

Example

2/13/15

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How to live to be 100+

Dan Buettner

Cues:

Notes: * premise: optimal formula for longevity
10% dictated by genes → how do we live longer?
90% dictated by life style/activity

Premise/thesis

Cultures

Loma Linda, CA
Costa Rica
Sardinia
Okinawa } look @ cultures
places where ppl live longer

Procreative Success

1 out of 5k live to be 100
We are programmed for procreative success
→ have children for them to have children → done

Cells: copy, copy, copy

body has 35 trillion cells - every 8 yrs turn over
Capacity of body is ~ 90 yrs. U.S. ~ 78 yrs.

body's capacity for life

Sardinia

* Treatment of old ppl
1) Sardinia, Italy
◦ Keep them in the family
◦ plant-based food
◦ cheese, wine,
older you get, more equity you have
→ grandmother effect

Okinawa

Commonalities
things they enjoy
- no conveniences

Loma Linda

2) Okinawa, Japan
◦ oldest female pop.
◦ longest disability-free
◦ 7 yrs. longer than Amer.
◦ 5x centenarians
◦ colon cancer / cardiovascular = less

Costa Rica

* Small portions
- plates
- + tofu

Commonalities

* Support system = friends
~ 102 yrs. old
* Purpose for waking up (Ikigai)

3) Loma Linda, CA
80/89 women 24 hour Practices
74/87 men - Nature walks
every week

1. more naturally
↳ Active life style
2. Right Outlook
◦ Downshift
◦ Purpose now
3. Eat wisely
wine @
plant diet
80% rule

4. Connect
love d's first
Belong
Right tribe

Summary:

How ~~to~~ live longer? Our bodies have a certain capacity for living that is determined by our genes & life style. Particular cultures around the world have a tendency to live longer, which is what Dan Buettner explores. The commonalities these cultures share are ~~at~~ naturally active life styles (with little conveniences); positive outlook on life which calls them to reflect and slow down throughout the day; eating plant-based foods & smaller portions; and connecting with their community, family & life-long relationships.