



What the Japanese have in common with the inhabitants of Sardinia?

First Lesson: **LONGEVITY**

National Geographic writer Dan Buettner has traveled the globe to uncover the best strategies for longevity and happiness. He identified 5 Blue Zones. It is places that have the greatest life expectancy and where more people reach age 100 than anywhere else. This five acknowledged blue zones are: **Okinawa, Japan** - Ikaria, Greece - **Sardinia, Italy** - Loma Linda, California - Nicoya Peninsula, Costa Rica.



SARDINIA



JAPAN



Geography

Sardinia, a Mediterranean island 120 miles off the coast of Italy hosts the world's longest-lived men. This region has traditionally been home to shepherds, who pasture their sheep across the rugged, sun-beaten terrain. In a cluster of 17 white washed villages in island's highland Nuoro, Province, you find nearly 10 times the number of centenarians per 1000 people than you do in America.

Background

This Blue Zone is rich in male centenarians, who primarily work as farmers or shepherds. Historically, Sardinia was repeatedly invaded, conquered and

Geography

Explorers describe Okinawa as an exotic group of islands with a warm, temperate climate, palm trees and sugar sand beaches hemming a turquoise sea. This Pacific archipelago sits 360 miles off the coast of Japan, about 1,000 miles away from Tokyo.

Background

Okinawa was first referred to as the land of immortals. Even after repeated invasions by both the Chinese and the Japanese, Okinawa still claims some of the world's longest-lived people. People in this region have less cancer, heart



exploited by outsiders discovered the area's riches and charms. As a result, the native people developed an intense dedication to their families and communities, a language that still has Latin remnants and perhaps, the key to longevity.

Longevity Highlights

Have an Attitude

Sardinians maintain a positive attitude towards their elders and take time out of their days to stop and enjoy the simple beauty of their surroundings. They foster a sarcastic sense of humor, and a unique outlook and perspective on life. This attitude helps them shed stress and diffuse arguments before they start.

Drink Goat's Milk and Eat Sardinian Longevity Foods

Sardinians consume milk and cheese, not from dairy cows but from goats. The goats in this region have a unique quality. They eat dwarf curry, a plant currently used in the U.S. to make anti-inflammatory drugs. Sardinians also consume large quantities of dark red wine, fava beans, and barley.

Just Walk

You don't need to run marathons to get and stay healthy! Sardinian centenarians walked long distances their entire lives and suffer from half as many fractures as their Italian counterparts. Men here work typically as shepherds, walking miles a day over the rough terrain with their flocks.

Lessons from Sardinia

1. Eat a plant-based, bean rich diet accented with *pecorino* (sheep cheese) and goat's milk, using meat as an accent, rather than the main dish.
2. Put family first. People who have strong family ties have lower rates of depression and stress.
3. Respect and celebrate elders. Grandparents can help raise healthier, better adjusted children by providing love, wisdom and motivation.
4. Take a walk. Sardinian shepherd walk 5 miles a day. Regular exercise can boost mood and benefits muscle and bone metabolism.
5. Drink a glass of red wine. Cannanau, a Sardinian

disease and dementia than Americans. Since the invasion of fast food, the life expectancy of natives plummeted, with some parents now outliving their children.

Longevity Highlights

Hara Hachi Bu

Okinawans purposefully restrict the number of calories they eat. Before every meal, they say, hari hachi bu, which means 'eat until you are 80% full.' It takes 20 minutes for your stomach to tell your brain its full, so by practicing this old adage, Okinawans avoid overeating.

Garden

The health of the people in this region revolves around their gardens! Locals spend a lot of time tending (and eating) their herbs and vegetables, havens rich in vitamins, minerals and antioxidants. Turmeric's benefits include high levels of antioxidants and anti-inflammatory properties, while mugwort helps prevent malaria. Being out in their garden also gives Okinawans a lot of exposure to the sun, giving them ample opportunity to absorb their daily dose of Vitamin D, good for bone health.

Beauty Comes From Within

The Okinawans try to maintain a positive outlook on life, much like the Sardinians. They live for their *ikigai*, reason for waking up in the morning. Another key to longevity here are their *moais*, groups of lifelong friends who act as social, emotional and financial support networks.

Lessons from Okinawa

1. Develop a strong sense of purpose, called *ikigai*, or that which makes life worth living, by keeping family ties strong and maintaining close groups of friends. The Okinawans call these *moais*.
2. Stay active, and maintain a vegetable garden. Not only do gardens provide natural sources of healthy foods, but also an outlet for daily physical activity. Because of the temperate climate, Okinawans can garden all year round and get plenty of bone-health promoting Vitamin D!
3. Maintain an herb garden. People living in homes or apartments can grow and maintain herb gardens. Include ginger and turmeric to get the same health benefits as the Okinawans.
4. Eat a plant-based diet. Use vegetables from your



red wine, has three times the level of antioxidants and flavonoids compared to other wines. This makes it particularly beneficial for heart health.

6. Laugh with friends. The word, 'sardonic,' or wry sense of humor, originates in Sardinia. Gathering daily to laugh with friends is key to shedding daily stresses.

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ResRei

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Always on the buyers side, our on-site property finders, assist you at each step of your acquisition project, searching, preselecting, and assessing all properties for sale available on the market, according to your criteria. The natural evolution in the Italian real estate market is called ResRei, the realtor 2.0

garden, a farmer's market or even a grocery store. Okinawan centenarians consume soy products, such as antioxidant rich tofu for additional health benefits.

5. *Hara hachi bu*. This old agage, translates as "eat until you're 80% full." The Okinawans say this before every meal to remind them to eat moderate amounts of food.
6. Smile! Okinawan centenarians embrace a positive outlook on life, in spite of or because of the hardships they endured throughout their lives.



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Melania is the founder of the ResRei Sardinia firm and manager of the Montreal office. She studied Economy and Trade at the Turin University, where she specialized in consulting and organization. She has been consultant-auditor for international firm KPMG, in Italy and. She has put together the business concept offered by ResRei Sardinia from her personal experiences.

A native of Sardinia travelling for the sake of discovery and animated with a passion for decorating and design, she knows from personal experience how good it is to benefit from a customized approach, when trying to find the right home to live in Canada.