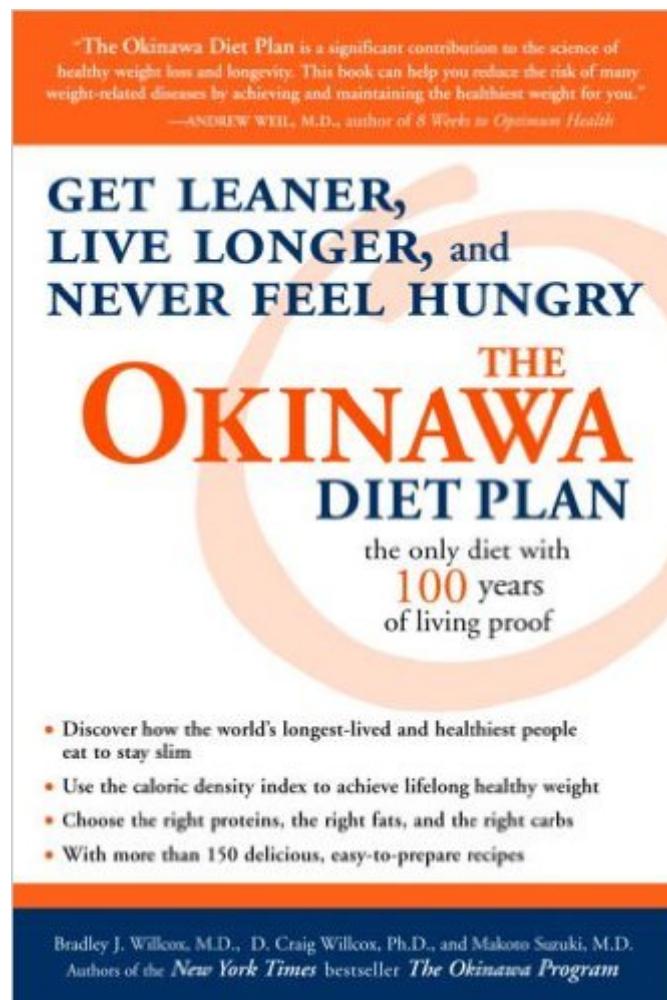


The book was found

The Okinawa Diet Plan: Get Leaner, Live Longer, And Never Feel Hungry



- Discover how the world's longest-lived and healthiest people eat to stay slim
- Use the caloric density index to achieve lifelong healthy weight
- Choose the right proteins, the right fats, and the right carbs
- With more than 150 delicious, easy-to-prepare recipes

Bradley J. Willcox, M.D., D. Craig Willcox, Ph.D., and Makoto Suzuki, M.D.
Authors of the *New York Times* bestseller *The Okinawa Program*



Synopsis

In their New York Times bestseller The Okinawa Program, Drs. Bradley and Craig Willcox and Makoto Suzuki explained why the Okinawans are the longest-lived people on earth. Now, they offer a practical diet program rooted in Okinawan traditions so that you too can have a leaner, more aerobically efficient body that will stay healthier and more youthful. Conveniently divided into three dietary tracks—western, eastern, and a fusion plan that combines both—their program will help you achieve healthy weight loss without deprivation. With more than 150 recipes, an eight-week phase-in plan, and other unique resources, The Okinawa Diet Plan is an easy-to-follow breakthrough concept in healthy weight loss.

Book Information

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Customer Reviews

Anyone who has dieted knows diets don't work. They don't work because diets consist of temporary changes to one's typical dietary habits. This inevitably results in temporary weight loss because as soon as you reach your weight loss goals and start letting some of those former eating habits creep back into your life, guess what? You start to gain back all the weight you lost. By intentionally marketing diets as a quick fix, commercial diet plans have been designed to keep you stuck in this vicious cycle of yo-yo dieting that keeps you coming back to them again and again. A few commercial diet marketers realized that consumers were beginning to catch on to this little scam, so now they have "maintenance" phases that promise to help you keep that weight off for life. There's just one catch: these maintenance phases are designed to turn you into a life long consumer of their

endless supply of prepackaged, processed foods designed to "help" you keep that weight off. This is the sort of "help" I expect from a crack dealer, not from someone promising to improve my life. The Okinawa Diet Plan is not about any of that. This book is all about giving you the tools to learn how to eat and live in a way that will keep you lean and healthy for life. And that lean, healthy life is likely to be a very long one because the Okinawa Diet Plan is based on evidence taken from studying the longest-lived people on the planet. It seems most commercial diets are built on a business plan rather than on research. Not so with The Okinawa Diet Plan. The Okinawa Diet Plan grew out of nearly 30 years of solid research from an international team of highly respected doctors and scientists. How many commercial diets can say that?

I am a Japanese registered dietitian (RD) and nutrition researcher (PhD) living in the U.S. and I recently discovered this wonderful book. The Okinawa Diet Plan is without a doubt the best diet book I have seen. It offers easy to follow dietary advice that teaches the reader how to choose the healthiest carbs, proteins and fats. Great recipes too! It is by far the best diet plan for long-term health, it is high in antioxidants and suggests new foods that promote healthy weight and longevity. I lost 30 pounds over 8 weeks without any major life changes, just some simple rules for eating. And I have KEPT the fat off. I have never felt better!! One thing that concerns me about some of the reviews for this book is how some people in the US call themselves nutrition experts or dieticians without proper training and then profess to know something about the Okinawan eating habits because they read a few research papers and got confused about the data. Some even say that soy might have adverse health effects. While we should always try to look at all the evidence this is not very likely. The Okinawans have eaten more soy than anyone in history and are the world's healthiest people. That should say something. Until recently the second most common occupation of Okinawan women was tofu maker. Many of the centenarians in Okinawa used to be tofu makers. That would suggest soybean curd (tofu) is pretty good for you. Unfortunately, soy consumption has been declining in Okinawa for the last few decades--mostly among young people. This, I believe, is one of the reasons that younger people in Okinawa are less healthy than the elders. I think it is because they eat LESS soy, less vegetables, and MORE red meat than the elders.

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