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The plan was popularized in the early 00's thanks to the New York Times bestseller The Okinawa

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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 ...

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

The Okinawa Program presents the first evidence-based program to make this possible. Authored by a team of preeminent medical and scientific experts, this breakthrough book documents the diet, exercise, and lifestyle practices of the world's healthiest, longest-lived people and reveals how readers can apply these practices to their own lives.

Buy The Okinawa Program: How the World's Longest-Lived ...

The Okinawa Program, authored by a team of internationally renowned experts, ... In the West, Okinawa is known as the only Japanese home territory on which the Second World War was fought — the battle of Okinawa was one of the longest and bloodiest of the war — and as the site of American military bases.

The Okinawa Program: How the World's Longest-Lived People ...

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The Okinawa Program: How the World's Longest-Lived People ...

Okinawa is one of the largest islands in Japan. (Fun fact: Its nickname is Churashima, which means beautiful islands.) It's also well-known as being one of the Blue Zones—a name for areas of the world where people are considered the healthiest because of low rates of heart disease, cancer, diabetes, and obesity and the highest life expectancy ...

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