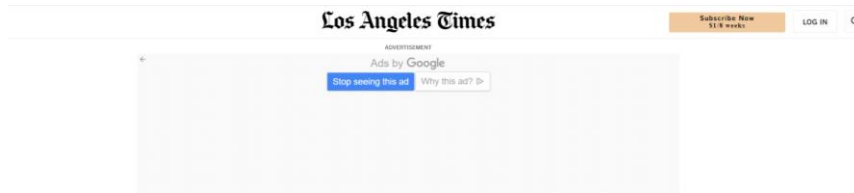


[Why Loma Linda residents live longer than the rest of us: They treat the body like a temple - Los Angeles Times \(latimes.com\)](#)



[Why Loma Linda residents live longer than the rest of us: They treat the body like a temple](#)



Daniel and Vicki Fontoura are among the thousands of Seventh-day Adventists who live in Loma Linda. The Adventists believe in taking care of one's body and eschewing alcohol and tobacco. Many are vegetarians. The church's healthplex are among the reasons why Loma Linda has the Blue Zone distinction of having more long-lived, healthy residents than usual. (Chris Klein / Los Angeles Times)

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A screenshot of a Daily Mail article. The top navigation bar includes "Daily Mail .com" and "health". The article title is "Seventh-Day Adventists live longer and have 30% lower cancer risks compared to other Americans thanks to the religion's strict diet and lifestyle practices, study finds". The article text includes bullet points about the study's findings. There are also advertisements for "Signs of every kind" and "Outdoor Fitness".

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