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THE OKINAWA WAY: HOW TO IMPROVE YOUR HEALTH AND LONGEVITY DRAMATICALLY (PAPERBACK)

Based on a 25-year study of the world's healthiest and longest-lived people



The Okinawa Way

The four-week fitness, diet and lifestyle plan to reverse the symptoms of ageing

Dr Bradley Willcox
Dr Craig Willcox and
Dr Makoto Suzuki

Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: N/A. Brand New Book Okinawa is the Japanese island, home to the world's healthiest population. Discover their secrets to a long and healthy life in the bestselling diet book and four-week plan... There is nothing more universal than the desire to slow down the ageing process, to live a long, full life with health, energy, and independence. The Okinawa Way presents the first evidence-based program, based...

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- Authored by Bradley J Willcox, Craig D Willcox, Makoto Suzuki
- Released at 2018



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Reviews

A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom. It's been designed in an exceedingly simple way and is particularly simply following. I finished reading this publication through which actually modified me, alter the way I really believe.
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