

Hey, gang. Well, today I am interviewing one of my favorite people, one of my favorite authors in the health and wellness space. It's Dan Buettner, the creator of the Blue Zones, the author of multiple Blue Zone books. He has a new documentary series coming out on Netflix. Out on Netflix.

Actually now, by the time you watch this, it'll be out called Live to 100. And I've interviewed Dan before, and so I'll just give a real brief intro. But basically, Dan became interested in studying long living people, and he put together a team of anthropologists, historians, dietitians, and geneticists, and they went around the world and identified the longest living people groups on different continents, and those subsequently were called the Blue Zones, which, interestingly, I want to ask you, Dan, why the color blue?

So we'll get to that in a second. I've always wondered that.

And he published his first book in 2008 called The Blue Zones. And what I love about Dan, I don't know if you've noticed this, but in the last, really, in the last twelve months, there have been a number of longevity books published. And the biggest issue I have, it's a big trend right now, and there's a lot of sort of well known health and wellness authors and doctors publishing longevity books.

And what irritates me is most of these books are scientific in nature, but they aren't really studying the longest living people groups like Dan does. They're more almost like bench studies. And

to me, we want to learn from real people,

from real living people. We don't want to speculate based on some models or hypothetical stuff, or new drugs or diet, dietary fads. Let's actually study what long living people do, how they live their lives. And so anyway, that brings me to Dan. Dan, thanks for taking the time to do this interview.

Thanks for having me. It's great to sort of meet you in person, as it were. Chris yes. Here we are. And you also have a new book coming out, which is The Blue Zone secrets to Living Longer. That's right. Yeah. It comes out Tuesday of this week, so it'll be out when this podcast is out.

But the idea about that took me 20 years to write, by the way, and it introduced says, all five Blue Zones a new Blue zone. And then it gives a very easy

step by step manual on how to put the wisdom of the longest lived people in the world to, you know, I really appreciate your

what those other know especially I think Peter Tia did a good job with his book, but at the end of

the day, it's theoretical.

I didn't see any populations that have actually achieved the outcomes that he prescribed. Tribes. And I did it in reverse. I worked with National Geographic and Demographers, and we were very careful. We spent almost three years to identify these five blue zones before we even said a word. And that involves population data, birth records, and following these people throughout their lives over 100 years in some cases, and then death records.

So these are places where there are ten times as many people reaching age 100. They have half the rate of middle aged mortality in many cases. A fifth of them are dying from cardiovascular disease and type two diabetes in the United States. I know this is a cancer program, but in some of these blue zones, about a fifth the rate of breast and prostate cancer, which may be interesting to some people.

So these are places that where people have achieved the health outcomes we wanted, and we found five of them in disparate parts of the world. And then with the help of National Geographic, recruited a world class team of experts to help find the correlates.

We can suggest causality. And when you see correlation happening in different parts of the world over and over, it approaches causality. But there are very clear trends of these people making it into their mid ninety s one hundred without chronic disease. And my books offer evidence based ways for people to take those ideas and put them to work in their lives.

Yeah. And

for the average person, correlation.

A simplistic way to explain correlation is common threads, right? What are the common threads between these different groups of people? What are they doing? How are they eating? How are they living? What are their relationships like? Their social structure, their daily habits? What do they look like? And when you see those common threads.

Then you also start to realize, okay, maybe there's something to this. And that's where these correlations come into longevity. Well correlations.

You're right. Part of blue zone's work is finding the common denominator. But know the most blatant way to think about it is if it's raining outside and you go out, you're more likely to get wet. Or if you're eating, you know, the standard American diet processed food and junk food, burgers and chips and sodas and candies and so forth.

You are more likely to get chronic disease, and you're more likely to die about a decade younger. But it's not for sure, but it's pretty convincing. Yeah, it's like there are always outliers hires, right? There's always the guy who eats cheeseburgers and smokes cigarettes and cigars

and drinks whiskey every day and lives into their 90.

Maybe to 100. But that's not the average guy. Those are extreme cases.

So blue zones imagine going to Las Vegas and playing blackjack.

And the deck that they're dealing from only has one ace and one jack. Your chance of getting blackjack in any given hand isn't very high. What this Blue Zone Work does is it says, all right, for the average person, we're going to give you another half a dozen jacks and another half a dozen aces and put those in your deck.

And it's just more likely you're going to be dealt a good hand in life. There's no assurances. So it's like stacking the deck in favor of longer life. And that's what blue zone's work does. Yeah. And it really all boils down to your daily choices, does it not? No, it doesn't.

It boils down to how you shape your surroundings. And that's probably too abrupt to say no.

Most people, when they say it boils down to your daily choices. It means your conscious choices. And if you look at the recidivism or if you the failure rate of diets, of exercise programs of supplement, of pharmaceutical adherence they're horrible. Diets fail for about 97% of all people after after two years.

Exercise, gym memberships fail for about 85% of all people after two years. So we tend to think in America that we're going to make better choices especially around New Year's Eve. I'm going to eat healthier this year and get more exercise. And by about January 19, which I think is the average we're no longer doing our resolutions.

People and Blue Zones aren't consciously making better choices. They're not better people than we are. They don't have better habits. They don't have better discipline. They don't have. Greater sense of individual responsibility as politicians will tell us to have. They simply live in environments where the healthy choice is the easy or the unavoidable choice.

And the Blue Zone's Way offers dozens of evidence based ways for you to shape your surroundings so that your unconscious decisions are better. This book, The Blue Zones of Living Longer, it does give a summation of all the Blue Zones, but we don't kind of wag our finger at you and say you should be eating your beans every day.

Though beans are the cornerstone of every longevity diet in the world. We show you how to get healthier foods into your daily life unconsciously. We show you how to move mindlessly. We show you up your life so you're more likely to socialize. People who have two or three good friends live about eight years longer than people who are suffering loneliness.

These are the things that have worked in Blue Zones as opposed to Rapamycin or Metformin or

these longevity hacks that these Silicon Valley millionaires are doing, none of which have been proven and none of which particularly give you any joy out of life either. In many cases, they just elongate a shitty life.

Yeah, that's a really good point. I do want to say, though, that it does require effort. It does require rearranging your life and shifting out of a pattern of diet and lifestyle behavior that is for most people leading down the path of disease and consciously making these shifts. So that I believe what you're saying is so that healthy living becomes easy and natural and effortless and just part of your daily routine.

Which is what I had to do to help myself survive. Yes. Okay. So the reality is. Is if you get cancer or serious cardiovascular disease, you are hugely motivated. And you're right, that works for those people. And there's very clear diets that will reduce. And by the way, for 95%, if you boil down to a whole food plant based diet, you're there.

People eat a little bit of meat, so what? People eat a little bit of cheese, so what? People eat a Twinkie once in a while, so what? But mostly a whole food plant based diet, you're there. There's all these religions around diets and I like to ignore most of that, but the reality people who aren't sick

don't make the changes. They don't have sufficient motivation. I could be 30 years old and eat bacon and eggs for breakfast, a Big Mac for lunch and a pizza for dinner, and I can do that for ten years. I feel great. But about age 45, in all likelihood, I'm going to have artery blockage my chances.

Cancer go up by about a factor of five. My chances dementia at least double. And you're probably going to have a chronic disease by the time you're 50. So trying to hound a healthy person who feels wealth is very hard. We live in a food environment where it's very hard to escape the fast food.

50% of all retail outlets have you chips and sodas and candies. There's about 30 times more fast food restaurants today than when I was a kid. And we're genetically hardwired to crave fat and sugar and delicious

and then tell me to go eat my bean. The secret I'm telling you, Chris, you have to rearrange your environment so that you're not tempted and that the healthy choice is more salient, more delicious, easier. And that's the blue zone's approach, for example.

You people like junk food.

I'll eat a potato chip once in a while. I like a tub of dairy free ice cream once in a while. I mean, I don't eat the whole tub, but if I have it in my house, it's going to get eaten eventually. So one of the easiest strategies is you just don't bring that junk food into your house.

The four foods you should never bring in your house for longevity purposes, sugar sweetened beverages are number one source of refined sugar, processed meats, known carcinogens, packaged sweets, your cookies and your candies. And then the final one is salty snacks. The number one thing most highly correlated with obesity, your potato chips and doritos and so forth.

If you want to enjoy those when you go out, fine. But if you just don't bring them in your house, you've just won about 70% of the battle. Because you're at home at night, you're watching TV. Oh, I want a snack. All I have is a fruit bowl. So what are you going to eat?

You're going to eat the delicious peach? Oh, that's a good one. That one's just right. Perfect.

So that's part and then if you need to bring junk food into your house, a known strategy is to have a junk drawer that's out of the way. If I put my junk drawer up, your potatoes and your candies and so forth. Put it up there. Because you need a step ladder to get to it.

Yeah, you got a step ladder to get to it. So the worst place to put it back is on your counter with one of those clips. Worst thing you can do, because I argue we're all on what I call a seafood diet. It we eat the food we see.

And if this food's in plain sight, boy, that's easy. That tastes good. I'll just grab that.

As opposed to the chips and sodas and the other toxic foods. That's good advice. And I had to follow that same advice myself when I was trying to heal cancer, is don't buy it. If I don't buy it, I won't eat it. Right? If it's not in the house, I have no choice.

If my house and my fridge and my pantry are full of healthy whole foods, then it's my only option. Right? And so, yeah, you might have to just get a little bit tough with yourself

and maybe with some family members, too. This becomes difficult when you got a husband and kids or a spouse and other people in the house that want to eat the junk food and you're trying to get well, you have to have some conversations. There might be a little bit of conflict when you're like, hey, we're not buying Cokes anymore, but everyone will be better off for it.

You're exactly right. So

I asked you this earlier, or I mentioned it earlier, how did you land on the color blue? Well, one of the great scientists in the blue zone is Gianni Plescia. He's from Sardinia. And it was he who discovered the Sardinian blue zone. And the way he did it, he was going through birth and death records that go back about 150 years.

Because if you want to know a long lived place, you have to find a place where there's been more centenarians, not just now, but over time, in the past hundred years. So he was looking for

the villages that produced the most centenarians over time. And once they hit a certain threshold, he put a little blue check mark and the island looks like a big kidney bean.

And notice that in the central eastern side of the island, in the mountains, there were so many check marks that it just created a blue block. So he started calling it the blue zone. And I met him when I was doing my worldwide story for National Geographic. They weren't.

Called Blue Zones. When I started that, you know, I liked the name so much. I talked with him, and he acquiesced, and we just started calling every place where people verify if we live the longest life. Blue Zones. What a lot of people don't know is there's a Blue Zone in the United States?

Do you want to talk about that? Loma Linda, California, has the highest concentration of

long lived people of 7th day Adventists. Adventists live about seven years longer than their

we named that we named Loma Linda a Blue Zone. And it's different than the other blue zones. It's not as geographically contained, and it's a real subculture, but they offer us a very good model. Adventists take their diet directly from the Bible, genesis, chapter one. They talk about every tree that bears fruit every

Plant that bears seeds and stance of later god talks about green plants. That's the diet of the Garden of Eden. And they have this idea of Sabbath from Friday night until Saturday night, they stop everything. They slow down. They focus on their family, they build their social relationships, they focus on their god.

Then the afternoon, they take a nature walk. And the power of that is they do it their entire lives. So many of the things we try

are right minded. Running a triathlon or joining CrossFit or trying out this new fad diet. They're often not bad ideas, but they never last. The reason people in the Adventists are living longer is because they do it every single week, their entire life, for decades. The only way

just to bring up a point here, people in. Blue Zones. They don't have better bodies than us. People listening right now

for the pool of us, 20% of how long we live is our genes. The other 80% is something else. I argue it's our environment. Some people win the genetic lottery, some people don't. But

the Adventists are genetically diverse. And the reason they're living a long time is they're not getting the diseases that foreshorten our lives. Type two diabetes, cardiovascular disease, avoidable cancers and dementia. The reason they're living longer is because those diseases are greatly delayed or they don't get them at all.

And that's the name of the game when it comes to blue zones. And in order to achieve that, you have to do the right thing and avoid the wrong thing for years or decades. There's no short term fix. Just as you know, Chris, if you said to yourself, well, I want to beat cancer and I'm going to get on this, I'm going to get this beat cancer kitchen.

I'm going to cook all the recipes in there. I'm going to stick to it. And you do it for three months

and then you go back to eating McDonald's and it does you do no good at all. So if you look at the data of diet and exercise programs, that's exactly what we do. We dilute ourselves. So if you want to live longer, you have to think about, what am I going to do for years or decades or a lifetime?

And that's why I say, don't try to change your behavior. You're going to fail. Change your surroundings.

Change up the people you're hanging out with. If your best friends are sitting around the barbecue eating sausages and doritos and drinking Coke, guess what you're going to do? As opposed to if your best friends are eating whole food. Plant based. When you go out to dinner, you're going to have to go to a restaurant that serves that food, so you're more likely to eat it.

When you go over to their house, that's what they're going to be serving you. And when they come over to yours, you better dang well learn how to cook that food for them. So it's that kind of unconscious nudging over time. Friends are long term adventures. If you and I become really good friends, you're going to be over at my house eating minestrone and icarian stew.

And today I made, get this, black beans. Carolina Gold rice squash, oven roasted squash.

And this is it right here.

There's my squash that I just cooked. And I have black beans and my Carolina gold rice. It. I'm going to put all three of those together with this beautiful ripe avocado. And I'm going to put some Sriracha sauce.

And my microbiome. It's going to be like Mardi Gras down there. They're going to be partying down there for all that wonderful fiber. I got all the protein I need in that food. I have dozens of vitamins and micronutrients. I'm going to feel good. I'm going to feel satiated for hours, and I'm going to live longer.

As opposed to eating, going out, and getting a croissant or something. I love it. No, that's a very common mixture of veggies in our house as well.

Lots of legumes, lots of whole starches, potatoes, rice, of course, tons of cruciferous,

vegetables and fruit and yeah, I think there's a it makes sense to put yourself in a new and new environment. Easier said than done. Making new friends is not that easy. And getting into new. Social circles.

It takes some effort to do that. And I think what you mentioned earlier,

it's a bit of a dilemma, is motivating people who are not sick yet to get off of the disease path. Right? They're on it. It's obvious they're on it because we know what's what diet and lifestyle habits lead to disease for most people. But it is hard to find that motivation when you feel fine.

Yeah, it is. But

I actually argue it's easier to convince people to change their environment, that you get this blue zone secrets for living longer. You can take about 2 hours.

You look at your daughter and say to yourself do I want to see my daughter walk down the aisle? Do I want to see a granddaughter? Do I want to feel good when I'm 60, 70 or 80? Or do I want to be wrecked with disability? Me. You can often capture a person on it in a motivated moment to make some changes to setting up your kitchen.

Americans spend one over \$100 billion a year on diets. You know how long it takes to make that money, and then it's the effort to do it and to pay attention. You say, well, it's hard to make friends. Well, it's no harder. Okay, option one you get on a diet.

You spend the money, the time, the effort. If you're an average American, you'll be off of that diet. If you're an average human being, 97% of them will be off that diet in a year. But if I say to you, think about your social circle. Who are the people you already know?

And who do you kind of like and go through them all? And who do you like who's also pretty healthy, whose idea of physical activity or idea of recreation. Is pickleball or walking or gardening. Do I know any people who eat pretty healthy already? Why don't I just ask them out for lunch?

I just know. And maybe I'll like this person. Maybe they'll like me. It's not that hard. And by the way, it's fun. And it's free. Nearly cheap. It's shifting from what is relentlessly. Mark at it to us. People aren't going to make any money off of changing your social circle.

People make a shit ton of money off of us by selling us a diet or a superfood or a supplement or getting us to come into McDonald's. But this side making a new friend. We know it lasts. Don't believe me? Read christopher Christakis from Yale University.

Written he has statistically proven that what our friends eat is what we end up eating as well. Nicholas Crusakas. I said, Chris. His name is Nicholas Christakis.

Go make yourself a few new healthy

you know, Chris, into your invite Chris over to dinner. He's going to probably bring you a copy of Beat Cancer Kitchen and maybe show you a couple dishes you might want to cook when he and his family come over and you'll learn how to cook them yourself. That works way better than I'm going to get on this new fad diet.

I'm going to try the Atkins. No. I'll try the keto. No. I'll try the paleo. Show me any data that any of those diets work in the long run. You won't, because it doesn't exist. It'll help the average person lose weight for two or three months. It'll screw up their it's hard on the kidney, it's hard on the pancreas.

Yes, they'll fit into their wedding dress or whatever, but it doesn't last. And it doesn't lead to longevity or to the point of this program lower rates of cancer. Well, I'm glad you brought that up, because I've been saying this for years. Is there's a whole lot of fad diets out there like you just mentioned, from low carb to paleo to keto to now carnivore.

And they're just increasingly larger and larger amounts of meat animal protein diets, which for me, I just call them meat lovers diets. That's what they are. Humans are not carnivores. So it's sort of an oxymoron to say you're eating a carnivore diet or that you are a carnivore, but you're a meat lover.

I get that. But where are the studies on longevity? There aren't any.

Hey, you know more about this than me, and correct me if I'm wrong here, but I'm not aware of any population study done anywhere in the world demonstrating that people eat who eat high meat diets or all meat diets or ketogenic diets have long lifespans. I'm not

you know what you'll get recently? You'll get these yahoos, these. Carnivore MDS or whatever they're called, they'll go to Blue Zone or they'll hear secondhand if somebody goes to Sardinia or Okinawa and they'll say, yeah, there's a bunch of pork up there, and they eat prosciutto and they eat meat all the time, well, they're not wrong.

If you go there know, they've increasingly adopted the standard American diet. Industrial meat has arrived, and they're eating way more meat than they have traditionally. And at the same time, their diabetes rates are spiking, their obesity rates are spiking, their life expectancy is going down. Okinawa is already delisted as a Blue Zone because of their meat meaty fatty, processed ways of eating.

Really? Delisted? Yes, delisted. Okinawa is now the unhealthiest place in Japan. Wow. It used to be the longest live. And that's because of the forest of fast food restaurants and the freeways. You can still go. To parts of Okinawa and see the traditional diet. Remember, I've been going to

Okinawa for 23 years, 24 years.

When I first went there, it was a paradise. And now it's been completely taken over by an American way of life. And as soon as the American way of life comes in the front door, their health goes out the back door. And we're seeing that, well, these longevity studies, it makes me think these dietary studies and longevity studies, they're going to be like

artifacts, right, at some point, as modern industrialized

lifestyles invade all of these areas over time, the research that you've done and like, the China study and different projects like that will become artifacts. Will. But I like to think of them as blueprints. So to write this book, for example, we did a meta analysis. We found 100 and

55 dietary studies done over the past hundred years. If you want to know what a centenarian ate to live, to be 100, you have to know what they were eating as a little kid and a teenager and a young adult, middle aged lately. And to get at that, we take these dietary surveys.

I work with Harvard to do a metaanalysis, which is big for basically an averaging. And if you look at what long lived people ate over their lives lifetimes, it was 90% to 98%. Whole food plant based. Now, in the last ten or 20 years of the American influence has arrived.

And they're lurching for the McDonald's and the Burger King and the chips and the sodas and candies, and the cheap processed food is hitting like

a lethal tsunami on. These blue zones, and they're all going away now. Places like ikaria, they've done a little bit better job at keeping it at bay.

Sardinia way up in the mountains, a little bit better job at keeping it at bay. But if blue zones were smart, they'd make themselves world heritage sites, and they would never let a McDonald's ever put. Never. There would be limits on candy bars and ODAS and processed meats. And there's just no question that's what's killing us prematurely.

I heard a rumor that there's a new blue zone. Is that something we can talk about? Yeah, I talk about it in blue zone. Secrets of a long life. So, in 1965, Singapore was a fishing village. And over the last my lifetime, um,

they've accepted immigrants from the Malay peninsula, from India, and from China. So it's a melting pot. But the.

The government there, led by Prime Minister Cambridge educated lawyer by the name of Lee Kwan yu.

He hired smart ministers from Ivy League American schools, paid them good money and told

them to make evidence based

longevity expert dies.

Sorry, no.

On my podcast. Come on, Dan, you can make me really famous. If that happens, that'd be a rating spike, but it'd be bad for the brand anyway.

So they went about methodically creating a healthier environment. So a few things they did right off the bat. It's universalized healthcare. Everybody's got access to health care.

That isn't as important as

they realized in the 1970s. They're quickly being over. Run by automobiles and Liqueur. Yu. The government made automobiles very expensive, about triple the cost that they are in the United States and heavy tolls. But they took the money that would otherwise be spent on roads and subsidizing gasoline and so forth.

And they made a subway system cheap, fast, efficient, safe. And everybody lives within about about 300 yards of one. So 89% of everybody walk or take public transportation to work, and not coincidentally, half the rate of BMI. They made their sidewalks very inviting. Much easier to walk across Singapore than it is to drive in certain neighborhoods anyway.

Sidewalks are tree lined. They're often covered, they're wide, they're safe. The the lights favor pedestrians over motorists. They subsidize healthy food. Brown rice is subsidized. If you want white rice, you're on your own. And. If you want Swiss candy, it's going to be taxed. So the incentives are lined up behind healthy food.

The formulations of foods are healthier. If you get a Coke in Singapore, it has 20% less sugar than a Coke in Great Britain.

They've made it very easy for people to own their own homes. People own their own homes, live significantly longer than people who rent, for example. That probably surprises a lot of people. Very good access to recreation and nature, though it's one of the most highly densely populated place in the world.

We know that if aging parents are kept in the family, those aging parents live four to six years longer than they would in a retirement home. So rather than building a bunch of retirement homes, very smartly. The government there provides tax breaks. If your aging parent lives with you or even lives within about 500 yards of your.

House because they know that if Grandma lives nearby, you're going to be over checking in on

Grandma, and Grandma is going to be over at your house cooking and helping you take care of your kids. So it's all these sort of counterintuitive things,

and they're all system wide. The government isn't hounding people all the time to eat their vegetables. It's the way. And it perfectly illustrates my point.

Our health and longevity is a function not of our behavior. It's a function of our environment. There's single digit percentage of people who have the discipline and presence of mind to eat healthy and get their exercise. You just look at the data in America. It's fewer than 10% of Americans are eating healthy and getting enough exercise.

It ain't working yet. We keep it's Einstein's definition of insanity. We keep beating the same dead horse wagging our figure of individual. Responsibility. Singapore just said, no, we're going to set up this place so it's easier for people to do the right thing and cheaper and harder or impossible to do the wrong thing.

So you and I both know, and I think a lot of people know, that in America, the healthcare system is very much oriented toward disease care. Right? It's a sick care system. There's no emphasis on prevention whatsoever. Doctors aren't trained in preventative medicine or nutrition. Is the healthcare system in Singapore different?

Is it more prevention oriented? Of course it is. It's run by the government. So here in America, most of healthcare is run by business. Pharmaceutical companies, hospitals, doctors, doctors association. You have to follow the incentive.

The businesses job is to maximize shareholder value. They'll tell you they care about your health, but the CEO ain't going to keep his job by. Making people healthy. The CEO is going to make money to keep his job or her job by generating profits and shareholder value. So you have to worry about the folly of incenting for A and hoping for B.

Our system incents for sickness, more prescriptions, more hospital visits, more doctor visits, more procedures. That's how people make money in Singapore. That's not how people make money. The government, most of the healthcare system is hired by the government. People are paid sort of flat fees, and their incentive is making a healthy nation.

And lo and behold, they're living about a dozen good years longer than Americans are. Not because Singaporeans are on better diets. Not because Singaporeans have better discipline or better individual responsibility, or better CrossFit gyms or better supplements or better superfoods.

If you live in Singapore, you are unconsciously going to make better food decisions, better physical activity decisions, and you're going to socialize better. And until America figures that out, we are going to have skyrocketing health care costs. Obesity is going to continue to rise.

42%. I went to the Minnesota State Fair last night, and I could see this to statistics.

75% of Americans are obese or overweight. That's about triple of what that was when I was in my 30s. Is that because people now lack discipline or 30 years ago people were educated better at better diet? No. Our environment has changed. Until we have the courage and wake up and smell the cup of chino and say, it's our environment that's killing us, we're going to have the same problems just happening worse.

It's going to just continue to grow. It's going to bankrupt America. It'd be fascinating to see some kind of study that compared the conversations almost like a case controlled study where they're matching cases and the conversations that patients in America are having with their doctors and the words that the doctors are using and what they're telling them versus what the doctors in Singapore are telling their patients in these office visits about them being overweight or about their high blood pressure or about their pre diabetic condition or whatever.

I imagine it's pretty stark, the difference in what the doctor is actually telling their patients they need to do. Yeah, probably. But doctors aren't bad people. Doctors are great, but doctors here are trained to make sick people less sick. They're not trained on prevention. There's some my friend John Mackey just started a company called Love Life.

Um, that is focused on prevention. I I would encourage people to try that out. But most doctors aren't paid to keep you healthy. Most doctors are paid to do surgery on you or to come treat you when you're sick and to give you a prescription that makes you feel a little better, that just helps you function, but doesn't actually cure your disease.

That's right. But that's the only tool in their toolbox. They don't know better. By the way, you shouldn't take your dietary advice from a doctor. They get about 8 hours of nutrition training throughout medical school. They don't know anything better than the average person.

People are going to hate me for saying this, but, Chris, you probably know more about good nutrition than the average American doctor. Well, I have doctors pay me to coach them, so, you know, that's that's the ultimate compliment to me is when a doctor pays me for my time and says, hey, I need help.

But, you know, the point I like to make is that, look, there are just as many. Doctors who are overweight, who are on prescription medications, who are on

antipsychotic medications, who Drink too much, who smoke cigarettes as the rest Of The population rest my case. Right. And so if you're looking to a typical doctor to give you health and wellness advice, guess what? They're probably just as unhealthy as you are. Yes, for sure. Well, it hospital workers tend to be more obese than the general public, so yeah, I don't know.

They're there to make us less sick. Don't turn to them to keep us healthy in the first place. I don't

think so. There was a big story in The Wall Street Journal about these body wide scans that cost over \$2,000, and it Turns out that people aren't healthier after taking them because there's false positive.

Positives. You want to live longer. Eat a whole food plant based diet, live in a walkable neighborhood, curate your immediate. Social circle to have at least three friends whose idea of recreation is physical activity.

At least one of them should be a vegan or whole food, plant based vegetarian. People care about you on a bad day. Take the time to know your sense of purpose. If you're not getting it at work, get it through your volunteer or your family life.

And then do what you need to do to be happy, because happiness is worth about eight extra years of life expectancy. Well, and these are those common threads that I mentioned earlier, right? This is what you're seeing consistently in all the blue zones and all these long living people?

That's correct. If people have other questions, I'm at Dan Buetner. B-U-E-T-T-N-E-R. If they direct message me, I will answer you personally. And the book is called Blue Zone secrets of Long Life. It comes out tomorrow. It's a big day for me. Netflix and secrets to Living to 100. It quest to 100

secret. It's quest 100 secrets of the Blue Zones four part series. And it's been a delight to talk to you, Chris. I appreciate a fellow who's got the right idea and given the right messages, and I really salute you for that. And I'm proud to have been on your podcast.

Thank you. Dan, I salute you again. Big fan of your work. It's a pleasure and a thrill to help you reach more people to share your work with my audience. And so, folks, again, you can find Dan at danbutner, go to amazon or your local bookstore, pick up a copy of the brand new Blue Zones book, secrets to Long Life, No, Secrets to Living Longer.

And then catch the new Netflix documentary series, which I'm super pumped to see that as well. Live to 100. And yeah. So, Dan, I hope you have a great day, man, and thanks for taking the time to do this. My pleasure. We'll. I hope to see you in person someday.

Yeah, it'll happen.

See you. All right, my man. Bye.