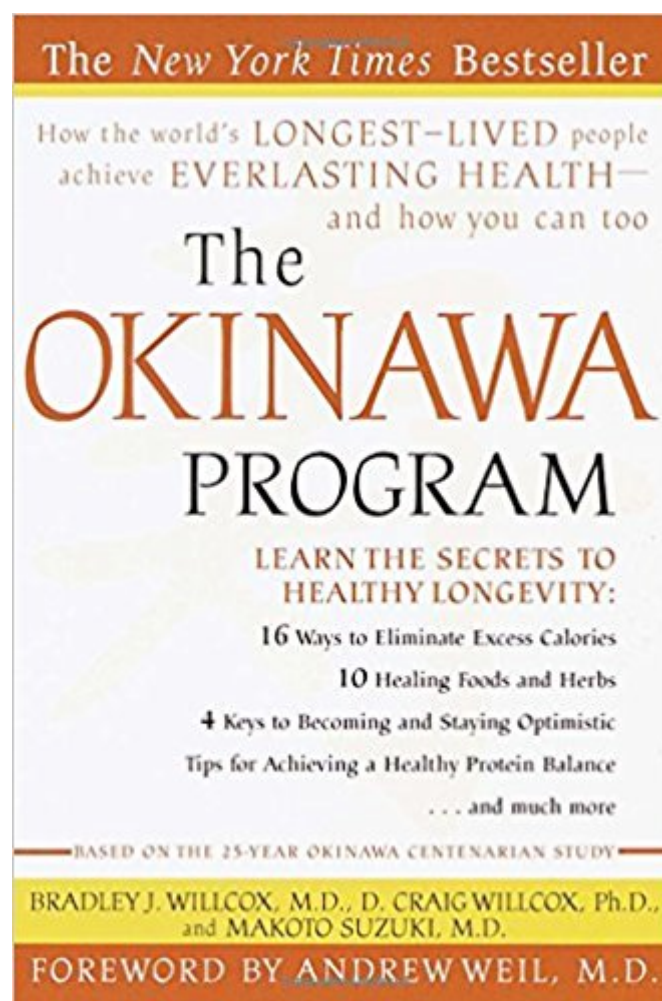




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The Okinawa Program : How The World's Longest-Lived People Achieve Everlasting Health--And How You Can Too



Synopsis

“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. This breakthrough book reveals the diet, exercise, and lifestyle practices that make the Okinawans the healthiest and longest-lived population in the world. With an easy-to-follow Four-Week Turnaround Plan, nearly one hundred fast, delicious recipes, and a moderate exercise plan, *The Okinawa Program* can dramatically increase your chances for a long, healthy life

Book Information

Paperback: 496 pages

Publisher: Harmony (March 12, 2002)

Language: English

ISBN-10: 0609807501

ISBN-13: 978-0609807507

Product Dimensions: 6.1 x 1 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 107 customer reviews

Best Sellers Rank: #115,178 in Books (See Top 100 in Books) #23 in *Books > Health, Fitness & Dieting > Aging > Diets & Nutrition* #1021 in *Books > Health, Fitness & Dieting > Nutrition* #1355 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets*

Customer Reviews

If ever there were a prescription for longevity, the folks of Okinawa, a collection of islands strung between Japan and Taiwan, have found it. Considered the world’s healthiest people, residents of this tropical archipelago routinely live active, independent lives well into their 90s and 100s. Their rates of obesity, heart disease, osteoporosis, memory loss, menopause, and breast, colon and prostate cancer rank far below the rates for these illnesses in America and other industrialized countries. In fact, researchers believe many Okinawans are physically younger than their chronological ages. In essence, the Okinawans have found a way to beat the clock. How do they do it? In *The Okinawa Program*, Bradley J. Willcox, M.D., D. Craig Willcox, Ph.D., and Makoto Suzuki, M.D. reveal the islanders’ age-defying secrets. Of course, there are really no surprises here: a

low-fat diet, exercise, stress management, strong social and family ties, and spiritual connectedness--the same things experts have been recommending for years--all play key roles in keeping the Okinawans youthful. But in this fascinating read, which is peppered with inspiring anecdotes about these remarkable people, the authors provide concrete evidence that adopting these healthy habits pays off significantly in terms of tacking more productive years onto our lives. Based on the authors' 25-year Okinawa Centenarian Study, this extraordinarily well-written book demonstrates that genetics provide only so much protection against disease. Indeed, the authors often remind us that when younger Okinawans pick up Western habits, their rates of obesity, illness, and life expectancy start to match ours as well. Clearly, when it comes to longevity, healthy lifestyle habits will out. That said, the major message of *The Okinawa Program* is that we can easily adopt the life-lengthening strategies that have served the Okinawans so well for generations. To that end, the authors pack chapters with suggestions for following "The Way," from eating a low-fat, low-calorie diet packed with fiber and complex carbohydrates (cooking up the book's more than 80 recipes is a start) and learning tai chi to finding time to meditate and relax, developing one's spirituality, doing volunteer work, and building a solid network of friends and family. Rounding out the book, the authors pull their key recommendations into a comprehensive yet doable four-week plan that's meant to get you started. Following "The Way" isn't a free shot at immortality, but it certainly helps stack the deck in your favor. --Norine Dworkin --This text refers to an out of print or unavailable edition of this title.

Twin brothers Bradle and D. Craig Willcox, an internist and anthropologist, respectively, and geriatrician Suzuki, fascinatingly recount the results of a 25-year study of Okinawa, where people live exceptionally long and productive lives. There are more than 400 centenarians in Okinawa, where the average lifespan is 86 for women and above 77 for men. Most impressive is the quality of life Okinawans maintain into old age; the book is filled with inspiring glimpses of elderly men and women who are still gardening, working and walking into and well beyond their 90s. The authors point out that while genetics may account, in part, for Okinawans' longevity, studies have revealed that when they move away from the archipelago and abandon their traditional ways, they lose their health advantage, proving that lifestyle is, at the very least, a highly influential factor. The Okinawans' program of diet, exercise and spiritual health apparently lowers their risk for heart disease, osteoporosis and Alzheimer's, as well as breast, ovarian, prostate and other cancers. According to the authors, "the Okinawan Way" is neither elusive nor esoteric. It consists, in part, of a low-calorie, plant-based, high complex-carbohydrate diet. Exercise, the authors maintain, is

essential, as is attention to spirituality and friendships. Okinawans, too, lead slower-paced, less stressful lives than most Westerners. The outcome of years of extensive medical research, this book offers a practical and optimistic vision of growing old. (May)Forecast: An eight-city author tour, plus advertising in New Age, USA Today, the Wall Street Journal and the New Age trade press, should bring this book the attention and sales it deserves. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This book contains a lot of GREAT information about the Okinawan people, their diets and traditions. However, read it with a grain of salt. The author, while it's clear he tried, was not able to completely shake himself free of some of his western preconceptions. He openly criticizes the Okinawans' use of white rice rather than brown rice (even after pointing out that they live much longer than their Western counterparts who eat the brown stuff). He gives detailed descriptions of traditional okinawan foods like tofu, bitter melon, and pig ears, but his lists of meal suggestions typically include cornbread, muffins, pancakes, whole grain bread, raspberry pudding, spaghetti, waffles, turkey sub with mayonnaise, veggie burger, whole grain bagel with nonfat cheese... I'm listing these straight out of the book. They are not even remotely similar to traditional Okinawan meals, and do not reflect the characteristics of their most healthful foods. That said, it was enjoyable enough that I read it twice. His accounts of meeting elders and hearing about their lives and culture are wonderful, and his analysis of their ancient culture versus our modern culture contains a lot of insight.

This book will save your life if you read it, get it, and if you MOST IMPORTANTLY - completely change your entire lifestyle around the recommendations in this book. What if a doctor offered you a "magic pill" for free that will dramatically increase your probability of longer plus more productive healthy - longer lifespan, help you stay thin and attractive, greatly reduce your risk of cancer (and countless other diseases) and you knew the pill had ZERO negative side effects? You would beg for that pill and start taking it immediately! This book describes that "pill", and backs it up with DECADES of medical evidence. It just so happens that this "pill" is a dramatic change in lifestyle you'll need to make, but the benefits of doing that are INCREDIBLE. I'm doing that. Start with the fact I'm a white guy who left the animal-meat rich diet behind when I married into an Asian family ten years ago. Joining that culture right there put me onto about 70% veggie diet, but now this year I'm working on making that more like 95% veggie diet, plus adding in all the other beneficial factors into my life that are mentioned in the book. You want to know the result? In January I'll be 48, but

everyone notices and tells me I look TEN years younger than every one of my cousins who are same age as me. They are eating the keeps-you-fat, animal protein fatty American foods. I switched long ago to the Okinawa diet; I've never had any major medical issue of any kind my entire life. Meanwhile most of my same aged cousins have major health issues. Why don't we read anything in major news media about the PROVEN increased health and increased lifespan benefit that comes from Okinawa Diet ? Because BIG PHARMA (the REAL drug pushers!) cannot make money telling this KNOWN SOLUTION because BIG PHARMA makes money pushing PILLS and wants this book kept a SECRET. What's more, major news media (and United States Congress!) are also slaves to the money coming in from BIG PHARMA to push their drugs. Don't underestimate your ability to change your lifestyle. For example, now I eat Goya Chample about three times a week and my taste buds have fallen in love with the strong lovely taste of Bitter Melon (Goya) which is the main ingredient. Read the book to understand what a diet rich in veggies like Bitter Melon has to do with living healthy, lower cancer risk, and long productive active lifespan

Interesting, but I did not agree completely with some of the dietary guidelines, and some of the herbs used, especially with the use of mugwort , allergies, skin irritations on the plus side the book did mention that you shouldn't take mugwort if you were on blood thinners which is true. I thought the book downplayed the side effects of some of the herbs listed somewhat. You always have to adapt the information in this book to your own constitution and sensitivities. I did agree with the benefits of use of Omega 3 rich fish and seafood, seaweed, bitter melon, turmeric, crushed red pepper, flax seed, yams, jasmine tea. But intaking tofu every day or nearly every day not so much. I like tofu very much, but soybeans cause inflammation. Miso which is also listed is made of soybeans and can cause more inflammation and plus it has an exceptionally excessive amount of sodium for most people to use it every day. The book listed peanuts as part of a beneficial list of nuts, beans or seeds. Lots of nutritionists disagree with that now because most of peanut brought to market have problems with fungal contamination which can help trigger cancer causing agents in the system. There are plenty of studies that show this. Stick with almonds or sesame seeds. I did like that the book listed the benefits of walking, Tai Chi and meditation and giving back to your community . Those parts of the book I liked very much and it is quite helpful in reducing stress and maintaining balance both in yourself while benefiting your community.

There is a lot of useful, interesting information in this book about the Okinawan diet and lifestyle which we can all learn from. However, I totally agree with another reviewer who basically said that

he wondered if some information might be lost because of the authors filter. I love learning about other cultures but am less interested in hearing an authors interpretation of his observations. The diet program might be of use to someone eating the typical Western diet, but for those of us already up on nutrition and eating a pretty wholesome diet it is pretty obsolete as it seems to be a transition to a more healthy way of eating. That being said, there are plenty of things you can learn and add to your diet and lifestyle. I do appreciate how much work went into this book and nothing against the authors, I just wish they would have stuck with reporting on what the Okinawas are doing because when most people buy this book they think that is what they are getting... you just also get a lot of advice from the authors. I prefer "The Jungle Effect", which I heard about from Dr. Weil and is much more inspiring and readable about "blue zones" or "cold zones", as they call them.

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