



Be Well MD
Your Doctor. Your Schedule. Your Place.

9 Steps to Successful Aging: What can we learn from blue zones?

Mark Carlson MD

The logo features a stylized human figure in orange, with its arms raised in a 'V' shape, positioned between two concentric blue circles.

BLUE ZONES[®] History



- Dan Buettner
- National Geographic
- Longevity project that came to be known as “The Blue Zones”





My Story...



I was trading my health for my wealth



Fun before...



Fun after...



Power 9®: Blue Zones Lessons

1. Move naturally.
2. Purpose.
3. Downshift.
4. 80% rule.
5. Plant slant.
6. Wine at 5.
7. Belong.
8. Loved ones first.
9. Right tribe.



Move Naturally



Be Well MD
Your Doctor. Your Schedule. Your Place.

Move Naturally: Clinical Fact

Years of Life Gained Due to Leisure-Time Physical Activity in the U.S. I. Janssen, PhD, et. al.

Leisure Time Physical Activity of Moderate to Vigorous Intensity and Mortality: A Large Pooled Analysis S. Moore, et. al

Exercise Dose and Quality of Life: A Randomized Controlled Trial. C. Martin, PhD, et. al.

Purpose



Purpose



Purpose



Be Well MD
Your Doctor. Your Schedule. Your Place.

Purpose: Clinical Fact

Purpose in Life and Its Relationship to All-Cause Mortality and Cardiovascular Events. R. Cohen, et. al

Purpose in Life as a Predictor of Mortality Across Adulthood. L. Hill, et. al

Downshift



Downshift: Clinical Fact

Stress promotes disease through inflammation

- Cortisol
- Adrenaline
- Noradrenaline
- Others, CRP, IL-6...

80% rule



80% rule



80% Rule: Clinical Fact

Brain-gut connection

- Cholecystokinin
- Leptin

Plant Slant



Plant Slant: Clinical Fact

Reduction in risk of:

Colon cancer

Heart disease

Obesity

Diabetes

Dementia

Wine at 5



Wine at 5: Multiple Benefits

Antithrombotic effects

Effects on HDL-cholesterol

Antioxidant effects

Enhanced insulin sensitivity

Anti-inflammatory effects

Belong



Belong



Belong



Belong: Clinical Fact

Medical science is just now recognizing the importance of faith.

THE LANCET

Loved Ones First



Loved Ones First



Loved Ones First: Clinical Fact

Research in successful aging has identified a stable marriage as an independent factor for living long and well.

Right Tribe



Right Tribe





<http://www.bluezones.com/>

For more on Aging with Purpose

Call anytime to continue this conversation
402-429-7448

Visit us at:
www.stayhealthystayhome.com