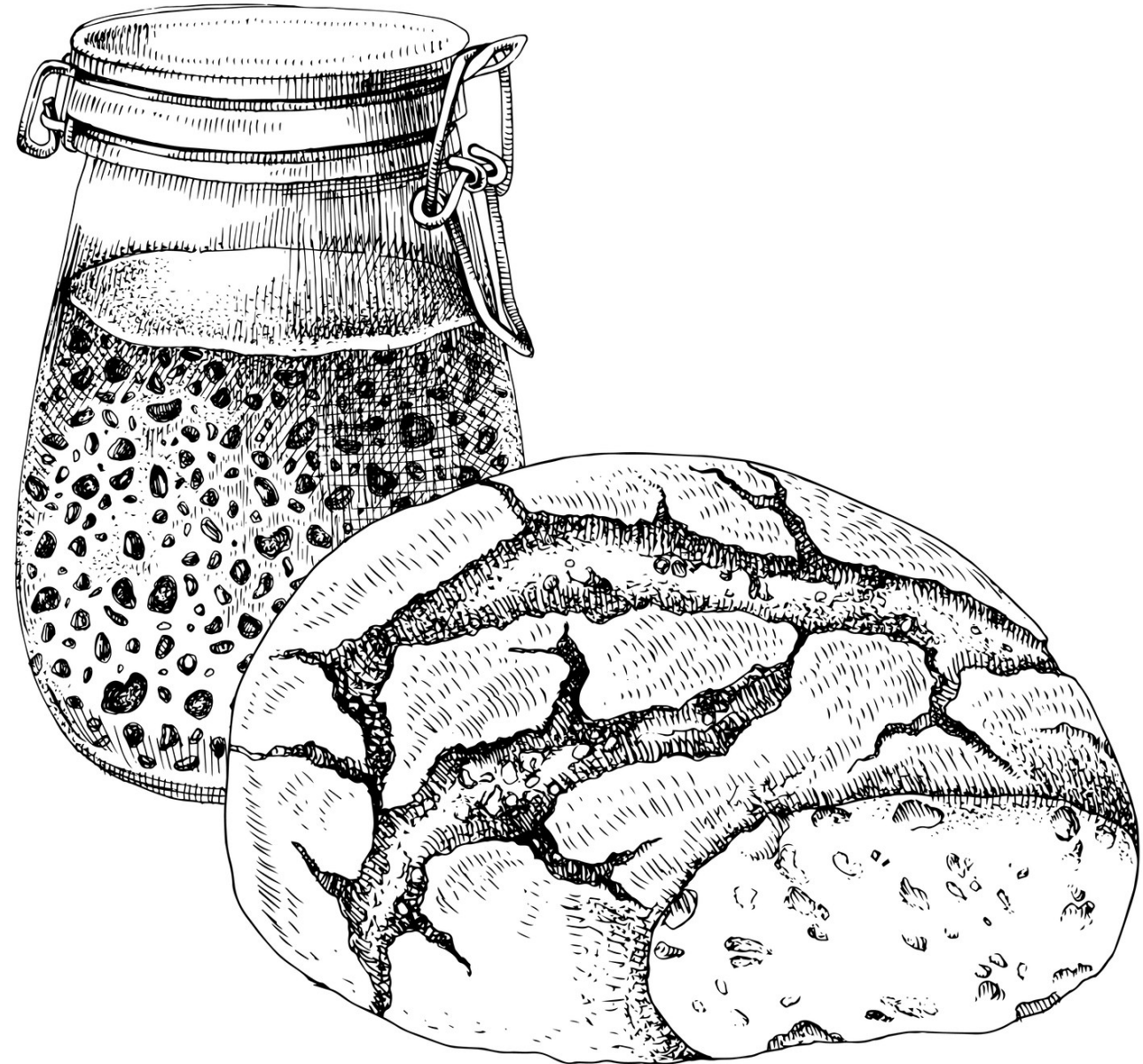
- Place the starter in a clean glass jar.
- **Feed it with flour and water** according to the starter instructions.
- Leave loosely covered at room temperature.

The wild yeasts and beneficial bacteria begin feeding on the fresh flour.

- As fermentation gets underway, you'll see **bubbles and expansion**.
- Continue feeding as needed until the starter becomes reliably active and **approximately doubles in volume after feeding**.

Now it's ready to make bread!

The starter is alive—you feed it, use some, and keep the rest going.



Making a Sourdough Starter

All you need is flour + water + time!

- Mix approximately **½ cup flour with ¼ cup water** in a clean jar.
- Stir into a thick batter; cover loosely and leave at room temperature.
- Every 24 hours, discard about half and **“feed” the remainder with fresh flour and water.**
- Continue daily for approximately **5–10 days.**

Naturally occurring **wild yeasts and lactic-acid bacteria** become established and begin fermenting the flour.

The starter will begin **bubbling, expanding, and developing a pleasantly tangy aroma.**

When it reliably doubles after feeding, you have an active sourdough starter!





Keeping Your Starter Alive

Think of your starter as a **little living culture that needs to be fed.**

- **If baking frequently:**
Keep at room temperature and feed regularly.
- **If baking about once a week:**
Keep it in the refrigerator, where fermentation slows dramatically.

Before baking:

- Remove from refrigerator.
- Feed with fresh flour and water.
- Allow it to become **bubbly, active, and expanded.**
- Take out the amount needed for your bread.
- **Always save some starter—you aren't supposed to use it all!**



8/1/2026

BECK’S SOURDOUGH BREAD

Ingredients

- 1 cup **active sourdough starter**
- 1½ cups warm water (about 110°F)
- 4½ cups bread flour
- 2 teaspoons salt
- 1 tablespoon sugar

Directions

- In a large bowl, combine the **active sourdough starter and warm water**, mixing until well blended.
- Mix the **salt and sugar into the flour**, then gradually add the flour mixture to the starter and water, stirring until a rough dough forms.
- **Knead for about 10 minutes**, until the dough becomes smooth and elastic.
- Place the dough in a lightly greased bowl, cover, and allow to rise at room temperature for approximately **4–6 hours, or until doubled in size**.
- Preheat the oven to **450°F**, placing a cast-iron Dutch oven inside so that it gets thoroughly hot.
- Punch down the risen dough and shape it into a round loaf. Allow it to **rest for another 30 minutes**.
- Carefully transfer the loaf to the hot Dutch oven. Cover and bake for **30 minutes**.
- Remove the lid and continue baking for another **10–15 minutes**, until the crust is beautifully browned.
- Transfer to a wire rack and **allow to cool before slicing**.

BECK’S TIP

- A loaf pan works, too! Bake at approximately **425°F for 35–45 minutes**. Placing a pan of hot water in the oven provides steam and helps produce a better crust.



Beet Kvass — What Is It?

- Beet kvass is a traditional **lacto-fermented beverage made from beets, water, and salt**. During fermentation, naturally occurring lactic-acid bacteria metabolize sugars in the beets, producing lactic acid and other fermentation products.
- The result is a **tangy, earthy, slightly salty drink**—not the sweet beverage you'd get from beet juice.



Simple Homemade Beet Kvass

Ingredients

- 2–3 medium organic beets
- 1 quart filtered water
- About **1 tablespoon good sea salt**

Directions

- Wash the beets well and cut into roughly **½–1-inch chunks**. Peeling isn't necessary with clean organic beets.
- Place the beet pieces in a clean quart glass jar, filling it roughly **⅓ full**.
- Dissolve the salt in the filtered water and pour over the beets, leaving about an inch of headspace.
- Keep the beets **submerged beneath the brine**.
- Cover loosely and leave at room temperature for approximately **2–5 days**.
- Taste it as it ferments. When pleasantly tart and slightly effervescent, strain and refrigerate.

Start with a small serving—perhaps **2–4 ounces**—rather than thinking of it as a full glass of juice.

Optional shortcut: A little brine from a previous successful ferment can be used as a starter, although it isn't necessary.



Why Beet Kvass?

- **Fermented-food benefits** – Traditionally prepared, unpasteurized kvass can contain live lactic-acid bacteria and their fermentation products.
- **Beet phytonutrients** – Beets contain distinctive pigments called **betalains**, including betacyanins, with antioxidant and anti-inflammatory properties.
- **Natural dietary nitrates** – Beets are exceptionally rich in nitrate, which the body can convert through the **nitrate → nitrite → nitric oxide pathway**. Nitric oxide helps blood vessels relax and supports healthy circulation and blood pressure.
- **Cardiovascular support** – That nitric-oxide connection makes beets particularly interesting for **vascular and endothelial function**, although the nitrate content of homemade kvass can vary.
- **Supports microbial diversity** – Adds another type of traditionally fermented food to the diet rather than relying exclusively on dairy ferments such as yogurt and kefir.
- **A concentrated way to incorporate beets** – A few ounces can make it easy to include beet-derived compounds regularly without preparing a serving of beets every day.
- **Very little added to it** – It's essentially **beets + salt + water + microbes + time**.



Using These Wondrous Foods

Some ways *I* do...





8/1/2026



Rebecca Roentsch Montrone, BS - Wondrous Roots, Inc.

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LIVING WELL TO AGE WELL

Bringing It All Home

Aging well isn't about finding one magical food, supplement, exercise, or anti-aging secret.

It's about **giving the body what it needs to keep doing what it was designed to do**—day after day, year after year.

Keep your muscles strong.

Keep your body moving and stretching.

Eat plenty of high-quality protein.

Feed your gut and its microbial community.

Choose healthy fats, fiber, phytonutrients, and collagen-building foods.

Prepare real, nutrient-dense foods whenever you can.

And keep doing all of it consistently.

The foods we've explored today—bone broth, Greek yogurt, kefir, goat cheese, sourdough, tomatoes in olive oil, beet kvass and more—aren't exotic "superfoods."

They're simply examples of how **ordinary foods, thoughtfully chosen and prepared, can provide extraordinary nourishment.**

We can't stop the years from passing.

But we can do an enormous amount to influence HOW we age.

And much of it begins with the simple choices we make every single day.



Thank you!

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“You have more power than you know...”