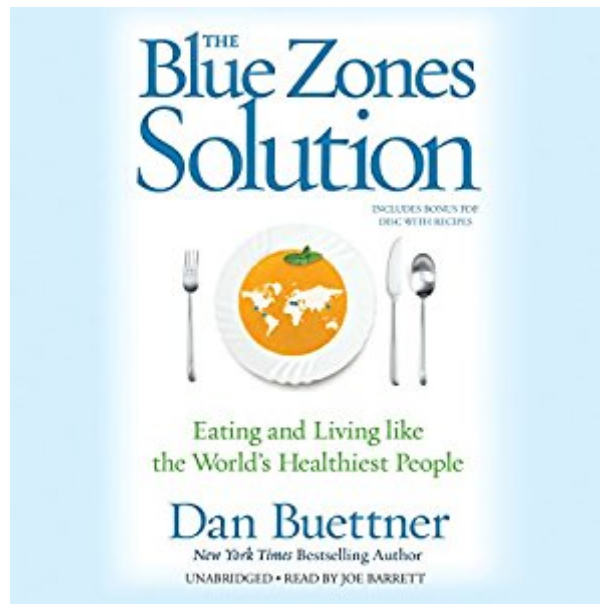


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# The Blue Zones Solution: Eating And Living Like The World's Healthiest People



## Synopsis

Dan Buettner, the New York Times best-selling author of *The Blue Zones*, lays out a proven plan to maximize your health based on the practices of the world's healthiest people. For the first time, Buettner reveals how to transform your health using smart eating and lifestyle habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones" - those places with the world's longest-lived and thus healthiest people. With this audiobook's audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, you'll be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play to improve our diet and health; and learn the exact foods - including the fifty superfoods of longevity and dozens of recipes adapted for Western tastes and markets - that offer delicious ways to eat your way to optimum health. Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

## Book Information

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## Customer Reviews

"Blue Zones" are those areas of the world that have a greater-than-average number of 100-year-old-plus people who enjoy excellent health. This book has the most astonishing story of an attempt to gently move people in the champion Pork Belt state, Iowa, to healthier eating, without passing draconian laws (no Big Gulp soda for you! Against the law!) Instead, one chain of stores (Hi-Vee) was encouraged to change ONE of TWO cooler cases of soda to one case of soda and

one filled with vitamin water, plain water, coconut water and unsweetened tea. They added baskets of fresh fruits like apples and bananas at the checkout, instead of just candy bars and chips bags. Amazingly, the healthier choices sold quite well and there was no decline in the sales for the Hi-Vee stores that participated. So people DO choose healthier snacks and foods, if given the convenience to buy them. In addition to stories about creating "Blue Zones" in the US, there are recipes and advice on how to eat well (and mindfully, something diet experts constantly remind us--similar to the hara hachi bu of Japan, which means, basically, stop when your stomach is 80% full and push your plate away. You'll feel full as your brain catches up with your stomach, and you won't over-eat.) The recipes give ideas for eating the cup of beans a day that Blue Zone author Buettner says is a key to health, incorporating fish such as sardines, and compiling the science behind the diets of "Blue Zone" regions that means better health. (A glass of wine, for example, boosting the antioxidants in a Sardinian lunch.) An interesting point was about the "Three Sisters" of the Americas. Eating beans, corn and squash, together, is a very healthy combination and one that the peoples of the New World have known about for millenia.

Attempting to change America's eating habits starting with one town, one community or one city at a time is the goal of author, Dan Buettner and his findings are described in his new book, "The Blue Zone Solutions, Eating and Living Like the World's Healthiest People." Buettner found several pockets on the planet where many centuries are living a happy, awesome quality of life. Therefore, these areas of hope can be role models to show the United States that lifestyle changes don't have to be a hardship. Furthermore, a team of health experts were asked to identify some common denominators among the centuries and they came up with these nine lessons, that they call the Power Nine:

1. Move Naturally - The world's longest-lived people don't pump iron, run marathons, or join gyms.
2. Purpose - The Okinawans call it ikigai and the Nicoyans call it plan de vida; for both it translates to "why I wake up in the morning."
3. Downshift - Even people in the Blue Zones experience stress, which leads to chronic inflammation, associated with every major age-related disease. The world's 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, and Sardinians do happy hour.
4. 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.
5. Plant Slant - Beans, including fava, black, soy, and lentil are the cornerstone of most centenarian diets.
6. Wine @5 - People in all Blue Zones (even some Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive nondrinkers.
- 7.

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