Yankee Dental Congress January 29,2027

LIFESTYLES FOR LONGEVITY: LESSONS FROM THE BLUE ZONES

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The Blue Zones are places in the world where people live to be over 100 years old, enjoying happy, healthy, and fulfilling lives, free of most of the chronic diseases and maladies that characterize our modern life in the 21st Century. What is their secret? What foods, practices, and aspects of their lifestyle can we bring to our lives today, for happier, healthier and more vibrant lives—not only for today, but for all our tomorrows as well?

This course is designed for all members of the dental team as well as the general public. It will focus on studying inflammation as the root cause of many of the chronic diseases we battle in our healthcare system today. We will discuss and explore lifestyle factors that promote inflammation, which can lead to the development of chronic diseases such as Type 2 Diabetes, cancer, migraine headaches, and gastrointestinal and cardiovascular diseases.

Learning outcomes:

Upon completion of this course, the participant will:

1. List and explain the six pillars of Lifestyle Medicine as defined by the American College of Lifestyle Medicine
2. Identify and explain the benefits of a plant forward diet
3. Identify and list the four components of Dr. Dean Ornish's program for arresting and reversing cardiovascular disease

4. List four ways the 21st Century American lifestyle promotes inflammation and the development of chronic diseases
5. Discuss the role of community and social support for health and wellbeing

There is increasing interest in "natural' cures for anything and everything, and many people rely on the internet and Artificial Intelligence, which contain information, both accurate and inaccurate. Your patient depends on you for your professional expertise, in both clinical and educational matters.

Here are a few of my favorite books in my personal library:

UnDO it!	Dean Ornish, MD and Ann Ornish
How Healing Works	Wayne Jonas, MD
Lifestyle Medicine Handbook	Beth Frates MD, Jonathan P. Bonner MD
A. Peterson PhD	Richard Joseph MD & James
Enlightened Medicine	Michelle S. Fondin
Just One Heart	Jonathan Fisher MD FACC
Ancient Wisdom for Modern Health	Mark Bunn

Lifestyle Medicine Works LPFCS (and others)	Johannes Fissslinger MA
Life is Your Best Medicine	Tierona Low Dog, MD
Healthy at Home	Tierona Low Dog, MD
The Blue Zones	Dan Buettner
Integrative Wellness Rules	Jim Nicolai MD
Health and Healing	Andrew Weil MD
Dental Herbalism (AGH)	Leslie M Alexander PhD, RH & Linda A Straub-Bruce BS, RDH
The Dental Diet	Dr. Steven Lin
The Shift	DeWitt C.Wilkerson, DMD
The Healing Self	Deepak Chopra, MD and Rudolph e. Tanzi, PhD
Tapestry of Health	Daniel A, Monti, MD and Anthony J. Bazzan MD

Websites:

nccih.nih.gov National center for Complementary and Integrative Health

www.aaosh.org American Academy of Oral and Systemic Health

www.lifestylemedicine.org American College of Lifestyle Medicine

www.aihm.org Academy of Integrative health and Medicine

www.holisticdental.org Holistic Dental Association

A Native Healer's Prescription for Health

Rx: Take small miracles daily

For a second, let it stop: The rush, the deadline, the self imposed slavery of "must do"

For a moment, lose your eyes in the darkness and see the dancing stars behind your eyelids

For a minute, see a magnificent flower in your mind. Add the sound of a soothing waterfall, and then the smell of cool mint

For a time, feel each breath. With each breath out, imagine releasing pain, an ache, a worry

With each breath in, absorb a sense of comfort, a kind word, a selfless act, a memory of the best thing this year

May you find peace, wholeness, connection, and completion in small miracles

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