THE ABKHAZIAN BOOK of LONGEVITY AND WELL-BEING



MURAT YAGAN;

Longevity And Wellbeing The Abkhazian

Louis Philippe McCarty

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live to their 130s 140s and even older The longevity communities in this book are Okinawa Japan The Republic of Abkhazia next to southern Russia Vilcabamba Ecuador Hunza People of northern Pakistan Lots of information is also provided about the lifestyles of these localities and other longevity factors are elaborated on too We also provide some Diet and Lifestyle steps to get you started on losing weight and improving your health starting today Come join us as we learn more about how we should live and eat to optimize long term health through the best Lifestyles and Diets

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