

WELLNESS IN THE BLUE ZONE

On Nutrition: What do the healthiest people in the world eat?

Blue Zone Health and Longevity

Good introduction to blue zone nutrition. Disclaimer: Dr. Gundry has supplements to sell, but the basic information is sound.

<https://www.youtube.com/watch?v=nXTcSBYsEtQ> (9:52)

Four of the five recognized Blue Zones of extraordinary longevity are presented below. Only the Nicoya Peninsula of Costa Rica and the Smaland area of Sweden, which is being investigated as a potential Blue Zone, are not presented here.

- 1) Improve your Wellness with the **Japanese Okinawan** diet and the way of their social connections.



The OCS Study for
Longevity Science 02



Longevity in
Okinawa 022122.do

- 2) *The Secret Behind Why the People of **Sardinia, Italy** Live So long*: YouTube video by Niklas Eksted restauranteur and nutritional researcher for a healthier and longer life.

<https://www.youtube.com/watch?v=hI2To-KeGBE> (41:10)

- 3) In **Loma Linda, California** an 80-year-old man does pull-ups in the quest to stay young. Diet is examined through the beliefs of the Seventh Day Adventist religion.

<https://www.youtube.com/watch?v=QT-SzdvaAIM> (41:37)

- 4) The diet and way of life on the **Greek island of Ikaria** are explored as a way to a long life. The harvesting of local greens and herbs, making of traditional wine with methods that are 3,000 years old, and beekeeping are presented.

<https://www.youtube.com/watch?v=GP4ouNyTd0I> (43:04)