

# **The Okinawa Program : How The World's Longest-Lived People Achieve Everlasting Health--And How You Can Too**

## **By Bradley J. Willcox**

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

Bradley J. Willcox is the How the World's Longest-Lived People Achieve Everlasting Health The Okinawa Way: How to Improve Your Health And Longevity

Okinawa Program : How the Worlds Longest-Lived People Achieve Everlasting Health - and How You Can Too" [M.D., D. Craig Willcox, PH.D., Makoto Suzuki, M.D. Bradley J

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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.

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.

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.

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

The Okinawa Program by Bradley J Willcox: FOREWORD by Andrew Weil, M.D. Everyone wants to know how to live as long as possible and how to have the good health to

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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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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

Discover Program with Shima The Discover Okinawa Program is a free trips and tours programs intended to give individuals a taste of the amazing recreational and

'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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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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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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no doubt that following the Okinawa Program will mean a

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