

THE BLUE ZONE

A LIFE STYLE FOR CENTENARIANS

Fifty years ago, Prevention magazine was the stalwart for promoting prevention of disease states through healthy eating. Somewhere along the way, they lost their compass for a while and started to accept advertising from pharmaceutical companies promoting pharmaceuticals. Today, the majority of physicians in the United States believe in treating the symptoms of disease states and have a propensity not to explore the impact of life style, poor nutrition and lack of nutrients as the root cause in many illnesses. The term "allopathic medicine" describes modern medicine's approach for treating illness. In turn, a growing minority of physicians practice "naturopathic medicine" a holistic perspective on the practice of medicine based on a belief in treating the "whole patient" (mind-body-spirit). In more simple terms, it means there is a goal of reversing or preventing disease states by these physicians. The weight of allopathic medicine has dominated medicine's approach for treating illness with the use of pharmaceuticals as being the main convenient treatment form in the last half of the 20th century.

Several years ago, the National Geographic researchers launched a global search for those places on earth where people live into their 11th decade. After extensive research, they found five places on earth where the inhabitants live an extra decade longer than anywhere else. The locations are:

1. Sardinia, Italy
2. Okinawa, Japan
3. Nicoya Peninsula, Costa Rico
4. Icaria, Greece
5. Loma Linda, California

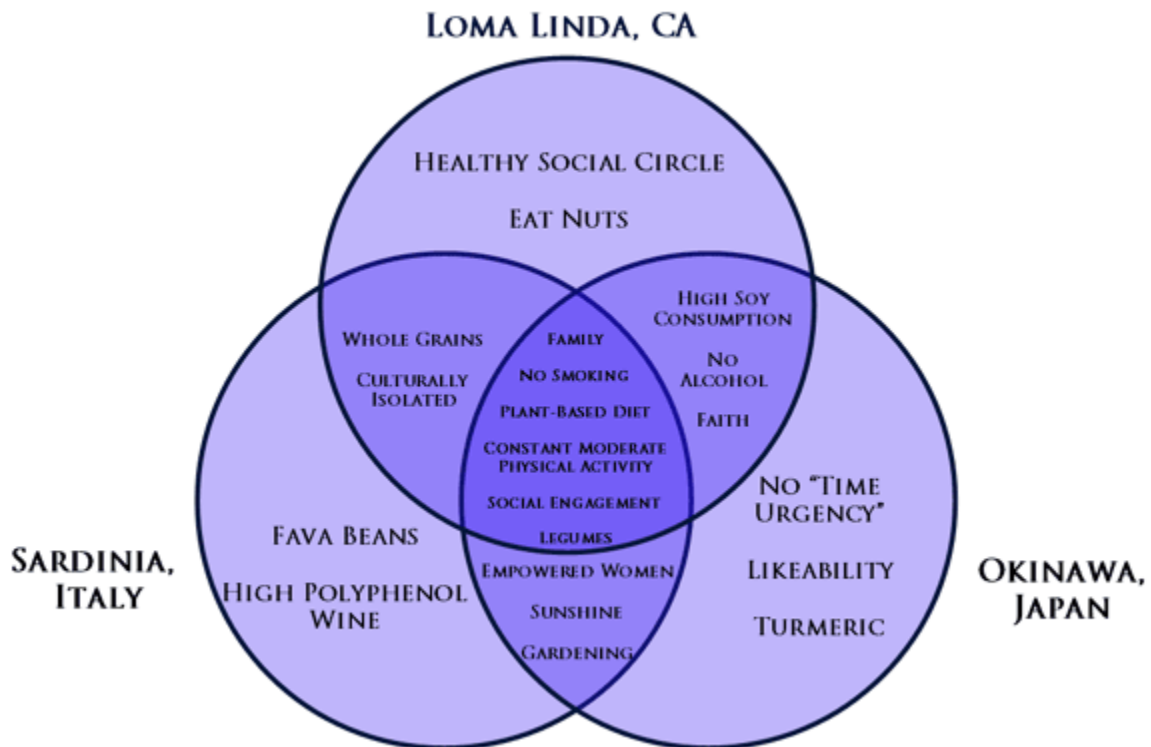
Unsurprisingly, there are no places in the United States that is a unique place, but research has found there is a unique group of people with a dedicated life style that allows them to be considered a blue zone, so named for these unique locations on earth where human existence is extended an additional decade or so.

In California, for over 150 years, the Seven Day Adventists, which believe in healthy eating which embraces a vegetarian dominant diet, exercise along with a religious view that believes in meditation and strong family ties has emerged as the Fifth Blue Zone. This runs contrary to the fact that demographers believe life spans for future generations will shorten.

It is now believed that those living in the United States will begin to have a decrease in longevity due to a life style that is being negatively impacted by fast food, toxins in our environment and in what we consume and a decline in physical activity.

Those living in the blue zone have some common characteristics. Strong family ties, plant based diet including legumes, regular mild exercise and socially active. One characteristic that I believe is very important is the fact that there is plenty of sunshine year round in these 5 locations... The best source

of Vitamin D. Venn diagram created by the Quest Network to illustrate longevity clues in Blue Zones.



The research has been done by Dan Buettner and more can be learned at www.bluezone.com. He has written several books on the subject. The scientists say we can all live an extra 12 years if we shift gears and reject those life style habits that impede our ability in the United States to stay healthy.

Independently, N2E for you (N2E4U.com) has been created by this writer who has become totally convinced that each American has to find his or her right balance of good nutrition, specific nutrients which we lack for a variety of reasons and exercise to live a long healthy life plus a healthy mind body state. The website is www.n2e4u.com.

N2E believes that the only way to improve health outcomes in the United States is through health education being offered at the community level. The Seventh Day Adventists from Loma Linda, California are showing us the way. They sponsor a healthy people conference at Loma Linda University. (<http://www.llu.edu/public-health/cpe/healthypeople/2011/index.page>) every year to educate all that are interested. The question is: Will we have the courage to exchange our current life style for a life style that will offer all of us an opportunity to live into the 11th decade?

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Semi-retired but not senile yet.

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