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achieve EVERLASTING HEALTH—
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The OKINAWA PROGRAM

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BASED ON THE 25-YEAR OKINAWA CENTENARIAN STUDY

BRADLEY J. WILLCOX, M.D., D. CRAIG WILLCOX, Ph.D.,
and MAKOTO SUZUKI, M.D.

FOREWORD BY ANDREW WEIL, M.D.

Bradley J. Willcox

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



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“From The Okinawa ProgramThe Okinawa Program, authored by a team of internationally renowned professionals, is founded on the landmark scientifically documented twenty-five-year Okinawa Centenarian Study, a Japanese Ministry of health–sponsored research.” This breakthrough book reveals the dietary plan, exercise, and lifestyle methods that make the Okinawans the healthiest and longest-lived inhabitants in the globe.If Americans lived more like the Okinawans, 80 percent of the nation’s coronary care devices, one-third of the cancer wards, and a lot of the nursing homes would be shut down. — With an easy-to-follow Four-Week Turnaround Program, nearly one hundred fast, delicious recipes, and a moderate fitness plan, The Okinawa Plan can dramatically increase your chances for a long, healthy life



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This book contains a lot of GREAT information regarding the Okinawan people. This book contains a lot of GREAT information about the Okinawan people, their diets and traditions. Nevertheless, read it with a grain of salt. The author, while it's apparent he tried, was not able to totally shake himself free of some of his western preconceptions. I love tofu quite definitely, but soybeans cause irritation. He gives comprehensive descriptions of traditional okinawan foods like tofu, bitter melon, and pig ears, but his lists of food suggestions typically consist of cornbread, muffins, pancakes, whole grain loaf of bread, raspberry pudding, spaghetti, waffles, turkey sub with mayonnaise, veggie burger, whole grain bagel with nonfat cheese... The diet program might be of use to someone eating the typical Western diet, but also for those folks already up on diet and eating a fairly wholesome diet it is pretty obsolete since it seems to be a changeover to a far more healthy method of eating. They are not even remotely similar to traditional Okinawan foods, nor reflect the characteristics of their many healthful foods. Having said that, it was enjoyable enough that I go through it twice. His accounts of meeting elders and hearing about their lives and tradition are fantastic, and his analysis of their ancient culture versus our modern culture contains a lot of insight.. Great, but.. There is a large amount of useful, interesting information in this book about the Okinawan diet and lifestyle which we are able to all learn from. However, I totally agree with another reviewer who fundamentally said that he wondered if some details might be lost because of the authors filtration system. I love learning about various other cultures but am much less interested in hearing an authors interpretation of his observations. I'm listing these straight out of the book.. I do appreciate how much work went into this book and nothing against the authors, I simply wish they would have stuck with reporting on what the Okinawans are carrying out because when most people buy this reserve they think that is usually what they are receiving. You always have to adapt the info in this book to your own constitution and sensitivities. A bit of a mixed review. you just also get a lot of guidance from the authors. I favor "The Jungle Effect", that i found out about from Dr. I thought the book downplayed the side effects of some of the herbs listed somewhat. Stands the test of time One of the great ones I am quite definitely in medical field and have recovered myself from a mystery longer term chronic illness that was ultimately diagnosed correctly. i have read therefore many books on wellness it is ridiculous. If you are thinking about what the Okinawa people eat and how they live to be vibrant into their 80's and beyond this publication is for you. nevertheless, you can glean some good information if you read the book very carefully. Interesting, but I did so not agree completely with a number of the dietary guidelines, plus some of the natural herbs used, especially with the use of mugwort , allergies, epidermis irritations on the in addition side the publication did talk about that you should not take mugwort if you were on blood thinners which holds true. Five Stars Good for increasing your health.. That being stated, there are plenty of things you can learn and add to your daily diet and lifestyle. Give it a try. you will not end up being disappointed. Weil and is a lot even more inspiring and readable about "blue zones" or "cool zones", as they contact them.. I did so agree with the advantages of usage of Omega 3 wealthy seafood and seafood, seaweed, bitter gourd, tumeric, crushed red pepper, flax seed, yams, jasmine tea. But intaking tofu every day or just about any day not so much. He openly criticizes the Okinawans' usage of white rice instead of brown rice (actually after pointing out that they live much longer than their Western counterparts who eat the brown stuff). Five Stars Interesting. The book listed peanuts within a beneficial list of nuts, beans of seeds. There are plenty of studies that present this. Plenty of nutritionists disagree with that right now because the majority of peanut taken to market have problems with fungal contamination which can help trigger carcinogens in the system. Stick with almonds or sesame

seeds. I did so like that the book listed the benefits of strolling, Tai Chi and meditation and offering back to your community . Those elements of the publication I liked very much in fact it is quite useful in reducing stress and maintaining balance both in yourself while benefiting your community. It clearly lays out a plan that is understandable and doable.. Four Stars Interesting read. that one stands the test of time. If you are thinking about what the Okinawa people eat . You might have to create some drastic changes in what you eat and life-style but if you're willing to devote the effort based on the information in this publication, you could possible see some fatalistic health results.. the concepts appeared novel at that time, yet now widely regarding as true. Five Stars Ok Great book! Such a great read! Highly recommend this book. Miso which can be listed is made from soybeans and can cause more swelling and plus it has an exceptionally excessive amount of sodium for most people to make use of it every day.. Good Good



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