



**Bauman Integrative Wellness**

**Nourishing Communities**

**How to Age Well  
Blue Zone Longevity Factors**

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# Age Less Wisdom

“Today is the oldest you’ve ever been, and the youngest you’ll ever be again.” Eleanor Roosevelt

“Old age is always fifteen years older than I am.” Oliver Wendell Holmes

“The older I get, the better I used to be.” – Lee Trevino

Life is like a roll of toilet paper. The closer you get to the end, the faster it goes.” – Anonymous

“Eventually you will reach a point when you stop lying about your age and start bragging about it.”  
– Will Rogers

“I’m at an age when my back goes out more than I do.” – Phyllis Diller

“Old people shouldn’t eat health foods. They need all the preservatives they can get.” – Robert Orben

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” Sophia Loren

# Learning Objectives

1. Blue Zones Demographics
2. Blue Zone Secret Sauce
3. Food - Lifestyle
4. Mindset - Spirit
5. Community - Ecology



Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of **your** physician or other qualified health provider with any questions you may have regarding a medical condition.

# What Is a Blue Zone?

## Where the Healthiest People Live

Centenarians, people who live to be at least 100 years old, might hold the secrets of how to improve longevity.

Let's explore how these people live, where they live, and how we can use information researchers have collected to pattern our lifestyles to **improve and lengthen our lifespans**.

Check out **Netflix** to view a 3 part documentary produced by National Geographic entitled ***Live to 100: Secrets of the Blue Zones***.

In this documentary, author Dan Buettner travels the world to discover the areas where people are living the longest, healthiest lives.



# Characteristics of the Blue Zones



# Visit the Blue Zones

- **Ikaria, Greece** – An island in the Aegean Sea eight miles off the coast of Turkey that has one of the world's lowest rates of middle-age mortality and the lowest rates of dementia.
- **Okinawa, Japan** – The largest island in a subtropical archipelago, home to the world's longest lived women.
- **Ogliastra Region, Sardinia** – The mountainous highlands of an Italian island that boasts the world's highest concentration of centenarian men.
- **Loma Linda, California** – A community with the highest concentration of Seventh-day Adventists in the United States, where some residents live ten more healthy years than the average American.
- **Nicoya Peninsula, Costa Rica** – A place in this Central American country where residents have the world's lowest rates of middle-age mortality and the second highest concentration of males centenarians.





## Longevity Foods From Ikaria, Greece

Ikarian cooks, like their counterparts in places such as France, Spain or Italy, lean heavily on dishes that include vegetables, whole grains, fruits, olive oil, and occasionally a little fish.

- Olive Oil
- Wild Greens
- Potatoes
- Feta Cheese
- Black-Eyed Peas
- Chickpeas
- Lemons
- Mediterranean Herbs
- Coffee
- Honey



## Longevity Foods From Okinawa, Japan

Okinawans have long told their children to eat something from the land and from the sea every day. These time-honored adages survive for a reason, as do other food traditions that help contribute to a long, healthy life.

- Bitter Melons
- Tofu
- Sweet Potatoes
- Garlic
- Turmeric
- Brown Rice
- Green Tea
- Shiitake Mushrooms
- Seaweeds (Kombu and Wakame)





## Longevity Foods From Sardinia, Italy

Many of the same Mediterranean foods that explain longevity in Ikaria also explain longevity in Sardinia. Olive oils, lemons, beans, and greens are common to both, and the Sardinian diet includes a few other longevity foods we can all benefit from eating.

- Goat's milk and sheep's milk
- Flat Bread (Triticum durum wheat flour)
- Barley
- Sourdough Bread
- Fennel
- Fava Beans and Chickpeas
- Tomatoes
- Almonds
- Milk Thistle (wild plant tea)
- Cannonau Wine







## **Longevity Foods From Nicoya Peninsula, Costa Rica**

Top Longevity Foods from Nicoya:

- Maize Nixtamal (corn tortillas)
- Squash
- Papayas
- Yams
- Black Beans
- Bananas
- Pejivalles (Peach Palms)

# Age Well Power Nine Practices





# Practice One

## Move Naturally

- The worlds longest-lived people don't pump iron, run marathons, or join gyms.
- Instead, they live in an environments that constantly nudge them into moving.
- The grow gardens and don't have mechanical conveniences for house and yard work.
- Every trip to work, to a friend's house, or to church occasions a walk.

# Practice Two

## Know Your Purpose

- The Okinawans call it “ikigai” and the Nicoyans “plan de de vida;” for both it translates to “why I wake up in the morning.”
- In all Blue Zones people had something to live for beyond just work.
- Research has shown that knowing your sense of purpose is worth up to seven years of life expectancy.
- Service to others comes naturally with sage-ing

# Practice 3

## Downshift

- Even people in the Blue Zones experience stress, which leads to chronic inflammation, associated with every major age-related disease.
- The world's longest lived people have routines to shed that stress:
  - Okinawans take a few moments each day to remember their ancestors
  - Adventists pray
  - Ikarians take a nap
  - Sardinians do happy hour



# Practice 4

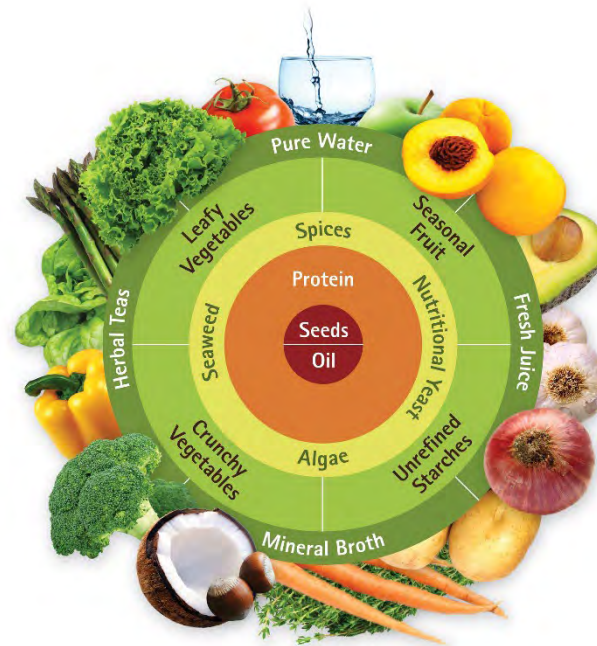
## 80 Percent Rule

- “Hara Hachi Bu” – The 2,500 year-old Confucian mantra spoken before meals on Okinawa – reminds people to stop eating when their stomachs are 80% full.
- The 20% gap between not being hungry and feeling full could be the difference between losing weight and gaining it.
- People in the Blue Zones eat their smallest meal in the late afternoon or early evening, and then they don’t eat any more the rest of the day.

# Practice 5

## Organic Plant Slant

- Beans, including fava, black, soy, and lentil, are the cornerstone of most centenarian diets.
- Meat – mostly pork – is eaten on average only five times per month, and in a
- serving of three to four ounces, about the size of a deck of cards.



# Practice 6

## Wine (or tea) @ 5

- People in all Blue Zones (even some Adventists) drink alcohol moderately and regularly.
- Wine is organic: grapes not grown in pesticide soil, no added sulfites and preservatives
- Moderate drinkers outlive nondrinkers.
- The trick is to drink one to two glasses per day with friends and/or with food.
- You can't save up all week and have 14 drinks on Saturday.



# Practice 7

## Right Tribe

- The world's longest-lived people choose, or were born into, social circles that support healthy behaviors.
- Okinawans create “Moais” – groups of five friends that commit to each other for life.
- Research shows that smoking, obesity, happiness, and even loneliness are contagious. By contrast, social networks of long-lived people favorably shape their health behaviors.
- Kids honor and support their parents needs.

# Practice 8

## Community

- All but 5 of the 263 centenarians we interviewed belonged to a faith-based community.
- Denomination doesn't seem to matter.
- Research shows that attending faith-based services four times per month will add 4 to 14 years of life expectancy.

# Practice 9

## Loved Ones First

- Successful centenarians in the Blue Zones put their families first.
- They keep aging parents and grandparents nearby or in the home, which also lowers disease and mortality rates of their children.
- They commit to a life partner (which can add up to three years of life expectancy).
- They invest in their children with time and love, which makes the children more likely to be caretakers when the time comes.
- Virtually no suicide, drug abuse, violent crime

# Take Home



**Bauman Integrative Wellness**  
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- Live your life in the Age Well Blue Zone by
  - Moving naturally
  - Maintaining the right outlook (know your purpose and down shift)
  - Eating wisely (80% rule, plant slant and tea@5)
  - Cultivate and nurture a sense of belonging (family first, belong, right tribe)
  - Show up for loved ones



<https://www.youtube.com/watch?v=ywtNpuAqacY>