

50 Secrets of the World's Longest Living People

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50 SECRETS



OF THE WORLD'S



LONGEST LIVING PEOPLE



SALLY BEARE

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出版者:Transition Vendor

出版时间:2005-12

装帧:Pap

isbn:9781569243480

Today we are living longer than ever before, and a few of us can expect to live to 100 or more. But many people feel that they will inevitably suffer the diseases of old age in their final years. Pharmaceutical companies have spent billions of dollars trying to find a cure for the "diseases of aging"—they may have found ways to stem some of the symptoms, but they have yet to find a panacea. Yet there are places in the world where, all along, people have commonly lived to 100 or more without suffering so much as a headache. How do they do it? The answer is simple: through sound dietary habits and balanced, healthy lifestyles. The 50 Secrets of the World's Longest Living People looks at the nutrition and lifestyle mores of the world's five most remarkable longevity hotspots—Okinawa, Japan; Bama, China; Campodimele, Italy; Symi, Greece; and Hunza, Pakistan—and explains how we too can incorporate the wisdom of these people into our everyday lives. It offers each of the secrets in detail, provides delicious, authentic recipes, and outlines a simple-to-master plan for putting it all together and living your best, and longest, life.

作者介绍:

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标签

健康

评论

很实用的一本书，对吃什么食物最健康讲得挺细致的....
进食的时候细嚼慢咽，晚餐的时候可以喝点红酒对身体有好处，多吃谷类和瘦肉，其中引用的一个中国广西某个山村的案列也挺不错的..这本书也是在Thai的YouTube里他推荐的一本书..

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书评

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