

Healthy At 100 The Scientifically Proven Secrets Of Worlds Healthiest And Longest Lived Peoples John Robbins

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Healthy at 100 strives to improve both the quality and the quantity of our remaining years!no matter how old or how healthy we might currently be!and to reverse the social stigma on aging.

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In Healthy at 100, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span.

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'Healthy at 100' presents studies of the world's longest-lived peoples, finding that -- despite their wide geographical separation -- they share certain lifestyle traits in common: They all have a largely vegetarian diet; they all live lightly on the land, in harmony with their environment; they all live physically active lives, even into their 100's; they all value and revere their elders; and they all have strong spiritual traditions.

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Healthy At 100 : The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins (2007, Perfect) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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Healthy at 100 is a masterpiece.' - Dean Ornish, M.D. ' Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense.

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Well, it seems that "Healthy at 100" is most successful at answering that question. They are not trying a new idea, but merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching old age more often than any other group.

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Healthy at 100 : the scientifically proven secrets of the worlds healthiest and longest-lived peoples. [John Robbins] -- By examining the food and lifestyles of four very different cultures that have the distinction of producing some of the world's healthiest and oldest people, the author reveals secrets for living an ...