

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:

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