

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

In this groundbreaking book, Dan 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, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California. With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In The Blue Zones Solution, readers can 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 in improving 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. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine. 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. ...more The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ebook

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF download The Blue Zones Solution: Eating And Living Like The World's Healthiest People Book Pdf

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF download PDFHAd

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF download MHH

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF read online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF download ePUB

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF online free

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF The Blue Zones Solution: Eating and Living Like the World's Healthiest People free download

The Blue Zones Solution: Eating and Living Like the World's Healthiest People full free download

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ebook free download

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ebook download free

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

ebook download

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

ebook download

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

ebook download

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

ebook download

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

ebook download

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

ebook download Read Online

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

ebook download ePUB

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

ebook online

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

ebook online read

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

ebook read online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People online read

The Blue Zones Solution: Eating and Living Like the World's Healthiest People read online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF online read

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF read online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF with English subtitles

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB download

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB Read Online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB in google book

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB song

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB read online

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB PDFHAhd

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB download free

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF read online free ePUB

The Blue Zones Solution: Eating and Living Like the World's Healthiest People PDF ePUB Read Online

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