

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

Mark Carlson MD

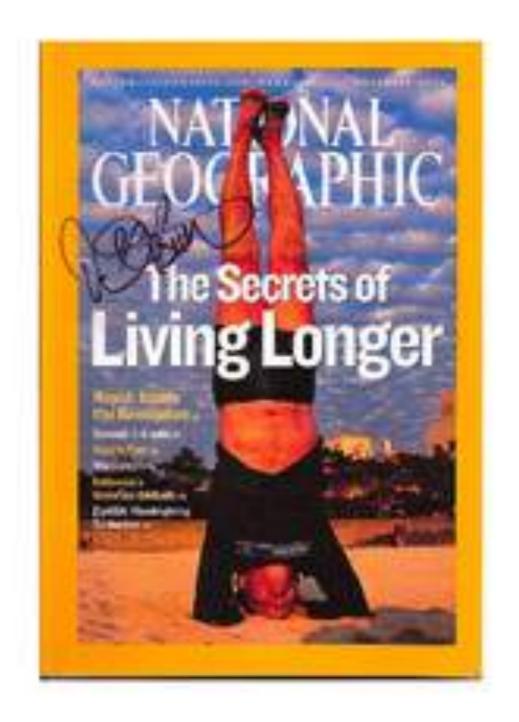




- National Geographic
- Longevity project that came to be known as "The Blue Zones"









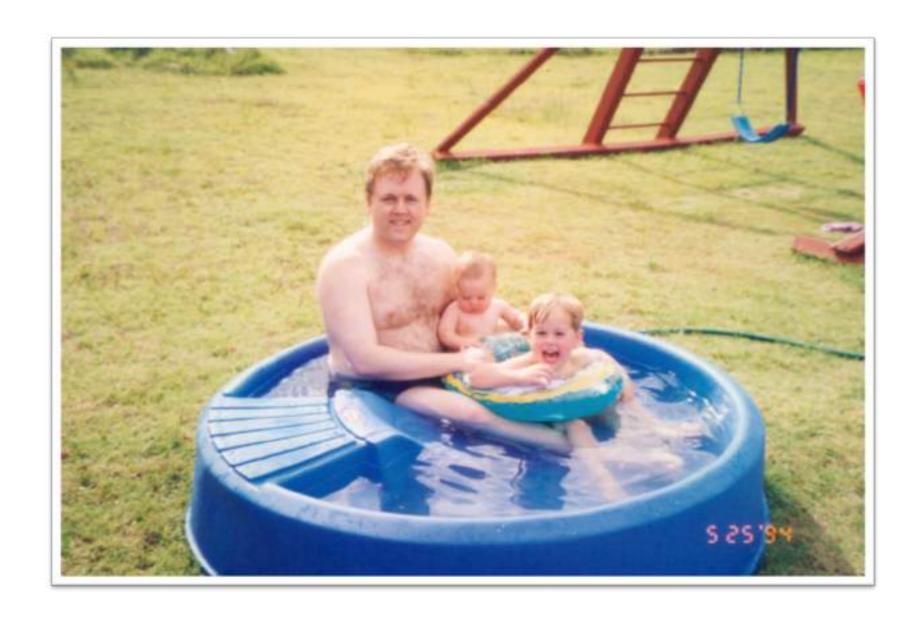


My Story...





I was trading my health for my wealth

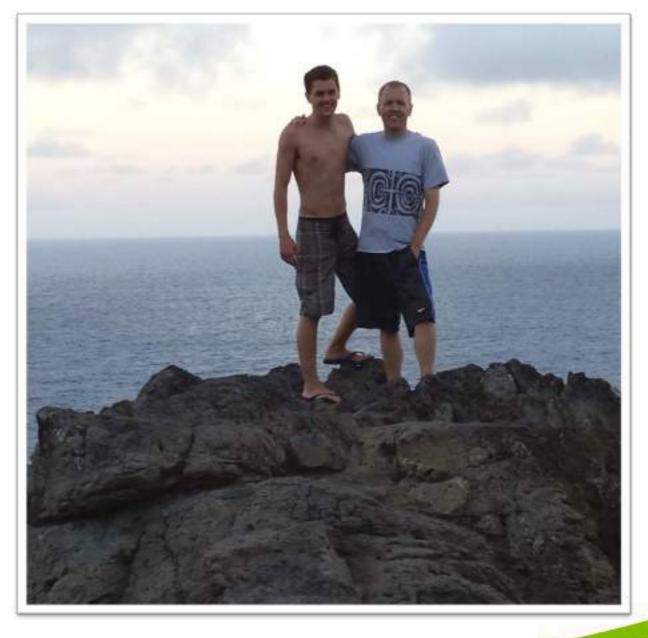




Fun before...



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





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





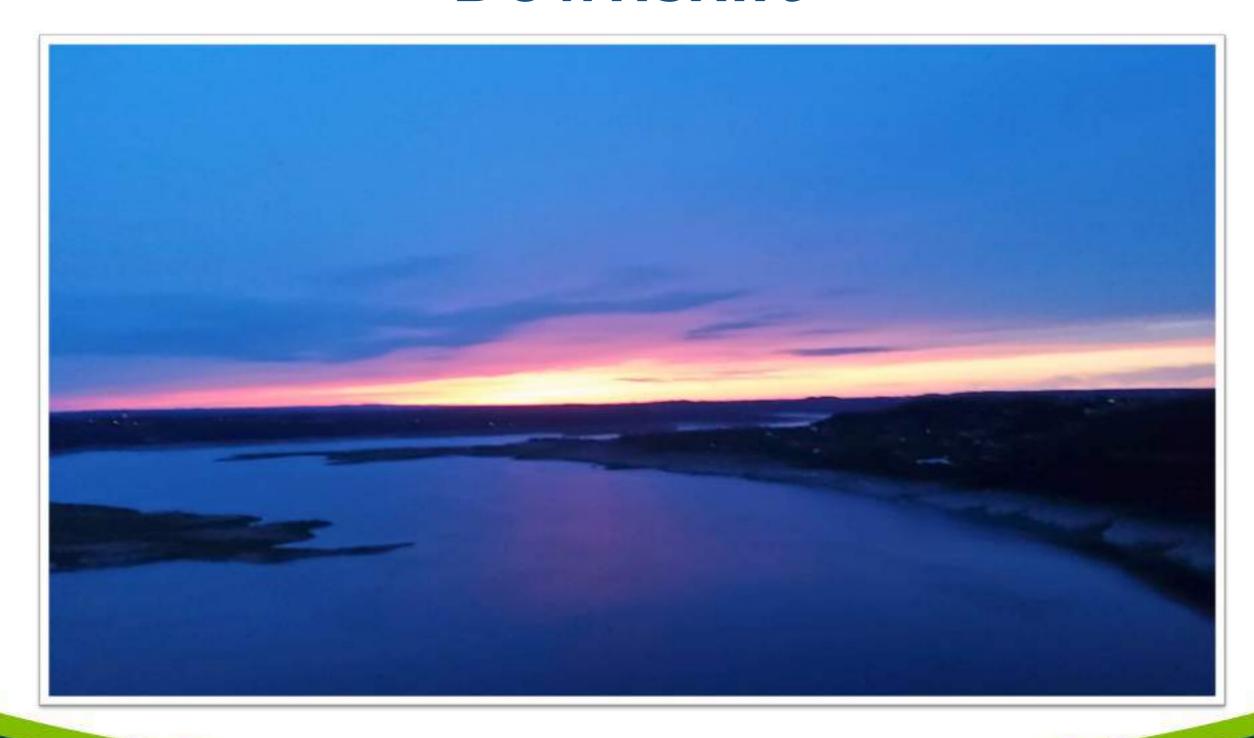
Purpose: Clinical Fact

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...

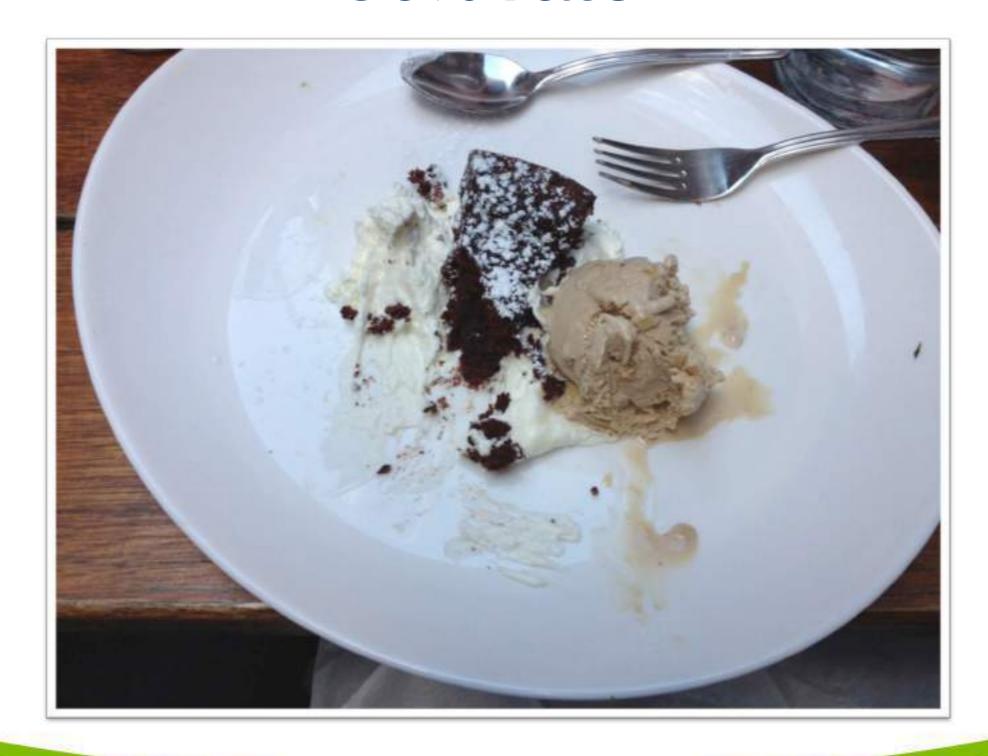


80% rule





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





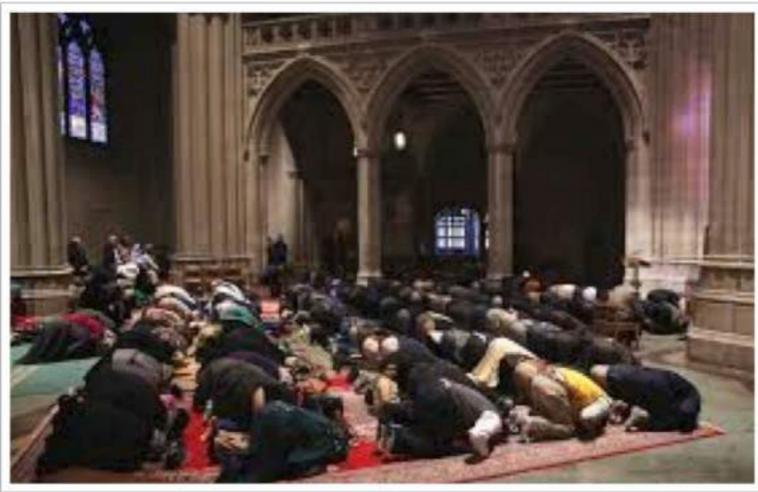
Belong







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

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www.stayhealthystayhome.com

