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breakthrough book reveals
the diet, exercise, and
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make the Okinawans the healthiest and longest-lived population in the world.

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is currently enjoying, then,
it's none other than
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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

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Parmesan on top. People

Achieve Everlasting Health

The Okinawa Diet Plan's Food List and Menu Recipes Are

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Okinawa Program : How the Worlds Longest-Lived People

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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 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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the diet, exercise, and lifestyle practices that make the Okinawans the healthiest and longest-lived population in the world.

The Okinawa Program by
Bradley J. Willcox, D. Craig

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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

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