

Blue Zones: <https://youtu.be/I4MjGC-XX90>

What are these BLUE ZONES? What are they about?

Places where people live longer (keyword: LONGEVITY)

Book: "THE BLUE ZONE KITCHEN - A Hundred Recipes to Live to a 100",
by Dan Buettner

1. **Sardinia, Italy**

home to the greatest concentration of male centenarians in the world
9 siblings – the oldest 109

Cannonau wine – has the highest level of antioxidants

Vegetable + legume soup (minestrone: olive oil, beans, barley, tomato, garlic...) – lots of fibres

MICROBIOME – *what is it?*

<https://www.hsph.harvard.edu/nutritionsource/microbiome/>

Sourdough bread (1/20 gluten) - *a lievito naturale*

See Zac Efron's Down to Earth Episode 4:

<https://downtoearthzacefron.com/s1-sardinia/>

2. **Okinawa, Japan**

the world's longest-lived women are from here

Bitter melon (type of cucumber)

Turmeric

Tofu

IMO = sweet potato (the most important – 60% of their diet)

3. **Ikaria, Greece**

they have half the rate of heart disease and almost no dementia

Aromatic herbs + Mediterranean Diet

Mint, sage, oregano...: anti-inflammatory + diuretic properties

Eat and drink

4. **Nicoya, Costa Rica**

the longest living people in the Americas

greatest longevity diet ever invented:

the 3 sisters: corn, beans, squash

5. **Loma Linda, California**

people here live 7 years longer than people living in the next town!

they are a community of Adventists inspired by the Bible preaching the power of faith, friendship and healthy eating

they take their diet directly from the Bible – the Garden of Eden

they eat a lot of fruits and vegetables

See also <https://www.bluezones.com/>

<https://www.bluezones.com/live-longer-better/original-blue-zones/#section-1>

<https://www.bluezones.com/about/history/>