



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

By Bradley J. Willcox, D. Craig Willcox, Makoto Suzuki

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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

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Editorial Review

Amazon.com Review

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

From Publishers Weekly

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.

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Review

"The Okinawa Program is a very significant contribution to the science of longevity. Read this book carefully and follow the recommendations and you will add years to your life and life to your years."

-- Deepak Chopra, M.D., Author of **Ageless Body, Timeless Mind** and **Grow Younger Live Longer**

"As you will learn in this scientifically factual and highly readable book, the general principles of living the Okinawa way . . . are accessible to everyone

and quite consistent with the latest medical research on healthy lifestyles and healthy aging."

-- From the Foreword by Andrew Weil, M.D., Author of **Spontaneous Healing** and **8 Weeks to Optimum Health**

Users Review

From reader reviews:

Tammara Dejesus:

As people who live in the actual modest era should be upgrade about what going on or information even knowledge to make these people keep up with the era that is certainly always change and advance. Some of you maybe will update themselves by reading books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what one you should start with. This *The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too* is our recommendation to cause you to keep up with the world. Why, because book serves what you want and wish in this era.

Lena Stubbs:

The knowledge that you get from *The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too* will be the more deep you looking the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to know but *The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too* giving you excitement feeling of reading. The article writer conveys their point in a number of way that can be understood by means of anyone who read that because the author of this e-book is well-known enough. This particular book also makes your current vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this particular *The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too* instantly.

Damian Woodward:

The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort that will put every word into joy arrangement in writing The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too although doesn't forget the main place, giving the reader the hottest and also based confirm resource data that maybe you can be one of it. This great information can certainly drawn you into brand-new stage of crucial thinking.

Luis Gazaway:

In this particular era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple approach to have that. What you must do is just spending your time little but quite enough to enjoy a look at some books. Among the books in the top collection in your reading list is The Okinawa Program : How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too. This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking up and review this guide you can get many advantages.

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