

Unlocking the science of longevity.

March 2024

The Blue Zones Solution:

New York Times Best Selling Author Dan Buettner.

Researches and writes about the longest living people in the world and their lifestyles.

Wrote The Blue Zones and The Blue Zones Solution.

Discovering the blue zones:

Ikaria, Greece – An island in the Aegean Sea eight miles off the coast of Turkey that has one of the world's lowest rates of middle-age mortality and the lowest rates of dementia.

Okinawa, Japan – The largest island in a subtropical archipelago, home to the world's longest lived women.

Ogliastra Region, Sardinia – The mountainous highlands of an Italian island that boasts the world's highest concentration of centenarian men.

Loma Linda, California – A community with the highest concentration of Seventh-day Adventists in the United States, where some residents live ten more healthy years than the average American.

Nicoya Peninsula, Costa Rica – A place in this Central American country where residents have the world's lowest rates of middle-age mortality and the second highest concentration of male centenarians.

The power nine:

Live your life like the world's longest lived people by:

- Moving naturally.
- Maintaining the right outlook (know your purpose and down shift).
- Eating wisely (80% rule, plant slant and wine@5).
- Cultivate and nurture a sense of belonging (family first, belong, right tribe).

Build your own blue zone:

- Plant Slant – See that 95% of your food comes from a plant or a plant product.
- Retreat from Meat – Consume meat no more than twice a week.
- Fish is Fine – Eat up to three ounces of fish daily
- Diminish Dairy – Minimize your consumption of cow's milk and dairy products such as cheese, cream, and butter.
- Occasional Egg – Eat no more than three eggs per week.
- Daily Dose of Beans – Eat at least a half a cup of cooked beans daily.
- Slash Sugar – Consume no more than seven added teaspoons a day.
- Snack on Nuts – Eat two handfuls of nuts per day.
- Sour on Bread – Replace common bread with sourdough or 100% whole wheat bread.
- Go Wholly Whole – Eat foods that are recognizable for what they are.

Four to Avoid:

- Sugar-sweetened beverages
- Salty snacks
- Processed meats
- Packaged sweets

“A long healthy life is no accident. It begins with good genes, but it also depends on good habits.”

-Dan Buettner