

Lessons of Longevity From the Blue Zone

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The fountain of youth or longevity for the sake of this conversation has always been this unattainable zenith that humans have always searched for. In the last 100 years, America has become the fattest and sickest nation to ever grace the earth. This is largely in part due to the industrialization of our food supply, which has turned farms into factories and farmers into chemists. Yet, there are 5 populations around the globe, referred to as "Blue Zones" that have figured out how to live longer and healthier than anywhere else in the world. Dr. Price lived and studied one of the Blue Zones in Okinawa, Japan for almost four years. Observing the diets, philosophies, traditions, and secrets to living to 100 with a high quality of life. At the conclusion of the presentation, the audience will ultimately understand how healing and longevity can be incorporated into their modern lifestyles. All of the secrets of the Blue Zone Populations will be revealed, as well as, what current lifestyle habits are directly impacting our longevity.

Biography

Dr. Bobby Price is a certified plant-based nutritionist, exercise physiologist, and Doctor of Pharmacy. Dr. Price earned double bachelors in Chemistry and Exercise Science from Georgia State University, Certification as a Plant-Based Nutritionist from Cornell University, and a Doctorate of Pharmacy from Mercer University. He has extensive clinical experience in the hospital setting, one on one patient contact in community pharmacy, and health care regulatory experience with the Food and Drug Administration (FDA)**.**

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