

# **Okinawa Diet: Live To Be 100 - The Japanese Centurion's Diet By Rina Ken**

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Vitality. Okinawa Life is a dietary supplement that provides nutrients based on the diet of the Okinawa people.

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The islanders of Okinawa live longer than anyone else on the planet. And they stay fit, active and happy long into old age. The Okinawa way. Diet.

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Okinawa Diet: Live To Be 100 - The Japanese Centurion's Diet (English Edition) 2015/5/14. Rina Ken. The Okinawa Diet Plan: Get Leaner, Live Longer,

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See more about Diet, Okinawa Food and Turmeric Tea. Okinawa, On the whole, people in Japan live more years in good health than Americans,

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Can you eat your way to a century? I am not referring to test cricketers, I'm talking about the Japanese diet. Or the Sardinian diet. Or the Ikarian diet.

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The Okinawa Diet, named after the Japanese Okinawa islands where the largest amount of centenarians are located, could be the key to longevity and a long life well

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Although the traditional Japanese diet usually includes large quantities of rice, the traditional Okinawa diet consists of smaller quantities of rice;

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they live in either Okinawa the other one being Japanese and 36 Chinese families from Fujian were invited by the king of Okinawa Island's

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Okinawa Diet does not consider only what you eat, researchers hope to find the formula that people get to live good and healthy to more than 100 years.

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