

THE GOOD NEWS

There are 5 pockets of communities in the world where people enjoy great health.

A significant percentage of these become centenarians. Dan Buettner identified these areas and gave them the label “Blue Zones”. They are

Ikaria, Greece

Sardinia, Italy

Loma Linda, USA

Nicoya, Costa Rica

Okinawa, Japan

A series was shown on Netflix on August 30th 2023, info@bluezone.com

Niclas Ecksted, a Swedish 1 Michelin Star Chef and operator of 3 restaurants went to great expense and time to visit these communities. His mind opening YouTube videos have been produced by “Tonic Mastiff & Zodiak Factory”. Once you have watched and studied them, you have a pretty good idea what the ingredients are.

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

- Daily physical activity
- Downshift: Work less, slow down, take vacations
- Eat until 80% full
- More veggies, less meat and processed food
- Glass of Red Wine
- Create a healthy social network
- Connect/Re-connect with religion
- Prioritize Family

Each category is obviously explained in detail. You will also notice that those nine categories are not prevalent to the dot in each zone. 3 or 4 overlap whilst others are community specific. All, except one have these specific traits in common.

They have a mostly

- Plant based diet

- Exercise regularly
- Drink moderate amounts of alcohol.
- Get enough sleep and hav
- Good spiritual, family and social networks.