



## **The Blue Zones Solution: Eating and Living Like the World's Healthiest People**

*Dan Buettner*

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Dan Buettner, the *New York Times* bestselling author of *The Blue Zones*, lays out a proven plan to maximize your health based on the practices of the world's healthiest people. For the first time, 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.

With this book's audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, you'll 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 to improve 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.

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.

## **The Blue Zones Solution: Eating and Living Like the World's Healthiest People Details**

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## From Reader Review The Blue Zones Solution: Eating and Living Like the World's Healthiest People for online ebook

### Ashley Mebert says

Great recipes. Not preachy. Used "superfoods" zero times.

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### Carol Wilson says

Very interesting and easy to read but information isn't new to anyone interested in health and nutrition. Did enjoy the various cultures and similarities in healthful eating and living.

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### Jessaka says

What a entertaining read. I just love reading about different cultures, and this book reminded me of the 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 came 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? No. Eggs, for me, takes place of meat much of the time.

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### **Sarah says**

I've just won a copy of this book from Goodreads Giveaways. After it's arrived at my doorstep and I've had a chance to read it and formulate my thoughts, I'll post an honest review. Stay tuned!

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### **NancyKay Wessman says**

This book's an illuminating, interesting, and easy read -- does not require a one-seating read. Author's research and prose, excellent.

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### **Julie Jacobi says**

As others have said, not a lot of new info for people who are already interested in nutrition and health - stay active, eat veggies, lower your stress and surround yourself with friends. However, I really enjoyed the insights into other cultures and appreciated the highly specific and practical suggestions for getting healthier.

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### **Marjorie Elwood says**

In addition to the research and justification for the eating habits espoused by this book, there is a helpful list of foods that are healthy and a (very short) list of foods never to eat. Unfortunately, this book - like so many diet books - succumbs to the temptation to use some fairly esoteric ingredients, which removes it from the reality of most of our cooking days.

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### **May says**

A good reminder of all the commonsense lifestyle choices that are also outlined in all I have ever read about the Mediterranean Diet. No fads, no crash diets. Just simple reminders of living a balanced life and eating sensibly.

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### **Nick Pageant says**

Buddy read with Mishy so we can live to be 100 together. We are going to be a very fun couple living on an island in the Mediterranean. According to this book, we will need to be mostly vegan and should probably

have some goats to herd. Come see us if you're still alive. We'll serve you a salad and 3oz. of red wine.

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### **Michael Lieberman says**

Written by a "National Geographic" staffer, this brief book examines the diets of five very long-lived populations from Sardinia, Greece, Okinawa, and Central American and U.S. Seventh Day Adventists, all of whom eat primarily plant-based diets with sparing amounts of meat/animal protein, dairy products, and sweets. Buettner suggests that part of their longevity is based on their vegan/vegetarian diets. While the conclusion appears sound, the book is marred by speculation and unsubstantiated assertions. The author posits with no real evidence, for example, that dairy products from cows should be avoided while goat's milk and perhaps sheep's milk products, especially if fermented (cheese), may have benefit. The discussion of micronutrients is also poorly documented, and the benefit of living in tightly knit societies with lots of friends and relations is not analyzed in any scientific way. While I tend to be a believer, conviction is no substitute for well-analyzed data.

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### **D. Thrush says**

Blue Zones are the places in the world where people live healthfully well into old age, many over 100 years old. They have almost non-existent rates of cancer, heart disease, dementia, all the diseases that impact our quality of life and often kill us. Buettner traveled to these places and studied the oldest residents. There are 2 books. One is "The Blue Zones," which goes into greater detail about each Blue Zone and the other is this one, "The Blue Zones Solution," which recaps these details and goes on to document creating Blue Zones in cities in the U.S. It's interesting to see how people were able to change their health by making certain changes in diet and lifestyle. This book also contains recipes including some of the healthiest foods. I think we can learn from the world's oldest healthy people. They're obviously doing something right. I want to have a good quality of life as I age. I highly recommend this book.

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### **Maxine says**

Much more of a diet/health book than the first Blue Zones book. I found this one to be a bit peachier than the older Blue Zones book, but that is to be expected in a health book. Generally, most of the info here is also in the first book with the exception of the recipes - which I haven't tried yet :)

Basically: Eat mostly vegetarian (Beans4LYFE!), move in a natural way throughout your day, surround yourself with good people, and find a purpose in life.

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### **Danielle Reese says**

Some good take-aways, but basic understanding can be had from watching the documentary made, or lectures done by Buettner.

I'm glad that wild greens were recognized for their nutritional significance, and raw forms of milk, as well as lifestyle differences (naps, family style dining, steady movement, etc), but wish more focus would have been put on the gut microbe difference in people around the world due to diet, lifestyle, and environmental factors. It was the obvious thread running through the various blue zones but not overtly stated.

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### **Emily Crow says**

So, my three-star rating comes by way of compromise: for myself, personally, this book was probably of two-star caliber (glad I got it thru inter-library loan); but for someone who has been eating the Standard American Diet (or SAD, i.e., lots of processed foods and fast foods), and living the typical high-stress, low-activity lifestyle, this would probably be a four-star book.

It seems, these days, that if I look over the healthy cooking and diet shelves, books fall into two broad categories--vegan and paleo. While not vegan, this one is much closer to that edge of the spectrum (at one point the author admits that he was surprised by how much the Okinawans enjoy pork, as he assumed the healthiest diet would be almost vegan). I have read a lot from both camps, and dabbled in each, and come to the conclusion that...both are right. For example, my favorite authors in both camps would agree on:

1. Eat mostly whole foods, and avoid processed foods like the plague. Especially all those salty and sugary snacks and sodas.
2. Get a reasonable amount of exercise. Don't be sedentary and don't overdo it either.
3. Get a handle on stress, and get enough sleep already!
4. Make most of your meals at home...eating out is full of perils including inflated portion sizes.
5. Find your community, which might include church groups, pets or nature.

So I appreciated this book, in that it definitely encouraged the reader to embark on a whole foods adventure, and mentioned how these long-lived "blue zones" communities included many other lifestyle factors as well. But if you have already read a lot on the topic, there's nothing new here that demands you seek out this book as well.

I did have a couple of quibbles. One is that it seemed a bit too meat-phobic. And at one point, the author said that "all" vegetable oils were okay and better than animal-based ones. Really? Because if you're comparing lard versus olive oil, then OK, the Blue Zones thing is probably behind that. But I'll take rendered duck fat or ghee over refined canola, soy or corn oil any day. And I highly doubt that traditional Sardinians or Okinawans had lots of Canola oil on their shelves anyway.

But I don't want to get too caught up in nit-picking, because the typical American diet and lifestyle is terrible, and any book encouraging people to live another way, whether plant or paleo-centered, has the potential to help someone.

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### **Gillian says**

I've been interested in the research from the Blue Zones since reading a few articles about Dan Buettner, and

I tore through this book. Some parts get a little repetitive, but in general, it contains simple, common sense wisdom on how to live a long, full life – from people who live past 100 around the world. I especially loved hearing about the large-scale projects they're working on to transform communities in the States. I try to do many of these things already, but I'm definitely inspired to incorporate more into my daily life.

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