

# Eating For Longevity- What We Can Learn From The Blue Zones

## Key Takeaways

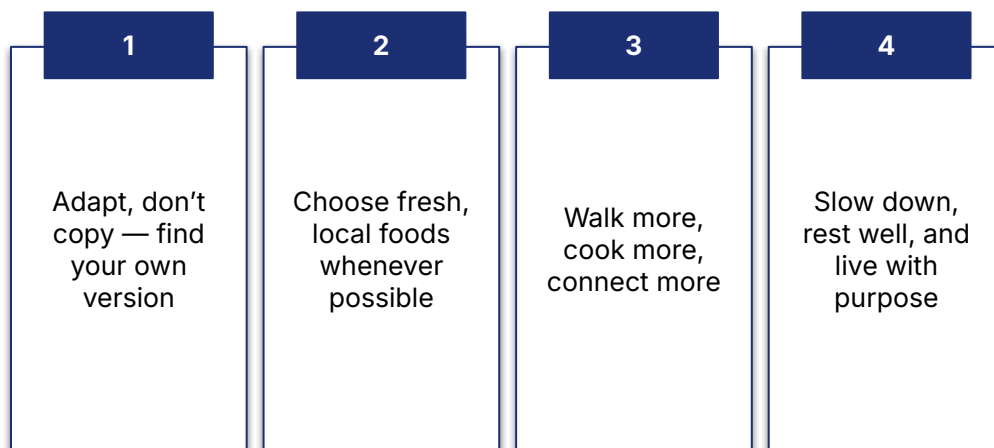
1

### The 6 Core Dietary Principles



2

### Adopting Blue Zone lifestyles — no matter where you live



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

