



Optimal Health

For longevity, happiness, and fullness of life!

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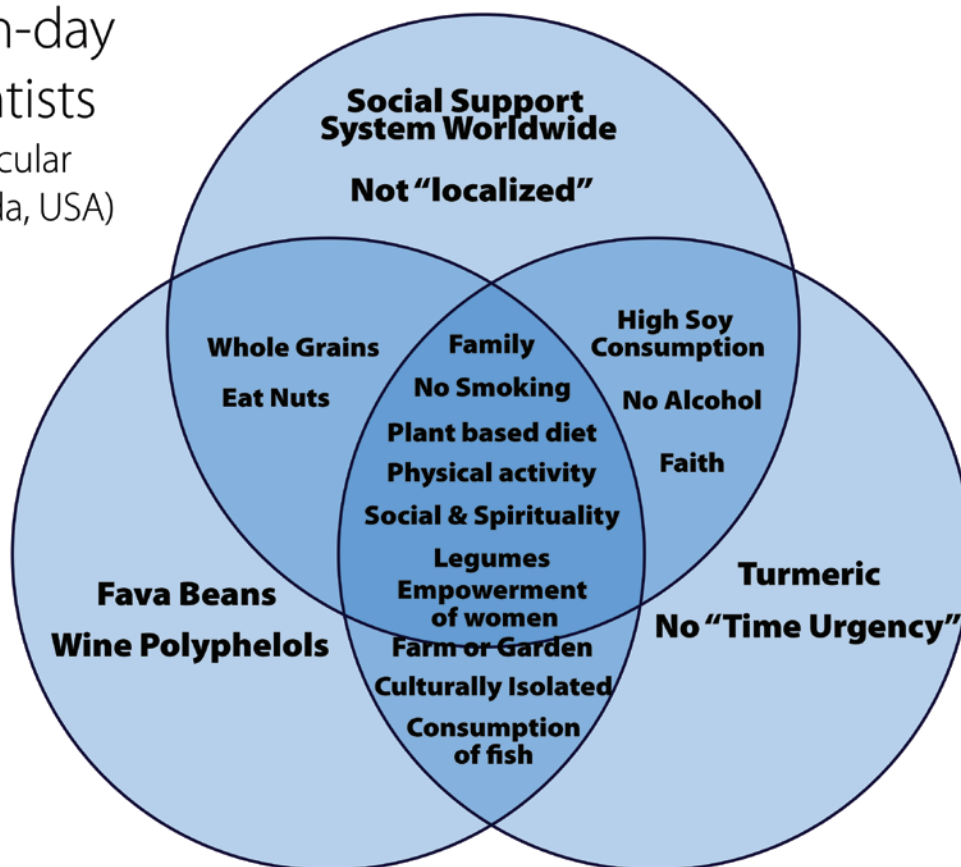
BLUE ZONES

ALL three groups hold family values very highly, they don't smoke, they have a mostly plant based diet, they are VERY physically active, are social, and have a spiritual component to their lives, they eat legumes, they believe in the empowerment of women (within their culture that may vary), and most of them farm or garden. You'll see the line for the Adventists crosses into this last one. Not all Adventists garden or farm, no stats on the actual numbers, but they do appreciate nature, fresh produce when possible, and country living.

Things at least two groups have in common include: whole grains, eating nuts, no alcohol, soy consumption, faith in a higher power (in fact this fits all 3 groups as Sardinians are often Catholic), culturally isolated, and has some fish in their diet. We can't all be culturally isolated, but we can create a culture of strength within our own peers and social network, more on this later. So let's boil down the key factors that are held in most common with all the groups:

1. Moderate, regular outdoor physical activity
2. Serving others and proper thinking
3. Strong family and social life
4. Moderate calorie intake with a healthy plant-based or Mediterranean diet
5. Avoiding toxins like smoking
6. Other healthy choices such as drinking water and a good nights sleep
7. Engagement in spirituality and a life purpose

Seventh-day
Adventists
(In particular
Loma Linda, USA)



Sardinia,
Italy

Okinawa,
Japan