

THE BLUE ZONES

Food for the Ark
Chapter Three

Blue Zones are five geographic regions where **people live exceptionally long and healthy lives.**

Loma Linda, California.

The Seventh-day Adventists
- health is the cornerstone
of their faith

Sardinia, Italy

Raise and grow
what they eat

Icaria Greece

A Mediterranean diet

Okinawam Japan

a plant-based diet
that includes tofu

The Nicoya

Peninsula, Costa Rica

High levels of calcium in its water
contributes to low rates of bone
fractures and heart disease

*"Eat your vegetables, have a
positive outlook, be kind to
people, and smile."*

- Dan Buettner,
The Blue Zones



20% GENES
80% Lifestyle

The Blue Zone's common denominators
for good health and longevity are:

-  **1** Daily walking
-  **2** Eating until you are 80% full and eating the smallest meal in the early evening
-  **3** Stress-relieving daily practices like meditation or prayer
-  **4** A daily purpose
-  **5** A largely plant-based diet
-  **6** Strong social networks
-  **7** A spiritual practice
-  **8** Close family ties
-  **9** Modest consumption of red wine with meals (except for Loma Linda and Okinawa)

Read the blog at www.healthyhealingeats.com

The Blue Zone

Dan Buettner



The Blue Zone:

The Blue Zone Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **The Blue Zone**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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