



Healthy at **100**

THE SCIENTIFICALLY PROVEN
SECRETS OF THE WORLD'S
HEALTHIEST AND
LONGEST-LIVED PEOPLES

JOHN ROBBINS

Endorsed & read by Raymond Fildes

John Robbins

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest And Longest-lived People, Library Edition



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The best-selling author of *Diet for a Fresh America* introduces a new paradigm of aging that examines four native cultures distinguished by their longevity and good health to determine those factors--including diet plan, exercise, and emotional well-being--that can add years to one's life. Simultaneous.



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Every person in America needs this on the bookshelf This book has made such an impact on me that I am investing in a copy for a friend. I didn't realize such areas exist. Now, it is not uncommon for grandparents to wait their grandchild's funeral. This book is not about "slimming down"; it's about living a way of life. The author led a life that's not standard western by any means and can speak to the deep chasm that's offers wedged between public connectedness and health. Best book written however you like the author was fabulous Because you maintain a healthy-looking appearance does not mean that you will be healthy. Thankful I acquired the chance to read it. While there are several controversies around what the most healthful individual diet is, there will not seem to be very much controversy regarding some issues. He maintained a fairly slim framework but ate just like a horse (on a diet that included a whole lot of meat and fried foods, desserts, etc). In yet various other tales we hear of runners dropping dead at marathons on a regular basis that are seemingly "an image of health". I then browse Joel Fuhrman's Eat to Live. Think! How about a full cardiology exam which includes things like ejection fraction, perhaps atrophy of center muscle tissue, saturation and blockage degrees of coronary arteries, and others? Any genetic testing? I would rank Healthy at 100 even higher than the additional two. I sing your praises almost everywhere I go. The author does not discuss the controversy over grains except to assert that they are healthy. You can present all of the latest technical data obtainable in order to run your body optimally, and while adhering to that data is sure to make you healthier and less susceptible to disease etc. I still feel great and have a lot of energy. Most nutritionists and diet gurus trust Robbins in recommending an all natural (unprocessed), entire foods diet plan. But John Robbins is merely inspiring. include a love take note with the lunch time". I am no longer exhausted in the afternoons, am not hungry between foods, and keep maintaining a good level of energy during the day. Various other portions of the book completely took me by surprise, like the marked increase in Japan's life span in only 20 years following WWII, when General MacArthur reconstructed the country's wealth, corporate and landowner structures and essentially "leveled the playing field", dissolving the family dynasties that ran the large corporations, capping maximum pay for business executives, and massively redistributing wealth. I'll focus the response that John Robbins draws from the reader. Colin Campbell for your huge efforts to see us all of healthy diet, and slicing through the immense sea of misinformation out there., is taking a large toll on the populace not merely for the most obvious reasons, but also for health-related factors. Robbins did extensive research on medical research and includes a massive bibliography to support his approach. The reserve has a large bank of reference, but is not excessively technical and really should be conveniently comprehended by the average individual. He has done an excellent job in that respect to accessibility. Eat lots of fresh vegetables, they state, eat some or most of them raw, and eat other organic, untampered-with foods. Excellent numbers. Colin Campbell, I went from 217 right down to 182 (I am 6' 1"). His focus seems even more philosophical and heart-felt. Update: After 6 months eating this way, and referencing this book and The China Study by T. This specific thing my wife did for me for a long time and I have hardly ever seen that mentioned anywhere else! I generally feel much better than before. Thanks so much John Robbins and T.S. Update: 06. I actually didn't want kindle version, I wanted hard copy Review Loved this! 13 - After more than a year and still maintaining this kind of eating program, my triglycerides are 54 and my total cholesterol is 145. My doctor said that he provides hardly seen numbers like this without taking medication (that is clearly a sad thing). My fat has been kept between 167-176 for a few months and months., we merely are at our cores cultural creatures, and need to connect to others frequently with techniques that support each other. Also, for great quality recipes that match this lifestyle I would recommend Rip Esselstyn's highly renowned publication "My Beef With Meats". If you are tired of diet plan gimmicks and desire a genuine path to success, this is it. John Robbins, you are my Dalai Lama. It is comprehensive and holistic. Great read I had originally saw this publication at the library in passing. It caught my attention and I made a decision to go through it. The introduction was about becoming more

lively, being full of energy, and enjoying lifestyle as you have older, which was completely contrary to my belief system. I realized that is possible, nevertheless, you have to understand the many elements that contribute to an extended lasting and healthy way of life. All three are superbly documented. Very beneficial, recommended. The author comes down on the side of a plant-based diet in which animal products haven't any or an extremely small role and wholegrains have a big role. Read! Have that they had any checkups besides a routine physical? Apply! No cardiovascular disease, no diabetes, no hypertension, no cancer, no GLASSES! Robbins has the capacity to travel his points home within an intellectual, psychological, and spiritual method. Not just same-same. Captivating read, very beneficial, especially if you switch your lifestyle. One of my favorite health books of all time. One of my favorite health books ever. These folks retain their health and activity amounts to an astounding level. A must read. Has transformed my world view about growing older and opened my eyes to how others embrace ageing and health. A remarkable achievement Atlanta divorce attorneys way! I recently read and reviewed Dean Ornish's Spectrum and gave it top honors. Spectrum convinced me to become vegetarians about 6 weeks ago. How healthful are these folks really? Even better written. I finished reading John Robbin's Healthy at 100. Wow! One feature that displaces this away from additional health-oriented books is usually its focus on an overall sense of spirituality, love, and the fostering and maintenance of strong, loving relationships. We had been taught in medical college that presbyopia can be a normal component of aging. Where the modern world has polluted the culture, such as may be the case in Okinawa, the descendants of these 100+ 12 months olds have adopted the plenty of meat/high fats diet. Other reviewers have aptly explained the essence of the data. Wealth inequality, especially within the U.S. All three books provide scientific evidence for the superiority of a vegan way of life. The book switches into detail about consuming healthy, physical exercise, human relationships with others, and spirituality. Robbins emphasizes that the elderly order great respect in those societies. All are important to prevent or turn around diseases such as coronary artery disease, diabetes, and at least some cancers. A phrase in particular that struck me and remaining me speechless was "if you prepare a lunch for your partner, etc. My BP is normally averaging around 110/70 (from before often being around 132/100), my triglycerides are 58 and total cholesterol can be 128. This writer can just basic tell a story like no other. I am amazed anyone can provide this as a one start.????? Fantastic book. Healthy at 100 begins with detailing four outdated societies in which people not uncommonly live 100 or even more years. Skimmed it at a health grocery store and felt intrigued plenty of to buy it. => Why is Robbin's book so great? Well, it ain't necessarily so. Fuhrman's book specializes in the vegan diet and importance of workout, while Ornish's adds very much on the value of meditation and sociable involvement. Kids combat over who gets to have grandfather live with them. Personally, I have lost 20 lbs. Since it speaks both to your brain AND to your heart. In 2 a few months following the routine, but it is so important to point out a couple of things: 1. An excellent read, if not a bit biased. An excellent read, if not a bit biased. I found Healthy at 100 to become a deeply moving and thought provoking book. I can't wait to read more John Robbins! Five Stars This book is excellent, very interesting about people in the areas of the world who live long, healthy lives. Great read and writer. I came across myself tearing up repeatedly while reading his book. It's full of ethnographies from near and much, study data, cultural and medical anthropology, heartfelt pondering and well organized chapters touching on all aspects of the maturation process. As myself and close friends often discuss, there is really not a lot of advantage in carrying out something unsustainable, such as for example is the case with all of these fad diet programs, weight loss supplements, HCG, and the rest of the "I want it now / I want a lot of outcomes for not much effort" approach that a lot of Americans attempt to take. I meant to order hard copy, not kindle. Is it possible to please send me hardcopy instead? 15. Love the research that was found in there. Perfectly written. Certainly recommend it. A poignant illustration pointed out in the book can be that of Jim Fixx, a well-known proponent of operating some 25 years ago that passed away of a coronary

attack at 51 (while operating) - at least one of his own coronary arteries was exposed to possess 95%+ blockage from his horrible eating habits.. Thank you. Is this publication about selling a healthy diet plan or a political agenda? On an identical note, simply yesterday I received the news headlines that the ex-hubby of my wife's friend got a coronary attack at 41. Multiple research, as referenced in the book, have already been done that show that in some ways, a solid network of loving romantic relationships can overcome even a variety of detriments combined (work tension, smoking, high blood circulation pressure). Highly, strongly suggested. I agree with these suggestions and strive to follow it in my diet. The regions of controversy in nourishment surround animal products especially animal fats, fats generally, and grains. To what degree are these food types healthy or unhealthy? Great info inside! Buy! Quite simply, the statements that the scientific proof favors a vegan diet, or at least an nearly entirely vegan diet. Robbins addresses the pet items controversy by citing the dispute between Dean Ornish and Robert Atkins and believes that Ornish offers it right. Humanity will not live in a vacuum. I came to the book uncertain about these controversies. Well, I hope this is enough to wet your appetite. The research appears sound on the top, but conclusions were predicated on causal associations that might not be appropriate, and this flawed the theoretical premise of the text for me. Great info inside! What's the evidence? I learned a whole lot. 2.



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