



# The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest

*Dan Buettner*

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## **The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest** Dan Buettner

Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years.

The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life. Also new in this book is a reading group guide, designed for groups to read about, discuss, and implement many of the simple changes advocated for better health.

A long, healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life.

Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

## **The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest Details**

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# **From Reader Review The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest for online ebook**

## **JanB says**

I may not always follow what I learn but I love reading and studying nutrition and health topics. And I have a mother who is very nearly a centenarian. So this book is of particular interest.

The author and his researcher cohorts set out to study the secrets of people who live the longest. "Blue Zones" were identified, which are areas of the world that have the greatest concentration of centenarians, people who have reached 100. This book focuses on these Blue Zone locations: Sardinia, Italy, Okinawa, Japan, Loma Linda, California, Ikaria, Greece, and Nicoya, Costa Rica.

Written in a breezy, conversational tone, and filled with stories and anecdotes from the centenarians themselves, some common threads appeared:

1. Eat simple local foods and in the words of Michael Pollan, "Eat mostly plants, not too much". Not strictly vegetarian. Drink alcohol, but, again, not too much.
2. Move a lot, but do it naturally without having to think about it (I.e. no gym rats or marathon runners in the group!). Activity is built into their daily routines.
3. Have a strong sense of purpose, a reason to get up in the morning and contribute to their families and/or communities.
4. Slow down: less stress means less inflammation that can lead to disease. There is a natural rhythm of work, rest, and play (socializing) to their days. And don't worry, be content. The author points out that none of the centenarians are grumps.
5. Participate in a supportive community with strong social connections. Along the same lines, family is a priority. Multiple generations lived together or were close by. The elderly were revered.

There's more to the book than this, there's much more depth and the words of the centenarians themselves. For the most part, it's a way of life that is foreign to us in the U.S. and I loved reading about it. There are no guarantees that if you do x, y and z you will live to a healthy ripe old age. But, if nothing else, these principles can certainly add life to your years. The author ends the book with tips and ideas to put the principles in place.

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## **Mario Tomic says**

Interesting book about the secrets of longevity based on the anecdotal observation of the world's longest living people. The author Dan Buettner traveled the world with a team of scientists and researchers to identify 4 places (called Blue Zones) that had the highest number of people living past the age of 100. His

goal was to learn from them, and in the process he distilled 9 lessons that were consistently found within the lifestyles of these oldest people on earth. One interesting fact is how studies on twins found that genetic factors explain about 25% of variation in lifespan. This means that most of us have a lot more control in how long we live than we think. If we adopt the right lifestyle, we could add at least 10-20 high quality active years to our life. Additionally the goal isn't to just live longer on life-support, but to be able to take care of ourselves and add value to the world even in our last couple of decades of life. The book goes into some dietary recommendations, exercise, social life and mindsets of the longest living people. It's mainly based on anecdotes but some of the findings such as higher intake of vegetables, fruits and legumes we already know play a key role in overall health. Also intermittent caloric restriction seems to be very common among the oldest people in the world. As they say "Stop eating when you're no longer hungry, not when you're full.". I found this very interesting because there's some research coming out on the topic that confirms this. Some of the key lessons from the book are:

- Move, incorporate exercise into your lifestyle.
- Prefer foods with lower caloric density and "Stop eating when you're 80% Full"
- Your diet is very right in vegetables and legumes. And you eat a sufficient amount of protein.
- Have planned times to slow down, unwind and de-stress. "Life is short, don't run so fast you miss it"
- Belong to a community. Research has shown that those who are members of strong communities tend to live longer.
- Surround yourself with loves ones. The longest living people live in multi-generational homes where younger generations care for the older ones, with "honor the elders" cultural norms. That's a rarity now in Western societies, and fewer healthy years for the elders is the price.
- Be around the right people. The oldest people in the world are well connected and have social circles that promote the healthy lifestyle.

Definitely a very interesting read, check it out!

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## Lauren says

Seriously one of the best (life-altering) books I have ever read. Much like "Omnivore's Dilemma" in the way that I think this book will have a serious effect on how I view things from this point on, and how I will live my life. It is nothing absolutely revolutionary, no, but the fact that it is all gathered in one place, and so accessible makes this book stand out for me. I have read many books like this, but this one seems one of the most palatable and the easiest to share... perhaps because of the focus on life-long health rather than quick fixes.

Buettner, a journalist who also used to be an endurance cyclist (he has biked from Alaska to Argentina!), has now shifted his focus to finding and studying these special regions of the world (he calls them "Blue Zones") where a large percentage of people live well into old age. He specifically studies centenarians, people who have reached 100. This book focuses on four locations that have been identified as Blue Zones: Sardinia, Okinawa, Loma Linda, California, and Nicoya, Costa Rica. Along with a traveling team of doctors, demographers, and psychologists, he travels to these places and conducts interviews with these centenarians. He learns about their past and their present, what they do, what gets them out of bed each morning, what they eat, who they socialize with, what experiences have shaped them, and what clues and insights they have as to why they have reached these ages. As he travels to each place, common threads surface.

The last chapter of the book really brings it home: what changes YOU can make to apply these principles of longevity. It is so much more than living longer though - it is about living happier and healthier and surrounding yourself with love and friendship.

After reading this library copy, I bought 2 copies: one for myself, and one for my parents. It's one of those books that you really want to share with others.

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## **mark monday says**

i am ashamed to say that i am writing this review of a book that is all about healthier living and living longer with a cigarette in hand. well, it is an american spirit light. those are healthier, right? i firmly believe in Harm Reduction as a model for living.

this is not the sort of book i usually read, although it is actually published by National Geographic (which somehow automatically gives it credence in my mind. why is that?). and it probably would have remained on my desk for who-knows-how-long, except that one of my staff lent it to me. i foresee a bit of stress coming into our relationship in the near future, so i thought it best that i read this quickly. not the best of motives for sure. but there you have it, the un-pretty truth.

there is also a very unappealing photo of the author on the cover, one where he looks smugly complacent, with one of those frozen *zesty* smiles that remind me of sales personnel.

fortunately, this book is less about being a Guide for Improvement (although there's plenty of that to be had) and more about describing the lives of various centarians around the world, how they've managed to live so long, and how their community came to have so many similarly rigorous old-timers. so if you are looking for Heartwarming, for a gentle study on the importance of community, a sense of humor, and respecting our elders, then this book will be quite pleasing at times. it certainly was for me. at times.

"Blue Zones" are those places in the world where there is an extraordinary number of centarians living in one region. here is what i learned:

- from Sardinia, Italy: drink goat milk and red wine, walk frequently, have a purpose in life, connect deeply with your faith, surround yourself with friends and family.
- from Okinawa, Japan: eat lots of veggies and soy-based foods (particularly fermented soy), walk frequently, have a purpose in life, connect deeply with your faith, surround yourself with friends and family.
- from Loma Linda (California), USA: drink a ton of water and eat lots of nuts, walk frequently, have a purpose in life, connect deeply with your faith, surround yourself with friends and family.
- from Nicoya, Costa Rica: have a long and healthy sex life even if it means you have to step outside of your marriage to accomplish that goal (that's a new one to me), walk frequently, have a purpose in life, connect deeply with your faith, surround yourself with friends and family.

clearly there is a major theme: have a community of support! there is a part of me that felt very sad when comparing most american families with what is described in this book. the idea of different generations coming together on a regular basis, of NOT shuttling off seniors to their own separate lives, of a community that is large & tightly-knit & sticks together unto death...well, i just don't see a lot of that. how depressing.

i also took the online surveys **Vitality Compass** and the **True Happiness Test** available at

[www.bluezones.com](http://www.bluezones.com).

on Vitality, sadly my score showed that i have an approximate lifespan of 75 years. although this was happy news to me, apparently this is not the greatest score according to Blue Zones. oops!

on True Happiness, amazingly i scored an "A-". i suppose i am a Happy Guy. upon receiving my result, i was given some firm advice: find a faith and have more friends who are "happy". that's some nerve ya got there, Blue Zones!

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### **Kavita says**

Living a healthy life is not that difficult if you know how. This is probably what the author was trying to convey in this book, but while the message came through loud and clear, I have to take issue with much of the information provided.

I'll start with the recommendation to drink red wine every day. I don't think that can be particularly healthy, especially if you have certain health complications like diabetes or heart problems. It can also be bad if you are depressed or prone to addiction. This advice can actually be counterproductive since the book does not really go deep into the various different issues related to drinking wine or saké. Anyway, there is still not complete information on this subject, so its a hit and miss.

The author also recommends different ways of keeping fit, but ultimately forgets that not everyone lives in little far-off remote villages where things like growing gardens or hiking over mountains on a daily basis is even possible. I also found some of the suggestions rather superficial and only applicable to middle class or rich people.

Another issue I have is that the author recommends everyone to join a religious community. That simply does not work. For some people (like me, for example), being part of a religious community can actually *increase* stress due to various factors, but mainly due to the misogyny practised by most religions. Besides, faith does not work that way. You either have faith or you don't. It's a journey you make towards or away this lifestyle. It is never an active choice, though it can be a passive choice by simply remaining in the religion you were born into. But nobody ever just got up one morning and told themselves 'From today, I believe in God', and then started believing it out of the blue.

The same goes for family. Everyone wants to belong to a wonderful and supportive family and most people want to put back in the same support and love, but it's not possible for everyone. In some families, just being together can bring enormous stress. I also found the advice that you take care of your parents because doing otherwise would bring dishonour, terrible. Shaming or forcing people into doing things is not conducive for a stress-free life. The only reason people do things for other people must be out of love and a spirit of giving. How can this be simply made into an issue of honour? In another instance, the author discusses a woman who claims that it's good for people not to have any privacy at all. *If your kids misbehave, your neighbor has no problem disciplining them. There is less crime, not because of good policing, but because of the risk of shaming the family.* Very much the reason why honour killings happen! This logic is completely screwed up.

This is not to say that the book does not give any good advice at all. It is already well-known that eating more vegetables, fruits and nuts, reducing meat and dairy consumption, keeping in touch with family and friends, having a strong social network, avoiding junk food, regularly exercising and meditating (all of which

the author advocates) is beneficial to long-term health. I just did not find anything new in this book that I did not already know.

One thing I really enjoyed in this book is the interviews with the centenarians and the descriptions of their lives and lifestyles. It was really interesting as it depicted a fast-disappearing way of life in different parts of the world. These old people are really resilient and have lived through famines and wars. Their stories are important and interesting and a good depiction of traditional culture in the respective countries.

*The Blue Zones* is probably meant only for Americans. The author kept comparing the diet of different regions to eating hamburgers and drinking soft drinks. Surely, Americans eat something else? I thought it was just a stereotype that Americans just gorged on junk food and drank only soda-based drinks. At one point, the author recommended that people start drinking water. Then he ordered a bottle of water with his meal and made it sound like a big deal. What, Americans don't drink water?! I was astounded at this implication. So, either the author is exaggerating American food culture or this book is really a must-read for all Americans. If you are an American, take your pick. If you are from elsewhere, there are free websites out there, which say the same thing better.

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### **Patrick Boykin says**

One problem I have with the book is that, sorry for the offense, the author comes off as a science fan-boy, who really thinks that doing the legwork of data-analysis is just a formality, and really we could figure everything out just chatting with long-lived people.

I'd like to see at least a section on the data analysis to see what, if any, of the recommendations the book makes are supported by rigorous statistics.

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### **Ken says**

What's a "Blue Zone"? It's Dan Buettner's name for areas in the world where people live a long time: Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Loma Linda, CA; and Nicoya Peninsula, Costa Rica. Dan and his team of experts determined that diet and certain activities make these people live longer. There are many similarities and some differences.

Similarities: They eat a lot of homegrown fruits and vegetables. "Organic" isn't some overpriced produce in the grocery stores, it's just the way food is grown and has been grown forever. This was once true in the United States of Big Ag (Chemicals R Us), too. Once. Anyway, they also tend to eat a lot of beans (legumes) and nuts/seeds. What they don't eat much of is meat. Maybe once a week or for celebrations. Eggs are used sparingly, too, as is dairy (the exception being goat and sheep milk/cheese, both more easily digested). Fish? In some cases, yes. In others, no. None of these groups have much use for sugar and salt. They eat whole foods. Bread? OK if whole grain, ixnay on white, sourdough OK, too.

Differences: Many consume lots of coffee, but the Seventh Day Adventists of Loma Linda, CA, shun it. Many consume one or two glasses of red wine with dinner, but again, the Adventists don't drink alcohol. As stated, some do more fish than others. Some (Costa Ricans) more corn and squash than others.

Habits: These people see food as a gift, a blessing. They sit down together -- no electronics ever -- they give thanks, they eat slowly, they enjoy each other's presence and company. They talk, by God! None of them go to gyms or go on diets, but all of them get plenty of exercise from everyday activities, which burn more calories in the long run: herding, gardening, fishing, walking places instead of driving places. Fasts also play a role, whether religiously-based or not. It might be weekly for a day or during special times of the calendar. Not eating sometimes is a healthy thing.

Many of these cultures eat bigger meals earlier, smaller later. Some eat two meals a day instead of three. In the Adventists' case, a lot of water is consumed (7 glasses a day). All groups get 7 or 8 hours of sleep a night. (Go ahead. Match it. I dare ya.)

So that's Part One of the book. Little magazine-article-like vignettes of the Zones. Part Two talks about trying to "make" blue zones, as is done in a small area of Finland, a town in Minnesota, three beach towns in California, and even a town in the Pig State, Iowa.

Part Three is about food rituals, menus, and everyday living. It's a blueprint for blue zones, a grass roots type playbook. Finally, at the end, we get 77 recipes, each inspired by the five original blue zone areas.

Yes, pretty legit stuff, though it's not exactly a gripping read and the science is off and on. For instance, Buettner still seems to believe the eggs/cholesterol myth, even though most modern studies have dispelled it. Eggs are not scary. He'll dismiss cow milk by saying it's "a relative newcomer, introduced about 8,000 to 10,000 years ago." Two pages later he celebrates beans, "the consummate superfood," by saying "Humans have eaten beans for at least 8,000 years" (the point being, A LONG TIME, even though the same point meant ONLY RECENTLY in the case of milk). All together now: Huh?

There are lots of little things like that. You'll see a YES for sweet potatoes but a NO for yams. Then, later in the book, in his list of Blue Zone foods, what does he list? You guessed it: Yams. Aye, Dios...

Also, there's more to this than diet and culture. Many of these places are enclaves outside of the super fast lifestyle we live. Little in the way of electronics, technology, cellphones, microwave whatevers zapping bodies 24/7. In short, life before science began simultaneously saving and killing us. Life that's simple enough to make people say, "Stress? What's that?"

But Dan just wants to talk about food and walking, so let's all agree that good food choices, good living habits, good fellowship (rugged individualism, an American staple = bad), and good walking places close enough to walk to will indeed advance our fragile little lives...

Great library loan book. Read, adopt with a friend. And family. Or church group near you.

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### **Jessaka says**

What an entertaining read. I just love reading about different cultures, and this book reminded me of a cultural anthropology course that I once took and loved, but this course is made with a twist of lemon. By "twist of lemon" I mean that it is about food, but it is also about how food affects your longevity. The part I really loved though, was on how the people lived, and that is where the cultural anthropology comes in to play.

The author visits six different cultures that have the same things in common: longevity, the food they eat,

and the food they avoid.

I liked the culture on the Greek Island of Ikaria best, as the food and their life style seemed much more appealing to me. So I will just quote a few paragraphs of what he has to say about them:

“For the many religious and cultural holidays, people pool their money and buy food and wine. If there is money left over, they give it to the poor. It’s not a “me” place. It’s an “us” place.” I love that idea.

“The Mediterranean diet, a menu rich in olive oil and vegetables, low in diary and meat, with some alcohol daily. On Ikaria, it also includes an abundance of potatoes, goat milk, beans, and some fruit.”

And here is where my “twist of lemon” comes in:

“Dr. Leriadis mentioned wild marjoram, sage (fiaskomilia), a type of mint tea (fliskouni), olive tree leaf infusions, rosemary, and a tea made from boiling dandelion leaves and drinking the water with a little lemon. ‘People here think they’re drinking a comforting beverage, but they all double as medicine.’” Maybe the author, Dan Buettner’s next book will tell how to make these teas.

“Old people here will start their day with a spoonful of honey. They take it like medicine.”

How do I stack up to this Greek diet? Hmmm. I only drink goat milk, I use only olive oil, but I do eat real butter, whole sprouted wheat bread, fruits and veggies, minus the lemon. I don’t eat sugar, so honey is ruled out. I do eat meat but not much. And once in a while I will have a baked potato with lots of butter. Oh, and forget the alcohol as very little will do me in. As for the beans, well, they taste good in homemade burritos with beef. And while their diet is low of eggs, I probably eat 4 to 6 of them a day. Will I change my diet? Doubt it.

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### **William Lawrence says**

Even better the second time around. Lots of vegetables, beans, & nuts; a little wine & meditation, family, and a mission statement of purpose.

### **Killer Quotes that will Keep You Alive**

“We can live a shorter life with more years of disability, or we can live the longest possible life with the fewest bad years.”

“Costa Rica spends only 15 percent of what America does in health care, yet its people appeared to be living longer, seemingly healthier lives than people in any other country on Earth.”

“...Women who consume tomatoes at least three or four times a week reduced their chances of ovarian cancer by 70 percent over those who ate tomatoes less often...”

“...Those who ate meat had a 65% increased risk of colon cancer compared to vegetarians...”

“...Those who ate more legumes like peas and beans had a 30 to 40 % reduction in colon cancer...”

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## **David says**

The blue zones are regions in the world where an inordinate number of people live healthy lives to very old age, often beyond 100. In this book, Dan Buettner personally goes on research expeditions to various locations around the world. He sometimes goes alone, while at other times he brings along with him a team of researchers. Their goal is to determine first whether the people claiming to be very old are, in fact, as old as they claim, and second, to interview the super-seniors to determine the common factors that have contributed to their long, healthy lives.

This fascinating book is an in-depth study of the super-seniors in four locations; Sardinia, Loma Linda in southern California, Nicoya in Costa Rica, and Okinawa. Buettner uncovers a variety of factors that have contributed to their long lives. The lifestyles of the super-seniors include; near-vegetarian diets, daily exercise, social connections through extended families and neighbors, laughter and a sense of humor, and a sense of purpose in living. Reading between the lines, one of the researchers in Nicoya speculates that "sleeping around" might also be a contributing factor!

One of the most striking stories is about a 93-year old man in Loma Linda. In order to save money to construct a fence, he purchased the materials and started building it himself. It involved heavy labor, as the area was on a steep hill. The next week found him in the operating room in open-heart surgery. But he was not on the operating table; he was one of the surgeons!

This is not exactly a self-help book, but the last chapter does review the lessons learned in the blue zones. The lessons show how all of the lifestyle factors help to contribute to a long, healthy life. There are no guarantees of course--they are simply probabilistic factors that have a tendency to help longevity.

I didn't read this book; I listened to the audiobook version, narrated by Michael McConnochie. The narration is very good, and the various accents are done quite well.

I definitely recommend this book to all people who would like to increase their chances of living a long, healthy life.

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## **7jane says**

(This is the second edition: it adds a new zone to the book, making it 5 zones to read.)

I first read about this living-longer business in the November 2005 National Geographic magazine article, which I still own. This expands on the subject, and helps one notice all the good points from each zone. It's about how to live a longer, quality-filled life - it's not just about how good your genes are, or necessarily where you live: these tips really could make your life longer and happier. The majority of long-life comes from lifestyle and choices made during life.

The places are in Sardinia, Okinawa, California, Costa Rica and a small island in Greece. Each place has its own chapter, with stories, interviews and at the end points of what each zone can give us in terms of tips for

long life. These zones has an unusually high number of 90- or 100-year-olds. They are also often slightly isolated and lives more traditional (which plays part in being healthy).

The text flows easily, easy to understand, and one does developed favorites (my favorite zone is the Okinawan one). There's plenty of information, but not too thickly and one does not really have to fish them out of the text - though a hint or two may pop up separately in the text.

At the end the final chapter gathers 9 common lessons from the zones and gives us guidance to put them in action. It's stated that one doesn't have to tackle all at once, and the order of starting each is up to us. Finally there's a set of questions for reading groups, for discussion.

I found this a light-hearted, fun read. Some lessons were kind of things that I already knew in some manner, but this book motivates to start putting ideas in good use. Well worth the read, and no doubt I will use the tips, and read some parts for fun, again. :)

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### **Janet says**

One of the most striking things in this book was how incredibly simple it is to have the type of lifestyle that favors longevity. The centenarians featured in the book are from simple, almost primitive, cultures with strong family ties and daily sense of purpose -- that is, they feel a sense of importance and purpose from the moment they wake up in the morning (usually at sunrise) till they go to bed at night, well in to their later years. They don't have elaborate rituals or search for obscure ingredients; they eat local produce and often have their own gardens. They get a great deal of exercise by staying active throughout their day - usually by taking the long way (literally and figuratively), and by working and walking outdoors.

Rather than focusing on the genetic component to longevity, the book highlights the lifestyle **choices** that combined, can be accessible to anybody wishing to improve their chance to live a fuller and longer life.

I'm much more hopeful and optimistic about taking control of some key choices that are actually quite easy to change and adopt.

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### **Jo says**

Interesting book looking at populations from around the world with the most people living to be 100. Basics seem to be:

5. Diet - lower in animal products (though they are included) and higher in fruits and veggies and whole grains
4. Work that incorporates being physically active versus no exercise or over exercising which wears out the joints.
3. Feeling that you are still valubly contributing to society
2. Religion/spirituality - not any one in particular but rather a feeling that a higher power is looking out for you and protecting you
1. Family ties

Perhaps a general outlook of not holding onto stress should be added.

And interestingly enough for men, the more daughters they have, the longer they tend to live.

While most of these items are not revolutionary ideas, this book is written by a National Geographic writer so has that nice flow of going back and forth between generalities to really giving individual, human faces to the discussion and there are specifics for each group examined: Seventh Day Adventist in the US, a group in Japan, a group in Italy, and a group in Costa Rica.

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### **Go2therock says**

An excellent and easy read about four areas of the world where there is a significant percentage of the population that live to be centenarians+. You may be aware of Okinawa. I have read the Okinawa Diet book a time or two. The other four places were a mountainous area of Sardinia, a remote area in Costa Rica, and a Seventh Day Adventist population in Loma Linda, California, of all places. I was so grateful that we had the Costa Ricans in the mix - at least that added corn tortillas, rice, and beans into this magical diet. But overall, regular exercise that fits naturally into our days; faith; strong family connections that value the aged and keep them around the rest of the family; strong friendships of support; a reason to get up each day (I like the wording in Spanish - plan de vida); eating to 80% (they said they eat til no longer hungry as opposed to til full... interesting, don't you think?); prominence of homegrown vegetables; grains; easy on the meat; easy pace in life. When they died, it might be from cancer or kidney failure or whatever, but it was much later and with more fullness of life until that day, and then simply because their bodies gave out.

For those of an You Gotta Go Sometime mentality, I quote: "The calculus of aging offers us two options: We can live a shorter life with more years of disability, or we can live the longest possible life with the fewest bad years."

The choice is up to us.

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### **Christopher says**

Fascinating look at areas in the world with long-lived people. The conclusions that are drawn are sometimes hyperbole or not necessarily accurate, but when you look at common elements in various areas of the world some truth can be found. This book was given to me by my friend John Brieby, who knows of my interest in medical topics.

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