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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

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"How the world's longest-lived people achieve everlasting Bradley and Craig Willcox. There's no doubt that following the Okinawa Program will mean a

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Vitality. Okinawa Life is a dietary supplement that provides nutrients based on the diet of the Okinawa people.

### **Okinawa diet - wikipedia, the free encyclopedia**

The Okinawa diet describes a weight-loss diet based on the eating habits of the indigenous people of the Ryukyu Islands. Contents 1 Indigenous islanders' diet 2

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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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Japanese people are more likely to reach 100 years old than anyone else in the world, a fact that some researchers attribute to their diet. So, are they right and

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Okinawa Prefecture (Japanese: , Hepburn: Okinawa-ken Okinawan: Uchinaa-chin) is the southernmost prefecture of Japan It comprises hundreds

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BRADLEY J. WILLCOX, D. CRAIG WILLCOX, AND MAKOTO SUZUKI THE HOOK: Eating like the longest-lived people on earth. THE DIET: Largely plant-based, but with chicken, fish

### **Book review: 'the okinawa program' | district of**

I first read The Okinawa Program some years ago, and it permanently changed my eating habits for the better. When I looked into it recently, I was pleased to discover

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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

### **Sanpin: the real okinawan tea - okinawa way**

Sanpin: The Real Okinawan Tea. In response to numerous requests, the creators of the Okinawa Diet Program are pleased to bring you authentic sanpin tea.

### **Book excerpt: how to live to 100 - abc news**

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