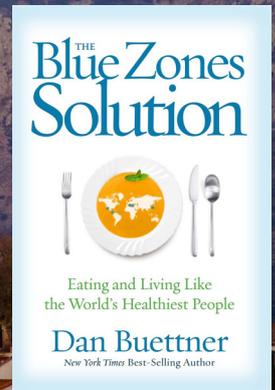


THE Blue Zones Solution

Dan Buettner



From the New York Times bestselling author of *The Blue Zones*, Dan Buettner for the first time lays out a proven plan to maximize your health based on the practices of the world's healthiest people. With his Blue Zones City Makeovers now dramatically impacting the health of more than 5 million Americans, this is a book for anyone who wants to create their own personal Blue Zone.

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. (Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California).

With the audacious belief that the life styles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive healthcare project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. Now, 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 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.

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.

DAN BUETTNER is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story "Secrets of Living Longer" and two national bestsellers, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest and Thrive*. He lives in Minneapolis, MN. He can be found on facebook and twitter, and through his website bluezones.com.

For more information please contact Louise Rhind-Tutt: louise@lrtpublicity.co.uk | 07788 917680

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