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Okinawa diet review - consumerscompare.org

How the Okinawa Diet Works. The Okinawa Diet Plan is based on the eating habits of the elderly inhabitants of Okinawa who have the best longevity in the world.

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Okinawa Diet does not consider only what you eat, but how. People there have a culinary philosophy called hara hachi bu, which is eight parts of a whole 10.

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Okinawa diet - diet review

The Okinawa Diet website documents success stories; It addresses the psychological aspect of your diet, by recommending that you journal; The plan offers vegetarian

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