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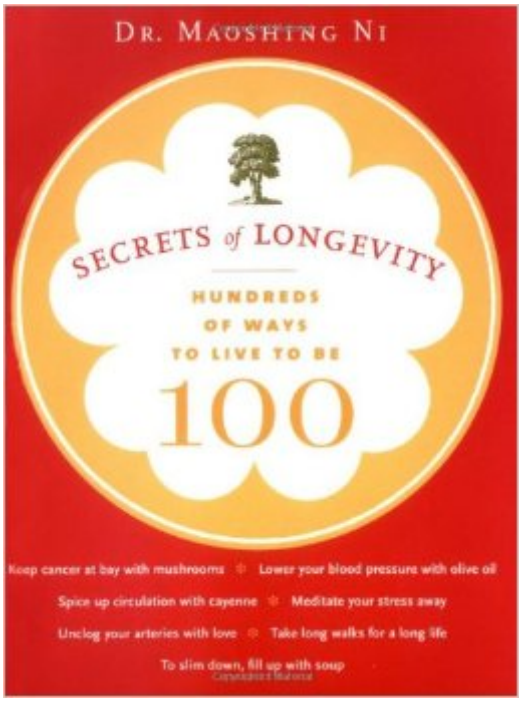
Secrets Of Longevity: Hundreds Of Ways To Live To Be 100



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Synopsis

Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as heÃƒÂ¢Ã Â Ã Â™s known to his patients) knows the answersÃƒÂ¢Ã Â Ã Â”and theyÃƒÂ¢Ã Â Ã Â™re surprisingly simple and powerful. ItÃƒÂ¢Ã Â Ã Â™s amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas youÃƒÂ¢Ã Â Ã Â™d like to address.Marrying wisdom from the East with the latest scientific advances from the West, Secrets of Longevity puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

Book Information

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Customer Reviews

This book is well researched (including Western science and Eastern traditions), full of excellent advice and written in easy to read, enjoyable snippets, not to mention that each page is designed with artwork and a nice visual layout. Despite what another reviewer wrote, this book has plenty of info that you probably have never heard before on topics ranging from diet and nutrition, chinese and western herbal medicines, the environment, ecology and community, exercise, lifestyle and rejuvenation, genetics, relationships, love, sexuality and faith, and the last chapter brings it all together.Here are some examples of simple sound advice in the book that you may not have heard before:Chronic fatigue syndrome has been linked to sinus disease. Evidence now suggests that humming along with the radio or singing tunes to yourself may help prevent or remedy sinus

problems."A body "map" inside your mouth. In Chinese medicine the tongue is seen as a map of the internal body. You can detect hidden problems early by inspecting your tongue for redness, cracks, or coating on specific areas." He then goes on to write which areas on the tongue correspond to which internal organs, and what the redness, or cracks, etc indicate.Dr. Mao also gives specific advice for preventing illness during each season, with sound advice such as, altering sleep paterns, what foods to eat or which to avoid, special preventative practices that are all specific to that season and the ailments that tend to occur within the season.Eventhough the book is full of advice, I did not find it overwhelming. In fact, Dr. Mao writes in an encouraging, upbeat tone that makes it fun to read and easy to practice. You don't even need to read it cover to cover in a systematic way.

"It's been estimated that a third of all cancer patients developed their disease as a result of insufficient whole plant fiber in their diets." ~ pg. 15"Secrets of Longevity" is an amazing book filled with easy-to-follow tips on living a long and healthy life. While reading this book I was constantly writing down ideas that I plan to put into practice in my life like eating more seaweed (in sushi) or staying 4-6 feet away from a microwave while running it. I have the tendency to stand by the microwave waiting for food to finish heating so that is something I will change after reading this book!I found myself agreeing with most of the advice but did have a concern about a few things mentioned as healthy. One is the comment that canola oil is a healthy fat and recently I learned it can promote cancer. The second was the use of wormwood, which can be a very dangerous herb and you shouldn't take it for an extended period of time.There are a few spiritual ideas and a little bit of feng shui in this book. If you don't believe that God is nature or if you don't want to say an invocation you can easily overlook these items and concentrate on what you do believe in.Some of the advice like taking cold showers will probably be rejected by most comfort-loving individuals. In contrast an hour-long walk will most likely be a goal of many people reading this book.While a lot of the advice was familiar to me I still needed to be reminded of healthy choices and natural alternatives. I had however never heard that copper cookware was dangerous. We all know about the dangers of aluminum.Some of the topics presented in this book deserve more attention. Like a detailed description about pycnogenol would have been helpful.

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