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Mike Blue zones — lessons
from people who've lived the
longest: Archelle Georgiou~~

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~~at TEDxUMKC~~ THE BLUE ZONES

DIET | The Longevity Diet

Dan Buettner's List of TOP

FIVE Foods You Should Be

Eating.

GreekFoodTv Blue Zones

Ikaria Mediterranean Diet

Longevity Healthy Cooking

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Zones: Can Communities Eat
Their Way to Longer Lives?
Blue Zones Ikaria Quest Day
3 Ikaria Lessons On Food
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Her new book "Ikaria: Greek
Lessons on Food, Life, and
Longevity from the Greek
Island Where People Forget
to Die" chronicles the
wisdom and food traditions
of generations of Ikarians.
More than just a collection

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of excellent recipes, this
is a unique glimpse into an
island where time seems to
stand still and the worries
and stresses of modern life
melt away.

Ikaria: Lessons on Food,

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Life, and Longevity from the
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Ikaria: Lessons on Food,
Life, and Longevity from the
Greek Island Where People
Forget to Die Part cookbook,
part travelog, Ikaria is a
prologue to the food-as-life

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Lessons On Food Life And
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island "blue zone" and a
culinary excursion through
tasty plans, ravishing
photography, and charming
stories from local people.

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Much of this has been attributed to Ikaria's stress-free lifestyle and Mediterranean diet-daily naps, frequent sex, a little fish and meat, free-flowing

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wine, mindless exercise like
walking and gardening, hyper-
local food, The remote and
lush island of Ikaria in the
northeastern Aegean is home
to one of the longest-living
populations on the planet,
making it a "blue zone."

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remote and lush island of
Ikaria in the northeastern

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Aegean is home to one of the
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on the planet, making it a
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Ikaria's stress-free
lifestyle and Mediterranean
diet-daily naps, frequent

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sex, a little fish and meat,
free-flowing wine, mindless
exercise like walking and
gardening, hyper-local food,
strong friendships, and a
deep-rooted disregard for
the clock.No one ...

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on Food, Life, and Longevity

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Ikaria: Lessons on Food,
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Greek Island Where People Forget
To Die. Diane
Kochilas, Vassillis Stenos.
Ikaria is mythical,
beautiful, enigmatic--and,
as we learned after reading

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the New York Times article
about it, a place where
residents live unaccountably
long lives. Part cookbook,
part travelogue, filled with
gorgeous photography,
stunning recipes, and
interviews with locals, and

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To Die
from Ikaria: Lessons on
Food, Life, and Longevity
from the Island Where People
Forget to Die Ikaria by
Diane Kochilas Categories:
Stews & one-pot meals; Main
course; Greek; Vegan;
Vegetarian Ingredients:

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leeks; spring onions; baby
spinach; chervil; mint;
sorrel; tomato paste; black
peppercorns; green almonds;
wild garlic stalks

Ikaria: Lessons on Food,
Life, and Longevity from the

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We'll learn about the life-giving benefits of delicious salads both raw and cooked, the gorgeous breads and savory pies that are a part of every meal, the bean dishes that are passed down

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through generations, and the
seafood that is at the root
of the Ikarian culinary
culture. filled with
mouthwatering recipes and
remarkable stories, this
book will introduce many
Americans to food as life,

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Diane's latest book, IKARIA
- LESSONS ON FOOD, LIFE AND
LONGEVITY FROM THE GREEK
ISLAND WHERE PEOPLE FORGET
TO DIE (Rodale), will be on
sale in bookstores around

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North America on October
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Kochilas, Diane:

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reviews. If you d like to
know how to buy a business
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the way 99 of everyone else
does it then this article
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all comes down to getting
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#4 Ikaria Lessons on Food
Life and Longevity from the
...

Part cookbook, part

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travelogue, Kochilas's
Ikaria is an introduction to
the food-as-life philosophy
and a culinary journey
through luscious recipes,
gorgeous photography, and
captivating stories from
locals. Capturing the true

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spirit of the island,
Kochilas explains the
importance of shared food,
the health benefits of raw
and cooked salads, the bean
dishes that are passed down
through generations, the
greens and herbal teas that

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Ikaria: Lessons on Food,
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Part cookbook, part

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travelogue, Ikaria is an
introduction to the food-as-
life philosophy of the Greek
island "blue zone" and a
culinary journey through
luscious recipes, gorgeous
photography, and captivating
stories from locals. The

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remote and lush island of
Ikaria in the northeastern
Aegean is home to one of the
longest-living populations
on the planet, making it a
"blue zone."

Ikaria: Lessons on Food,

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This is an awesome storybook
and cookbook about the
healthy lives of the people
of Ikaria, a tiny Greek
island off the coast of
Turkey. Fascinating to read

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of their lives and much to
learn from their cooking!
usable and healthy recipes.
27 people found this helpful

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