

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Sardinian Longevity Secret

While on the Natural Stimulants Expedition in 2023, I researched the secret of Sardinian longevity. I interviewed many people aged 100 and above asking the same set of questions, and getting many times repeated answers about their healthy organic diet, herbs, daily activities of tending to their sheep, milking their goats, foraging for wild greens, cooking, cleaning and gardening, hunting, fishing and harvesting the food they eat...

But I discovered that the real longevity secret is their Social Life, which supports their Insatiable Will to Live, which remained unchanged for centuries!

Every evening, rain or sunshine, Sardinians get together with their immediate neighbors to share news, celebrate different occasions, laugh, socialize, show off, bounce ideas, dance, drink red wine and sing together.

All centenarians in Sardinia's Blue Zone are actively involved in social activities and community events. They are not isolated or marginalized but instead remain integrated and engaged members of society. They stay close to friends and family throughout their lives.

I was invited to a few of these ‘communal parties’, and every time felt an incredible surge of energy, that not only uplifted my mood, but made me feel energized, and healthy and sparked an incredible zest for life.

Elderly Sardinians are not isolated and remain integrated and engaged members of society! There is also something about the way they handle themselves, their ability to communicate and help each other to maintain that Sardinian Stubborn Insatiable Will to Live!

For these vibrant Sardinian centenarians, **Active Social Life is their**

LONGEVITY SECRET!

Borrow it, and enjoy a happy, stress-free, joyful long healthy life, as you don't need to live in Sardinia to get these magic life-extending benefits.

