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The Blue Zones. 9 Lessons for Living Longer from the People Who've Lived the Longest. In The Blue Zones, a New York Times bestseller and featured on Oprah, Buettner has traveled the globe to uncover the best strategies for longevity found in the blue zones: places in the world where higher percentages of people enjoy remarkably long, full lives.

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The Blue Zones Story Blue Zones

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What Is A Blue Zone God's Healthy Corner

What Makes a Blue Zone? In 2004, Dan Buettner teamed up with National Geographic and a group of dietitians, geneticists, anthropologists and historians who went to these blue zones to find out why people lived so long and lived so happily.

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Be aware of the hardiness zone of your area before you decide to buy plants. Some plants might not survive over winter! Canada's plant hardiness map provides insights about what can grow where. It combines information about a variety of climatic condi

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