

THE GOOD NEWS

There ARE 5 pockets of communities in the world where people enjoy great health. A significant percentage of these become centenarians. Dr. David Baran identified these areas and gave them the label "Blue Zones" they are

Isla de Oia, Greece

Sardinia, Italy

Longevity, USA

Nicoise, Costa Rica

Okinawa, Japan

As a series to be shown on Netflix as of August 2023, info@bluezones.com

Nicola Pizzarelli, a Swedish Michelin Star Chef and operator of 15 restaurants went to great expense and time to visit these communities. His mind opening YouTube videos have been produced by "Tonic Master & Zoni Factory". Once you have watched and

studied them, you have a pretty good idea what the ingredients are.

Here is a foretaste. David Buettner's website <https://www.bluezones.com> has listed 9 categories

- Daily Physical Activity
- Downshift: work less, slow down, take vacations
- Eat until you are full
- More veggies, less meat and processed food
- Glass of red wine
- Create a healthy social network
- Connect with religion
- Prioritize family

Each category is obviously explained in detail. You will also notice that those

NTTqE CATEGoRIES ARE NoT PRErrALENT TO
TrtE DoT IN EACH ZONE. 3 ON 4 OVENLAP
WTTITST oTHERS ^A,RE coMMUNITY SPECIFIC.
ALL, ExcEPT oNE HAVE THEsE sPEcrFlc
Tnerrs rN coMMoN: THEy HArrE ^A. MosTLy
. PLANT BASED DIET
ExEnclsE REGULARLY
DruNx MoDERATE AMOUNTS OF ALCOHOL
GET ENoUGH SLEEP AND HAYE
Goop sPrRrTuAL, FAMILY AND sociAL
NETWORKS.