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`The Okinawa Program' is an excellent book about the lifestyle of the worlds longest living group of people. It is extremely easy to read and although it is heavily

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The Okinawa diet describes a weight-loss diet based on the eating habits of the indigenous people of the Ryukyu Islands. Contents 1 Indigenous islanders' diet 2

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Fitness | okinawa diet | the longevity secret

Okinawa Diet does not consider only what you eat, but how. People there have a culinary philosophy called hara hachi bu, which is eight parts of a whole 10.

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