



# The Masterpiece Living Mosaic

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## Blue Zones

by Dr. Roger Landry



In his book, *The Blue Zones*, author Dan Buettner discusses areas of the world where extreme longevity is much more common than

other societies, including areas of Okinawa, Sardinia, Costa Rica, and Greece. These areas also experience significantly less disease than the rest of the world. What's their secret to greater health and longevity? Blue Zone characteristics emphasize the importance of family and social engagement, where everyone has a valuable role in society. Other attributes include: constant moderate activity, low chronic stress, and eating a plant-based diet. In *Nourish™*, an interactive and newly updated Program by Masterpiece, we discuss the Blue Zone diet, offer healthy recipes, as well as ways to connect nutrition to the four components of successful aging: social, spiritual, intellectual and physical. Ask about *Nourish™* at your community.



## Nutrition and Healthy Aging

by Dr. Roger Landry

"You either get it or you don't." This general assumption about chronic illness and disease leaves many older adults believing that fate comes knocking at the door one day, and there it is: heart disease, cancer, stroke, Alzheimer's, or whatever we fear most. But, the truth is that 70% of how we physically age is based on lifestyle choices, diet being a key factor. I'm not talking about "diet" strictly in terms of weight loss, although we are aware that obesity is a leading cause of chronic disease.

Beyond weight control, we need to focus on nutrition and giving our bodies the right fuel to perform at our best, boost our immune systems and become more resilient. You may already have a specific nutritional goal in mind, such as increased energy, less inflammation, or lowering your sugar intake. Whatever your goal, I'd like to leave you with three starter tips for creating a nutritional action plan. 1) Track what you eat. For several days, write down what you eat. Then, set aside a little time to review your list. What patterns do you see? Do you eat minimally during the day only to overdue it at night? Do you bypass vegetables in favor of fatty foods? Take an honest look at areas of improvement. 2) Ask yourself, "What's the smallest dietary change that I can make right away?" Can you commit to eating one additional serving of vegetables per week or taking a slightly smaller portion when it comes time for dessert? Start small, and after you maintain that goal for a month or so, build from there. 3) Eat like your great-grandmother. If your great-grandmother didn't eat it, neither should you. Remember, she didn't have access to the array of processed sugars and foods that are easily available to us today. Seek out foods that are nutrient-rich (e.g. packed with vitamins, minerals, amino acids, fiber, etc.). Great-grandma most likely ate fruits, wild vegetables, nuts, beans, fish and small amounts of lean meats ... something to consider. Remember, nutrition is a key determinate for how we age, how resilient we are, and our overall health and wellbeing.

**Want to try an official Blue Zone Recipe?  
How about a Creamy Corn Chowder?**

<https://www.bluezones.com/recipe/corn-chowder/>



## The Path to Greater Nutrition

by Danielle Palli

When it comes to diet, there's no 'one size fits all,'" Hilda Simmons, a resident of Edgemere Senior Living Community believes. Hilda's interest in nutrition began more than thirteen years ago when she discovered she had a weak immune system and leaky gut syndrome. "I began working with a nutritionist, and have kept a fairly strict diet ever since. However, I know that what works for me, may not work for someone else – they may have to keep adjusting it until they find what benefits them." "Begin by asking yourself this question about everything you put in your mouth," Hilda's husband, Charles Simmons, suggests. "Does this food grow in the state you're eating it? For example, does a hamburger grow on a tree, or does an apple? In my daily diet, I try to include foods in their natural state, such as raw fruits and vegetables." Hilda agrees, and takes it a step further. She recommends eating only organic produce as much as possible, choosing free-range eggs and chickens, and ocean-caught fish vs. farm raised. Her concern is that non-organic fruits and vegetables are sprayed with pesticides that get absorbed into the food we're eating. She also points out that farm-raised fish are more prone to bacteria because of the volume of fish raised in proximity. Consequently, they are given antibiotics – which we later ingest. And most important, she firmly believes in drinking purified water (e.g. reverse osmosis water), which removes harmful contaminants such as mercury, lead, bacteria and arsenic often found in tap

water. Hilda and Charles share a common message: Keep your diet as natural as possible. What they've discovered about nutrition closely aligns with Masterpiece Living's four-week nutritional experience, Nourish. Based on extensive research on what constitutes a healthy diet, the commonalities



Mr. & Mrs. Simmons

that they share are simple. Incorporate fresh fruits and vegetables, whole grains, legumes and small amounts of fish and lean meats; and, avoid processed food and sugar. Charles notes innumerable benefits to a healthy diet in his own life, to include better digestion, reduced weight, and low cholesterol and triglycerides (which can lead to heart disease when elevated to excess). Wesley Helms, Director of Food and Beverage at Edgemere commends their dedication: "The Simmons are friendly, active and social. They are always looking for ways to improve their day to day [lives] by eating healthy." We asked Hilda and Charles Simmons for one piece of advice they would give to someone just starting on the path to healthier eating habits. Their response was unanimous – reduce sugar and increase pure water consumption. That seems like a great place to start!

**Masterpiece Living's mission is to change the experience and perception of aging.**

Will you join us? Visit [MyMasterpieceLiving.com](http://MyMasterpieceLiving.com) for more about the movement!