

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

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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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Ryukyuan people - wikipedia, the free encyclopedia

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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