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school that presbyopia is a normal part of aging.

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Healthy at 100 strives to improve both the quality and the quantity of our remaining years—no matter how old or how healthy we might currently be—and to reverse the social stigma on aging.

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In Healthy at 100, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span.

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'Healthy at 100' presents studies of the world's longest-lived peoples, finding that -- despite their wide geographical separation -- they share certain lifestyle traits in common: They all have a largely vegetarian diet; they all live lightly on the land, in harmony with their environment; they all live physically active lives, even into their 100's; they all value and revere their elders; and they all have strong spiritual traditions.

Healthy at 100: The Scientifically Proven Secrets of the ...

Healthy At 100 : The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins (2007, Perfect) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Healthy At 100 : The Scientifically Proven Secrets of the ...

Healthy at 100 is a masterpiece.' - Dean Ornish, M.D. ' Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense.

Healthy At 100 : The Scientifically Proven Secrets of the ...

Well, it seems that "Healthy at 100" is most successful at answering that question. They are not trying

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a new idea, but merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching old age more often than any other group.

Healthy at 100: The Scientifically... book by John Robbins

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples Paperback – Aug. 28 2007 by John Robbins (Author) 4.7 out of 5 stars 187 ratings See all 15 formats and editions

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"Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspiration—a beautiful diet for the heart." -Jack Kornfield, co-founder of the Insight Meditation Society and Spirit Rock, author of A Path with Heart

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Healthy at 100 by John Robbins: 9780345490117 ...

No heart disease, no diabetes, no hypertension, no cancer, and NO GLASSES! We were taught in medical school that presbyopia is a normal part of aging.

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Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples User Review - Not Available - Book Verdict. Robbins (Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth) looks to societies with the greatest proportion of centenarians for clues on ...

Healthy at 100: The Scientifically Proven Secrets of the ...

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples John Robbins, Author . Random \$24.95 (357p) ISBN 978-1-4000-6521-9

Nonfiction Book Review: Healthy at 100: The Scientifically ...

Healthy at 100 : the scientifically proven secrets of the worlds healthiest and longest-lived peoples. [John Robbins] -- By examining the food and lifestyles of four very different cultures that have the distinction of producing some of the world's healthiest and oldest people, the author reveals secrets for living an ...

Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhasia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins

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examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

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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.

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Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted-and needed-to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life-and it worked. Now at the peak of health, Dr. Sears shares his program in PRIME-TIME HEALTH. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, PRIME-TIME HEALTH is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

The author calls for a revolution in health care, criticizing its hostility to alternative medicine and its bias against women

There is plenty of hype and hoax when it comes to anti-aging and longevity remedies. The 100 Best Ways to Stop Aging and Stay Young offers safe, credible, effective strategies backed up by scientific research. 100 simple, action-oriented nutritional, exercise, and lifestyle tips that address all aspects of aging from wrinkles, fatigue, and slowing metabolism to strategies for keeping brain, bones, and heart healthy and strong. Most methods take 10 minutes or less Examples include: 1) Vitamin C fights wrinkles by feeding skin's supporting structure: collagen and elastin 2) 30 minutes of aerobic exercise a day boosts memory and fights dementia and Alzheimer's 3) Meditation boosts immunity and may head off illness Unlike other books that have a complicated plan that readers must adopt 100%, this guide gives readers a buffet of nutritional, exercise, and lifestyle options they pick and choose from and integrate into their lives.

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America-heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more-and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to

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be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug-and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

The author of the major bestseller How Not to Die reveals the groundbreaking scientific research behind how a plant-based diet can maximize our fat-burning systems for long-term weight loss success.

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