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The Okinawa Program, authored by a team of internationally renowned experts, is based on the landmark scientifically documented twenty-five-year Okinawa Centenarian Study, a Japanese Ministry of health-sponsored study. This breakthrough book reveals the diet, exercise, and lifestyle practices that make the Okinawans the healthiest and longest-lived population in the world.

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'The Okinawa Program' is an excellent book about the lifestyle of the worlds longest living

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Willcox, Bradley  
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 ...

## [Amazon.co.uk:Customer reviews: The Okinawa Program: How ...](#)

The Okinawa Program How the Worlds LongestLived People Achieve Everlasting HealthAnd How You Can Too Okinawa Coral Calcium by Robert Barefoot And Its Fantastic BenefitsIf there's ever one place on the planet that has led to the celebrity that coral calcium is currently enjoying, then, it's none other than Okinawa.

## [The Okinawa Program How the Worlds LongestLived People ...](#)

The Okinawa Program, authored by a team of internationally renowned experts, is based on the landmark scientifically documented twenty-five-year Okinawa Centenarian Study, a Japanese Ministry of health-sponsored study. This breakthrough book reveals the diet, exercise, and lifestyle practices that make the Okinawans the healthiest and longest-lived population in the world.

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The Okinawa Program: How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too by Willcox, Bradley at AbeBooks.co.uk - ISBN 10: 0609807501 - ISBN 13: 9780609807507 - Harmony - 2002 - Softcover

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The Okinawa Program: How the World's Longest-Lived People Achieve Everlasting Health - and How You Can Too by Wilcox, Craig; Suzuki, MAkoto at AbeBooks.co.uk - ISBN 10: 0609607472 - ISBN 13: 9780609607473 - Crown Publications - 2001 - Hardcover

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The plan was popularized in the early 00's thanks to the New York Times bestseller The 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, 2001. Discover delightful children's books with Prime Book Box, a subscription that delivers new books every 1, 2, or 3 months & new customers receive 15% off your first box. Learn more.

[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

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shut down." From The Okinawa Program The Okinawa Program , authored by a team of internationally renowned experts, is based on the landmark scientifically documented twenty-five-year Okinawa Centenarian Study, a Japanese Ministry of health-sponsored study.

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Longevity. People from the Ryukyu Islands (of 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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