

THE LONGEVITY PLAN

*Seven Life-Transforming
Lessons from Ancient China*

DR. JOHN D. DAY AND JANE ANN DAY
with Matthew LaPlante

*The incredible story of an American physician's quest in
a remote village and the wisdom he brought back.*



Dr. John Day and

The Longevity Plan: Seven Life-Transforming Lessons from Ancient China



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While lecturing in China, he'd heard about a remote control mountainous region known as Longevity Village, a wellness Shangri-La free of disease where living past 100 was not uncommon. John Time was overweight and suffered from insomnia, degenerative osteo-arthritis, high blood pressure, and raised chlesterol. Now Dr.At 44, acclaimed cardiologist Dr. In the wish of understanding this amazing phenomenon, Dr. During his period there, he discovered seven principles that work in tandem to develop health, happiness, and longevity - guidelines he applied to his own life. Day time decided to spend time surviving in Longevity Village. Six months later he previously lost 30 pounds, acquired reduced both his cholesterol and his blood pressure, and had also been healed of his acid reflux and insomnia. On six medicines and suffering continuous aches, he had a need to make a modification. Day shares his tale and the proven plan he's developed to help you, too, feel sharper, more productive, more motivated, and pain-free.



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Extending the Line At age 50 I was a qualified, card-carrying carboholic. Day for your contribution to the better health of mankind and specifically mine. Obviously, I was a sort 2 diabetic by the time I reached age group 55. (My own favorite may be the Glycemic Index Limbo Diet plan." I didn't just like the sound of this crash.Dr. Day time's "The Longevity Strategy" will let you know how to repair the tracks and add rails to the end of the collection. The book tells the delightful tale of the approach to life of the centenarians of the little, remote village of Bapan, China. I've recommended this book to my family and I recommend it to you! Each lesson is normally backed up with results from scientific studies. The book isn't just another diet and exercise publication, although there are chapters on both topics.S. I must say i appreciate the concentrate on the complete person for health and vitality. Time's zeal exceeds mine. I don't believe I'll ever get better at salads for breakfast. I think I'll keep eating the elements of the chicken found at my regional grocery.!) And I don't think I could handle 14 hours a time in motion.However, while some sections of the book could be intimidating, in addition, it provides encouragement and challenge. This is an excellent book. Amazing book and tale of Dr. When the doctor gave me the poor news, he said the goal of treatment was to "...make the diabetes train proceed slower and slower and slower...until it crashed by the end. Nevertheless, eating healthful and exercising is usually a baseline for a healthy life, which a lot of people don't bother to accomplish. Instead of feeling discouraged by reading how life is in rural China--and what lengths away it really is from just how I live--I came apart feeling empowered with concrete methods I can improve my life correct where I am, since it gives realistic methods a person can adjust the lessons discovered from the Longevity Village to modern American life. Start by parking your car further from the office and walk up the stairs instead of take the elevator.The book left me wishing for more. Since I'd prefer to see the great doctor remain gainfully utilized, here a couple of suggestions for the sequels.I'd want to see more details on the scientific studies associated with each one of the lessons. More than only a health & The type of epigenetic changes are associated with the lesson? Could it be their nightly brew of Goat's Rue tea?Another sequel would be to compare the lifestyle of Bapan to additional centenarian hotbeds like Acciaroli, Italy and Ikaria, Greece. Is it just lifestyle, or is there components in the microenvironment (magnesium or manganese or calcium in the drinking water or soil? What impact on cellular wellness or telomere length? A must read for everybody seeking better standard of living.) Contrasted with the centenarians of Okinawa and Loma Linda, CA, it could make for a remarkable read.At 70, I'm only at the start of my centenarian journey. However, the book encouraged me more than enough to think that I would just live long enough to attend the wedding of my youngest grandchild's oldest kid. I'd need to live to at least 105 to be there! Simple, well researched, personally engaging and encouraging In a fast paced globe of excessive complexity and conflicting voices and opinions, Dr. John has extracted and highlighted some essential principles for lengthy term health and happiness. The tales of centurians in China and his personal experiences with them is quite engaging and the concepts he highlights are both well researched and available. needs to read this publication. Additionally, Dr. Day and his wife's lessons learned from the longevity village in China. Or could it be perhaps an undiscovered "Methuselah Gene", the result of natural selection in these villages? Miracles Really Do Happen The Longevity Plan is disarmingly simple, yet exquisitely profound. While a cardiac individual at IHC for 4 days in past due June 2017, Dr. Day became my cardiologist. When he first came to my room, we spoke at length whereby he referred to the essence of his new book about to come off the press on July 4. At age 76 while still in the peak of good health (I believed), hadn't spent a night time in a hospital since age 5 (tonsillectomy), drug free except for an occasional antibiotic, my guardian angels apparently

determined an intervention was required and organized for me to become a patient of Dr. Time. 5 Stars easy Highly recommend! It really is a little too confident of its own predictions. Not a diet book, not an exercise book, and not even a lifestyle book exactly—but a tale of how one doctor changed his life Atlanta divorce attorneys way that counts. Escaping with my entire life and little if any permanent damage. The Longevity Plan, along with Dr. . Already I've resumed playing tennis one hour and one fifty percent every day. Do not have I go through a book which has so dramatically changed my entire life and given me the hope, the pure knowledge and the simple way to better health than I acquired before. I was skeptical at first, but reading this publication has opened my eyes to plenty of ways that I can change the way we are living to possess a healthier life! Day and his many co-workers. Thank you Dr. An average lunch consisted of a bag of chips, a pack of snack crackers and the handbag of cookies or a candy bar...eaten at my table while I viewed the fitness freaks build up a sweat in the noonday sunlight. with one caveat. Don't like the Bapan diet plan? It really is fun to read and very helpful. That is very difficult to determine and would need an extensive investigation.. I was very impressed with judgement of the author as to the known reasons for longevity in the village. However, there were no feedback about potential mistakes or incorrect guesses. Don't miss that one! Or possibly they missed a significant element. I think the author should be a little more modest about his achievements and keep area for further study. I was personally unconvinced of their argument that exceptional genes weren't an important factor. The book causally said the villager's genes had been no different than the rest of the world. It would be 5 star except for two minor issues I've. It is also unlikely in a little isolated village and county. This place sounds like it hasn't changed for millennia. Finally, a book that places it all together. ... Finally, a book that puts it all together..) Can't maintain motion 14 hours? Great Advice I thought the information he gave was very good.. Day's personal assurance, has given me great hope of a full recovery and rebuilding of my heart tissue, in a way that I can live a long and physically active life, totally drug free. Great book. These folks reside in a rural establishing. If you live in a city, you might be at the mercy of smog and tension, which places environmental loads on your body. If you have employment where you sit down all day, it doesn't help either. How low is it possible to go! The formula is very simple. SO EXCELLENT!! The book is very readable and understand, yet based on the mountain of footnotes and references, is without doubt the culmination of many thousands of hours of research and studies performed by Dr. In the reserve, he walks us through seven lessons from Bapan, and gives suggestions on how exactly to apply them to today's western society. Great read! (I'm not really up to an offal mess however. Find one you like and stick to it. Johns blog is one of the most valuable sources for good health advice that is not compromised by self interest. After 4 times, I was released June 26. For a subject this complex and controversial, it is unlikely that all their guesses are correct. I think everyone in the U. The book is much broader in scope, covering lifestyle problems like living in community, acquiring rhythm in your daily life, adapting to your environment and acquiring purpose in changing conditions. A solid voice for a far more simple method of better health, happiness and longevity. Five Stars Everyone should go through this or get the audio! Five Stars Recommend this book! In fact, I bought another copy to give to a friend for her 50th birthday. More than just a health & fitness book I really enjoyed this book. Very interesting. My partner thinks I'm pretty radical about exercise and diet nowadays, but I tell her that Dr. Things such as the number of subjects in the study, the length of the study, and any caveats connected with interpreting the results. fitness book, this book addresses all the elements of our lives that add to our overall health and longevity.



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