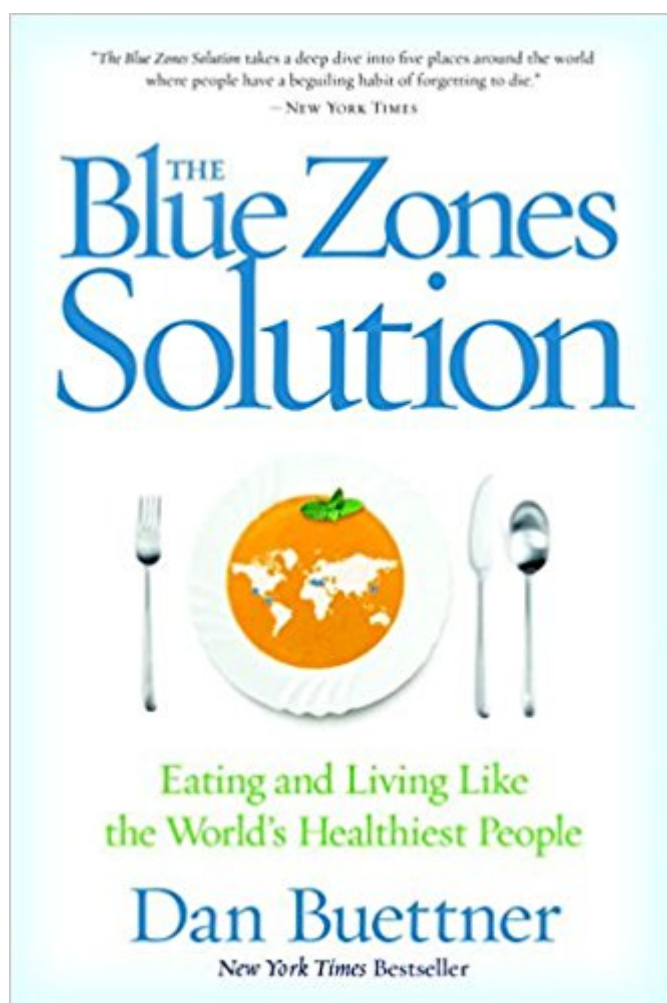


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The Blue Zones Solution: Eating And Living Like The World's Healthiest People



Synopsis

In this groundbreaking book, Dan 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, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California. With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can 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 in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine. 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. From the Hardcover edition.

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Customer Reviews

"Buettner's latest book, *The Blue Zones Solution*, . . . takes a deep dive into five places around the world where people have a beguiling habit of forgetting to die." *The New York Times*

"Bestselling author Buettner is back with a well-organized game plan for a long and well-lived life...This is a thoughtfully presented and well-written guide from which anyone—no matter where he or she is in the journey to better health—can benefit." --Publishers Weekly, starred review

"An ideal way to learn how to live longer and better is to study people who are doing just that. [Buettner] distills the deepest insights from the Blue Zones to light our path." --Mehmet Oz, M.D.

"The Blue Zones Solution elegantly combines deep investigation and science with practical advice and recipes, making it the rare book that belongs in both your office and your kitchen." --Daniel H. Pink, author of *Drive* and *A Whole New Mind*

"Buettner's initiative has the potential to dramatically change the way we think about health in America." --Walter Willett, M.D., chairman of the Department of Nutrition at Harvard School of Public Health

"Propagating the Blue Zones would not only prevent a rise in the prevalence of diabetes (and other such misfortunes); it would allow us to eliminate more than 80 percent of the burden we have now. That's revolutionary." --David Katz, M.D., director of the Yale-Griffin Prevention Research Center

"If you want a delicious way to eat to 100, then this is perhaps the most important food book of your lifetime." --Andrew Zimmern, host of the Travel Channel's *Bizarre Foods*

"In this worthy successor to his 2009 best seller, *The Blue Zones*, journalist and health activist Buettner teases out the habits and practices of the people he deems the world's healthiest...Readers seeking a healthier lifestyle will appreciate this warm and encouraging book." --Library Journal

"A lot of science and research have gone into searching for the healthiest diets, but when it comes down to the Blue Zones, the proof is in the pudding: These people actually are living longer, healthier lives. One of the tricks? Lay off the pudding." --*Food and Wine*

"*Cheater's Guide to Living to 100: 4 super-simple secrets to living longer, healthier and happier*--from longevity expert Dan Buettner and centenarians around the world." --*Parade*

"These healthy living techniques might just convince you to start planning ahead for your 100th birthday party." --Dailyburn.com

From the Hardcover edition.

DAN BUETTNER is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story "Secrets of Living Longer" and two national bestsellers, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest* and *Thrive*. He lives in Minneapolis, MN. He can be found on Facebook and Twitter, and through his website bluezones.com.

Lots of good information. The cliff notes version is they located places around the world where people live the longest. They called these the blue zones. Then they went to these places and studied the people, their diets, their habits and interviewed people about why they thought people lived longer in their region. They came up with 9 things to longer life. 1. move naturally 2. have a purpose in life 3. downshift -meditate-relax 4. 80% rule - eat 80% of your food, leave 20% on your plate 5. plant slant - more veggies, less meat 6. wine at 5 - one glass a day 7. right tribe - have long time friends who have healthy habits 8. community - be involved in your community in someway 9. family first - keep them close and enjoy the relationships. I have a neighbor who is 91 and he lives alone, drives himself, does his own yard work and he takes zero medications. He amazes me. I was talking to him about things the book said and he offered his advice; He smoked until he was 40 but he quit and said everybody should quit, he quit sugar in 1993, he eats beans, usually navy beans everyday. He eats a lot of broccoli and whole grain bread. He is outside doing something in his yard everyday when its not raining. He goes to bed at around 7pm and gets up at 4-5 am. He has friends that he goes out with each week and he goes to church every week. He also has 1 can of beer a day. He says its for his kidneys. He has two big fluffy dogs and he takes good care of them. He's broke his hip, he's had lots of skin cancers removed and treated with radiation but never any continuing condition like high blood pressure or heart disease. So he agreed that the advice in the book is spot on as far as he's concerned. Very well done book with interesting and entertaining interviews and advice. It also has a lot of recipes for foods the people in the blue zones are eating. There is also advice for turning your home into a blue zone. I recommend this book.

"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. I first ran into my own "Blue Zone" when I hiked up a mountain near Zermatt, Switzerland to a village that was only accessible by hiking or cable car. A 102-year old woman dashed past me, UPHILL ON ICE, in felt boots, while I was (in my 40's) trying to struggle up the incline with the assistance of two ski poles. Later, I found her, running the local inn and making strudel, which was the most delicious I've ever had. She was making the strudel that day, because her OLDER sister was taking a nap. I still have a photo of her. Clearly, how you eat, what you eat, and how you live your life has an effect on your health. I never forgot that. When I returned to live in the US, I was astonished at American food--processed, high in fat and, strangely tasteless--or as an Azeri friend put it, American food--too much salt, too much sugar, no flavor. There are recipes in this book, though the book is more about creating "Blue Zones" than a menu planner. Still, there is a chapter in Part Three with recipes, menus, and snacks. I fell in love with one particular recipe, a Costa Rican salad recipe. It's a shredded cabbage slaw, seemingly simple, basically cabbage and some peppers and tomato, with a cilantro-lime dressing. No oil. I made it and I love it. I ended up eating it as a main dish at dinner and it's one of my favorite ways to eat cabbage. My mom always made her slaw with vinegar rather than mayo and that's how I like slaw, but the lime and cilantro are so refreshing, I'm making this a lot. It was a nice bonus in an interesting book--a recipe I really enjoy using. What's great about the "Blue Zone" eating method is you won't be giving up meat if you don't feel like it. Instead, you use it as a "celebratory" food, eating it once a week. So the Pork Belt can relax--go ahead and make that roast on Sunday. You'll add things you probably already eat, like chickpeas, oatmeal, smoothies, but incorporate them into daily breakfasts and lunches instead of grabbing a burger or a pastry. I know this way of eating works well because this is how I control my cholesterol. I dropped it to normal, by eating this way because I can't take the prescriptions that are commonly given to people to reduce the "bad cholestrol." I have no choice, if I want to maintain my health but to eat this way. And I do enjoy it. I like the lists of recipes and healthy additions as a guide to keep eating well and mindfully and to "edit" my list of foods to the ones that benefit me the most. I like this book because it has recipes, geographical studies, stories, experiments in how people can

choose a better diet and the science to back it up. There's a lot to "digest" in Blue Zones, and a lot that's good-tasting and good for you.

A great guideline on how to eat like the people who live the longest on Planet Earth. Great recipes to follow to put this into practice. Really glad I bought this and thankful that Dan Buettner has made this information available.

love this and the original blue zones book. i have actually changed the way i eat because of this book, which is the first time a book has influenced me in making that change.

This is a very good book for those looking to change their diet and incorporate healthy alternatives. Full of recipes and ideas. We're using it at least every week. Recommended.

As an 81-year old widower, "Blue Zones Solutions" confirmed my intuitive observations. Six years ago, my wife died. I was an exhausted couch potato barely able to leave home without help. Our USAF family had lived on three continents for over six years. I began a lifestyle of recovery and restoration of health. Today, my diet has become very similar to "Blue Zones Solutions" findings. My doctors are astonished when my complete blood, chemicals and other tests are all within the normal range. I take no medications, not even an 81 mg aspirin.

Buettner's book is not a "diet book." It's a great lifestyle book, written in a clear and understandable way. If you want to make some healthy changes to your without "radical" diets, read this book and make the change. It's very simple.

TREMENDOUSLY enjoyed this thoughtful, well researched, easy to read and easy to understand play book for life. Well laid out sections and anecdotes make this easy to comprehend and to apply. Please consider reading then using your new found knowledge.

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