

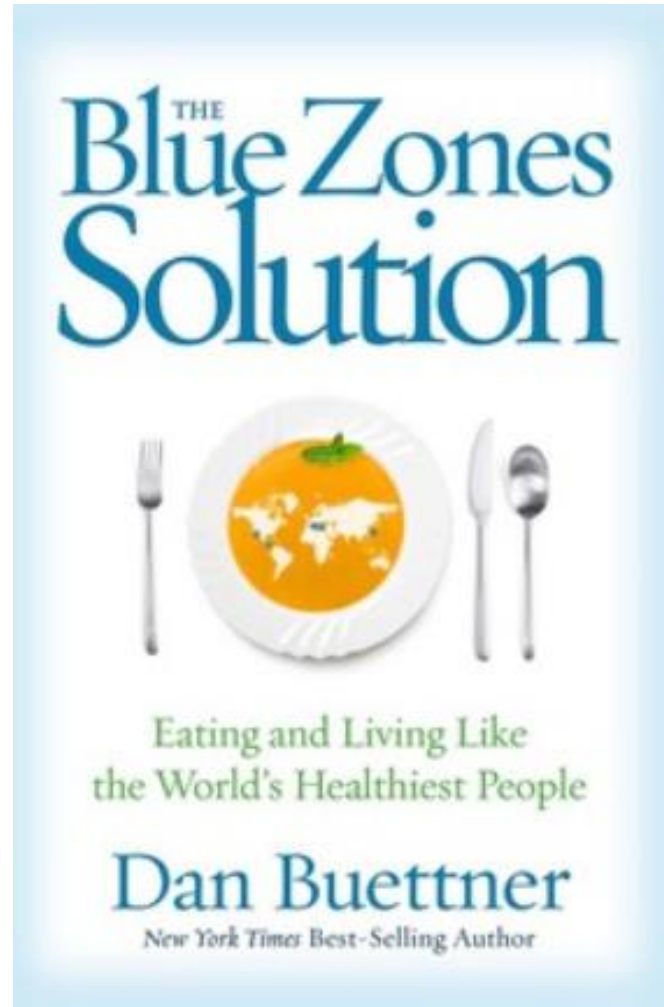
The Blue Zones Solution

Objectives

- Discovering the Blue Zones
- Review The Power Nine
- Build your Own Blue Zone

Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of **your** physician or other qualified health provider with any questions you may have regarding a medical condition.

The Blue Zones Solution



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- ▶ New York Times Best Selling Author
- ▶ Researches and writes about the longest living people in the world and their lifestyles.
- ▶ Wrote The Blue Zones and The Blue Zones Solution.

The Blue Zones Solution



<https://www.youtube.com/watch?v=jClZNkQ1n5o&index=3&list=PLhYv43FcK4xIYzkkMg9JBY6FRBRaBcqh>

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 males centenarians.

Discovering the Blue Zones

- **Top Longevity Foods From Ikaria, Greece:**

- Ikarian cooks, like their counterparts in places such as France, Spain or Italy, lean heavily on dishes that include vegetables, whole grains, fruits, olive oil, and occasionally a little fish.
 - Olive Oil
 - Wild Greens
 - Potatoes
 - Feta Cheese
 - Black-Eyed Peas
 - Chickpeas
 - Lemons
 - Mediterranean Herbs
 - Coffee
 - Honey

Discovering the Blue Zones

- **Top Longevity Foods From Okinawa, Japan:**

- Okinawans have long told their children to eat something from the land and from the sea every day. These time-honored adages survive for a reason, as do other food traditions that help contribute to a long, healthy life.
 - Bitter Melons
 - Tofu
 - Sweet Potatoes
 - Garlic
 - Turmeric
 - Brown Rice
 - Green Tea
 - Shiitake Mushrooms
 - Seaweeds (Kombu and Wakame)

Discovering the Blue Zones

- **Top Longevity Foods From Sardinia, Italy:**

- Many of the same Mediterranean foods that explain longevity in Ikaria also explain longevity in Sardinia. Olive oils, lemons, beans, and greens are common to both, and the Sardinian diet includes a few other longevity foods we can all benefit from eating.
 - Goat's milk and sheep's milk
 - Flat Bread (Triticum durum wheat flour)
 - Barley
 - Sourdough Bread
 - Fennel
 - Fava Beans and Chickpeas
 - Tomatoes
 - Almonds
 - Milk Thistle (wild plant tea)
 - Cannonau Wine

Discovering the Blue Zones

- **Top Longevity Foods From Loma Linda, California.**
 - Top Adventists Longevity Foods
 - Avocados
 - Salmon
 - Nuts
 - Beans
 - Water
 - Oatmeal
 - Whole Wheat Bread
 - Soy Milk

Discovering the Blue Zones

- **Top Longevity Foods From Nicoya Peninsula, Costa Rica.**
 - Top Longevity Foods from Nicoya:
 - Maize Nixtamal (corn tortillas)
 - Squash
 - Papayas
 - Yams
 - Black Beans
 - Bananas
 - Pejivalles (Peach Palms)

The Power Nine



The Power Nine

Move Naturally.

- The worlds longest-lived people don't pump iron, run marathons, or join gyms. Instead, they live in an environments that constantly nudge them into moving.
- The grow gardens and don't have mechanical conveniences for house and yard work.
- Every trip to work, to a friend's house, or to church occasions a walk.

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The Power Nine

Purpose.

- The Okinawans call it “ikigai” and the Nicoyans “plan de de vida;” for both it translates to “why I wake up in the morning.”
- In all Blue Zones people had something to live for beyond just work.
- Research has shown that knowing your sense of purpose is worth up to seven years of life expectancy.

The Power Nine

Downshift.

- Even people in the Blue Zones experience stress, which leads to chronic inflammation, associated with every major age-related disease.
- The world' longest lived people have routines to shed that stress:
 - Okinawans take a few moments each day to remember their ancestors
 - Adventists pray
 - Ikarians take a nap
 - Sardinians do happy hour

The Power Nine

80 Percent Rule.

- “Hara Hachi Bu” – The 2,500 year-old Confucian mantra spoken before meals on Okinawa – reminds people to stop eating when their stomachs are 80% full.
- The 20% gap between not being hungry and feeling full could be the difference between losing weight and gaining it.
- People in the Blue Zones eat their smallest meal in the late afternoon or early evening, and then they don’t eat any more the rest of the day.

The Power Nine

Plant Slant.

- Beans, including fava, black, soy, and lentil, are the cornerstone of most centenarian diets.
- Meat – mostly pork – is eaten on average only five times per month, and in a serving of three to four ounces, about the size of a deck of cards.

The Power Nine

Wine @ 5.

- People in all Blue Zones (even some Adventists) drink alcohol moderately and regularly.
- Moderate drinkers outlive nondrinkers.
- The trick is to drink one to two glasses per day with friends and/or with food.
- And no, you can't save up all week and have 14 drinks on Saturday.

The Power Nine

Right Tribe.

- The world's longest-lived people choose, or were born into, social circles that support healthy behaviors.
- Okinawans create “Moais” – groups of five friends that commit to each other for life.
- Research shows that smoking, obesity, happiness, and even loneliness are contagious. By contrast, social networks of long-lived people favorably shape their health behaviors.

The Power Nine

Community.

- All but 5 of the 263 centenarians we interviewed belonged to a faith-based community.
- Denomination doesn't seem to matter.
- Research shows that attending faith-based services four times per month will add 4 to 14 years of life expectancy.



The Power Nine

Loved Ones First.

- Successful centenarians in the Blue Zones put their families first.
- They keep aging parents and grandparents nearby or in the home, which also lowers disease and mortality rates of their children.
- They commit to a life partner (which can add up to three years of life expectancy).
- They invest in their children with time and love, which makes the children more likely to be caretakers when the time comes.

Building your own Blue Zone

- Six powerful food practices that create a virtuous circle between food, healthy social networks, moving naturally, strong spiritual life, and overall well-being:
 - Breakfast like a king
 - Cook at home
 - Hara Hachi Bu (eat to 80% full)
 - Fast Fasts
 - Eat with friends and family
 - Celebrate and enjoy food

Building your own Blue Zone

- Food Choices for Longevity:
 - 95% plant-based / 5% animal based
 - Carbohydrates:
 - MORE: Beans, Greens/veggies, potatoes, fruits, nuts, whole grains.
 - LESS: sweets, chips, soda
 - Fats:
 - MORE: Nuts
 - LESS: Meat and no Trans fat
 - Proteins:
 - MORE: Beans, Tofu, Greens
 - LESS: Meat, Fish, Dairy



Building your own Blue Zone

- Blue Zone Food Guidelines:

1. Plant Slant – see that 95% of your food comes from a plant or a plant product.
2. Retreat from Meat – consume meat no more than twice a week
3. Fish is Fine – eat up to three ounces of fish daily
4. Diminish Dairy – Minimize your consumption of cow's milk and dairy products such as cheese, cream and butter.
5. Occasional Egg – Eat no more than three eggs per week.

Building your own Blue Zone

- Blue Zone Food Guidelines:

6. Daily Dose of Beans – Eat at least a half a cup of cooked beans daily.

7. Slash Sugar – Consume no more than seven added teaspoons a day.

8. Snack on Nuts – Eat two handfuls of nuts per day.

9. Sour on Bread – Replace common bread with sourdough or 100% whole wheat bread.

10. Go Wholly Whole – Eat foods that are recognizable for what they are.

Building your own Blue Zone

- Super Blue Zone Foods:

1. Beans – all kinds: black beans, pinto beans, garbanzo beans, black eyed peas, lentils.
2. Greens – spinach, kale, chards, beet tops, fennel tops
3. Sweet Potatoes – don't confuse with yams.
4. Nuts – all kinds: almonds, peanuts, walnuts, sunflower seeds, Brazil nuts, cashews.
5. Olive oil – green, extra-virgin is usually the best. Not that olive oil decomposes quickly, so buy no more than a month's supply at a time. Never heat oil.

Building your own Blue Zone

- Super Blue Zone Foods:
 6. Oats – slow-cook or Irish steel cut are best.
 7. Barley – either in soups, as a hot cereal, or ground in bread.
 8. Fruits – all kinds
 9. Green or herbal teas
 10. Turmeric – as a spice or a tea

Building your own Blue Zone

- A Blue Zone beverage rule:
 - Drink coffee for breakfast, tea in the afternoon, wine at 5 p.m., and water all day. Never drink soda, including diet soda.
 - Water – Studies show that being amply hydrated facilitates blood flow and lessens the chance of a blood clot. If you are drinking water, you are not drinking a sugar-laden beverage (soda, energy drinks and fruit juices) or artificially sweetened drink.
 - Coffee – Research findings associate coffee drinking with lower rates of dementia and Parkinson’s disease.
 - Tea – Green tea has been shown to lower the risk of heart disease and several cancers.
 - Red Wine – People who drink – in moderation – tend to outlive those who don’t (this does not mean you should start drinking if you don’t now).

Building your own Blue Zone

- Four Always:
 - **100 % whole wheat bread** – This could force out white bread and be an important steps towards a healthier diet.
 - **Nuts** – Full of nutrients and healthy fat that satiate your appetite.
 - **Beans** – Cheap, versatile, and full of anti-oxidants, vitamins and fiber.
 - **Fruits** – Buy a fruit bowl, place it in the middle of your kitchen and eat as you wish.

Building your own Blue Zone

- Four to Avoid:
 - **Sugar-sweetened beverages** – 50% of America’s caloric gain is directly attributable to the empty calories and liquefied sugar that comes in sodas and boxed juices.
 - **Salty snacks** – Almost all chips and crackers deliver high doses of salt, preservatives, and highly processed grains that quickly metabolize to sugar.
 - **Processed meats** – Research shows that people who consume high amounts of sausages, salami, bacon, lunch meats and other highly processed meats had the highest rates of cancers and heart disease. The nitrates and other preservatives used in these meat products and known carcinogens.
 - **Packaged sweets** – Like salty snacks, cookies, candy bars, muffins, granola bars, and even energy bars all deliver a punch of insulin-spiking sugars. Occasionally cookies or cakes may be okay; however, don’t stock your pantry with any wrapped sugary snacks.

Recap

- 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)



<https://www.youtube.com/watch?v=ywtNpuAqacY>