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Everlasting Health And You Can Too
Bradley J Willcox

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The Okinawa Program is an excellent book about the lifestyle of the worlds longest living group of people. It is extremely easy to read and although it is heavily aimed at an American audience (with charts that mainly compare America to the Okinawan people and another terrible American book cover that treats the readership like an idiot and spells everything out with numerous sub-titles) it ...

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thanks to the New York Times bestseller The

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Okinawa Program: How the World's Longest-Lived People Achieve Everlasting Health - And How You Can Too. But unlike Atkins, it's not just as simple as buying low carb pasta and still indulging in that big plate of spaghetti marinara drenched in olive oil, with a mountain of big fat meatballs and shaved Parmesan on top.

The Okinawa Diet Plan's Food List and Menu Recipes Are Wrong

Okinawa Program : How the Worlds Longest-Lived People Achieve Everlasting Health - and How You Can Too". Paperback - January 1,

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Okinawa Program : How the Worlds Longest-Lived People ...

Book Overview. "If Americans lived more like the Okinawans, 80 percent of the nation's coronary care units, one-third of the cancer wards, and a lot of the nursing homes would be shut down." From The Okinawa Program The Okinawa Program , authored by a team of

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Longevity. People from the Ryukyu Islands (of

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which Okinawa is the largest) have a life expectancy among the highest in the world, although the male life expectancy rank among Japanese prefectures has plummeted in recent years.. Okinawa had the longest life expectancy in all prefectures of Japan for almost 30 years prior to 2000. The relative life expectancy of Okinawans has since declined ...

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