

# Blue Zones

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.” – Ayurvedic Proverb

## 5 must-read books written by Blue Zones Project SWFL champions



GETTY IMAGES

By Sebastien Saitta

Anyone who has written a book knows the incredible effort and dedication it takes to complete. Whether it's to share expertise, tell a personal story, help others, motivate or inspire change, or examine a particular theme or issue, writing for something that matters and sharing it with the world is rewarding. Blue Zones Project is fortunate to have “champions” who volunteer their time and expertise with us, and are talented authors with a purpose of sharing their well-being messages through their writing. Here they share their inspiration for their book and what they want their readers to takeaway.

**Denise Pancyrz** – *The Virgin Diabetic*

Blue Zones Project Retail Food Committee Co-Chair

### Inspiration for the book

“I knew I was not the only person who struggled with type 2 diabetes. After improving my health and eliminating all drugs and insulin shots, I wanted to inspire others to improve their health. Being diagnosed with a chronic disease leaves many in despair and there is no reason for it. I believe if I can fix my health, so can others.”

### Takeaway

“Improving your health from a chronic disease naturally is possible. Knowledge is power, however, you do not have to be medically trained to improve your health. You are the leader of your health, everyone else is on your health team. Learn how to communicate to those that support your efforts.”

Available for purchase on Amazon.com and BarnesandNoble.com

**Svetlana Kogan, MD** – *Diet Slave No More! A Fun Literary Journey into Your Self*

Blue Zones Project Engagement Committee Member

### Inspiration for the book

“I have been helping thousands of patients in my holistic medical practice in Manhattan, NY to manage their weight naturally. After doing that successfully for over 15 years and seeing them thrive, I thought it would be a good idea to share my experience and expertise with the rest of the world by writing a book.”


### Takeaway

“Discover why all the diets of the world fail and why you are the only one who possesses the unique tools inside your body and mind - to manage your weight naturally and effortlessly. Through this fun literary journey, you will discover some important facts about your psychology of cravings and your metabolic machinery. This knowledge empowers the reader to launch on a lifestyle-changing journey of eating the foods you love and maintaining optimal weight while doing that.”

Available for purchase on Amazon.com

**Susan J Ryan** – *Our Journey of Love*.

Let's Talk  
Dementia



Knowledge brings **POWER**.  
Power brings **HOPE**.  
Hope brings **SMILES!**

CAROL L. HOWELL

“Let's Talk Dementia.”  
SPECIAL TO THE NAPLES DAILY NEWS

DIET SLAVE  
NO MORE!

A Fun Literary Journey into  
Your Self

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*5 Steps to Navigate Your Caregiving Journey*

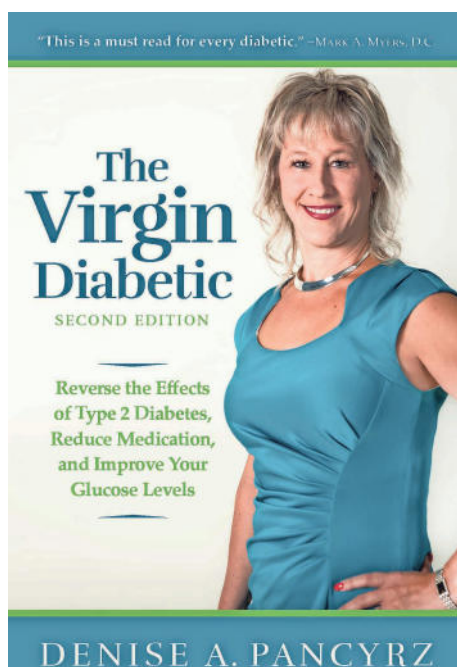
Blue Zones Project Engagement Committee Co-Chair

### Inspiration for the book

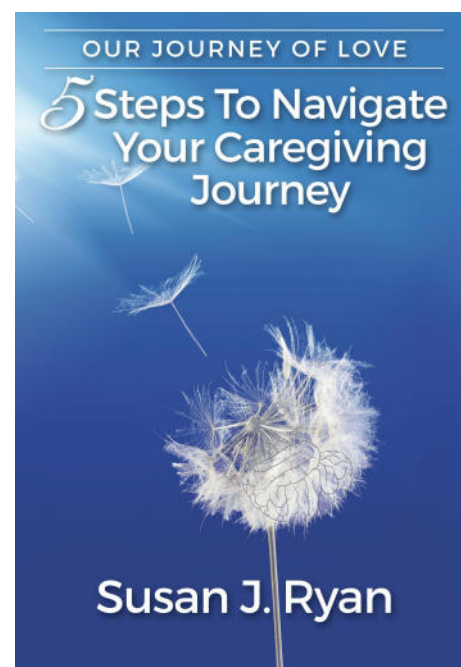
“I was inspired to write *Our Journey of Love - 5 Steps to Navigate Your Caregiving Journey*, to serve as a guide so caregivers have their most positive caregiving journey for themselves and their care receivers. I want the lessons, experiences, tips & tricks I have been learning for more than thirty years in roles of caregiving, to be able to help caregivers, and their care receivers have more positive experiences on their journeys - and not need as long as I did to learn them! I don't take this journey lightly - I do take it positively.”

### Takeaway

“Caregiving is actually a variety of



“The Virgin Diabetic.”  
SPECIAL TO THE NAPLES DAILY NEWS



“Our Journey of Love.”  
SPECIAL TO THE NAPLES DAILY NEWS



“Full Of It.” SPECIAL TO THE NAPLES DAILY NEWS

roles. Practicing massive acceptance and radical presence gives us permission to know which roles we are qualified for and which roles others are more qualified for. Together we make the strongest and best caregiving team.”

Available for purchase on Amazon.com

**Sarah Andrus** – *Full of It. Healthy Recipes Without all the B.S.*

Blue Zones Project Engagement Committee Member

### Inspiration for the book

“My inspiration for writing this book came from my own struggle with autoimmune disease (Hashimotos disease, Fibromyalgia, and MTHFR), needing simple, healthy recipes and being frustrated and overwhelmed with complex recipes and unknown ingredients. I not only needed to feed myself but my 3 sons as well, and I needed simple solutions. I don't like recipes, so I made my own and compiled them into this beautiful book

for anyone else wanting to give their body the best foods without compromising their sanity in the kitchen. “

### Takeaway

“Food made with love nourishes the soul, tastes delicious, and doesn't have to be complicated. The relationship we form with food and with others around the table are as important as the contents of the food we are eating. In the back of my book, you'll also find conversation prompts to stir conversation and cultivate healthy relationships.

Available for purchase at [www.FullOfItCookbook.com](http://www.FullOfItCookbook.com)

**Carol Howell** – *Let's Talk Dementia*  
Blue Zones Project Recognized Organization

### Inspiration for the book

“My inspiration started with my mother's diagnosis of Alzheimer's in 2006. The doctor assured me “everything will be OK because I am calling in some medicine.” Unfortunately, there is no medicine that will stop, slow, or cure Alzheimer's. It was then I realized we needed a new doctor, and I really needed to learn what was happening to my sweet Momma.. “

### Takeaway

“Life still goes on. There is life IN CAREGIVING, and there is life AFTER CAREGIVING. There is joy IN CAREGIVING, and there is joy AFTER CAREGIVING. Life does not cease when the diagnosis of dementia comes through. Life changes, but that is true everyday of our lives. Dementia definitely changes the direction of things. *Let's Talk Dementia* helps the caregiver find knowledge, power, and hope, and those three things lead to SMILES. We all need more SMILES!”

Available for purchase on Amazon.com and [www.LetsTalkDementia.org](http://www.LetsTalkDementia.org)