

# SECRET TO HUNZA SUPERIOR HEALTH



HOW PEOPLE OF HUNZA  
STAY YOUNG WITH EXTRAORDINARY HEALTH  
AND LIVE LONGER

*By Carl Classic*

*Contributing Editor: Gordon F. Richiusa*

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# Secret To Hunza Superior Health

**Sabine Zange**



## **Secret To Hunza Superior Health:**

**Secret to Hunza Superior Health** Carl Classic,1991      *Diets and Lifestyles of the World's Oldest Peoples* Martin K. Ettington, Thousands of books are written on diets But not many if any on how the longest lived communities in the world live and what they actually eat This book is a study of the lifestyles and diets of the four longest lived communities in the world All of these locations have a higher proportion of centenarians and super centenarians per hundred thousand of population as well as many persons who 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      *18 Long Lived Communities around the World* Martin K. Ettington, This book is about communities and cities around the world where people live to very old ages It is divided into two groups Those communities who have the longest lived peoples in the world Lots of lifestyle and diet data is included for them The second group are another set of communities which have high average ages which people live to but are not quite the outliers that the first group is I've also tried to provide some general lifestyle and diet guidelines to give an idea of why these places are different for longevity purposes The first four communities were also profiled in my book *Diets and Lifestyles of the World's Oldest Peoples* 32 Longevity Recipes which goes into lot of details about these four locations including traditional recipes Overall I think you will get a better idea of what the reasons are why people live a long time in these locations around the world which may give you ideas about adapting your lifestyle and diets to have maximum longevity      **Divine Prescription, The** Gunther B. Paulien,2017-08-22 God helps those who help themselves By knowing understanding and applying God's Laws of Health we can restore our health when ill and maintain our health when well All intelligent men and women can be their own health instructors when they understand the true philosophy of health We can exercise breathe fresh air rest when needed drink plenty of water dress properly work moderately and do that which most experienced physicians cannot do for us and that is to regulate our diet This extensive volume will show you how      **Long Life Now** Lee Hitchcox,1996 Discusses how to slow the biological aging process achieve immunity from nursing home institutionalization reduce the risk of degenerative disease purge pesticides from our food supply and environment convert our economy from petrochemical based to plant based and transform government from lobby centered to people centered Covers dietary components such as proteins fats carbohydrates additives dairy products seafoods and vitamins the history of the American diet the food guide pyramid weight control exercise biological age various nutrition related illnesses such as heart disease cancer osteoporosis arthritis diabetes hypertension etc      *The Road of Food Habits in the Mediterranean Area* International Commission on Anthropology of Food

and Food Problems. International Congress,1998      Medical and Health Care Books and Serials in Print ,1997      **The Cumulative Book Index** ,1991 A world list of books in the English language      *The Lifestyle Zip Code Analyst* ,1992  
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Raymond Francis,Michele King,2010-01-01 Fight Fat at Its True Source Your Cells An M I T Trained Scientist Explains the ONE Secret You Need to Know to Lose Weight and Keep It Off Raymond Francis is the scientist people turn to when diets don t work His groundbreaking approach treats excess weight for what it reall y is a disease caused by malfunctioning cells As Francis explains many of the foods we eat every day especially the health and diet ones we dutifully buy to lose weight have the opposite effect Full of hidden toxins and lacking nutrients they actually poison your cells and alter your weight control genes causing your body to put on the pounds Like he s done for thousands of other people Raymond Francis can help you turn this fat cycle around and reclaim your waistline and your health His simple yet scientifically supported plan will have you looking and feeling better than you have in years in just six weeks You ll discover Which low fat and no fat products actually make you fatter How one missing nutrient can signal your body to store fat Which food additives are most toxic and how to spot them on a label The Big 4 worst foods to eat with delicious and nutritious alternatives How to sneak more fiber and nutrient rich foods into your day Plus delicious recipes for meals and snacks and week by week to do lists to keep you on track Your body already knows how to regulate its weight you just need to give it a fighting chance Now you can for life  
Pathways to Joy in Marriage Paul W. Syltie,2012-06-05 We live in an age of broken marriages broken homes and broken lives brought on by an adversary whose wavelength permeates this society and teaches us that a person is free to do whatever he wishes Do what feels good and fear not the consequences My wife and I have proven that a married couple and their children do not need to follow this course In fact it is much much easier not to because the fruits are infinitely better if you do not and we all like good fruit God ordained it that way because He invented marriage and family For 45 years my wife and I have witnessed the fruits of striving after God s perfect plan for married couples as outlined in His word True Sandy and I were brought up as hard working farm kids totally dedicate to each other that helped to get a good start but in today s world as in any age the pulls of the flesh and of this fallen age can easily derail a family if they take their eyes off the goal That goal is to love God and to love your neighbor as yourself starting within your own home We have proven that in spite of society and families disintegrating all around us you can have a wonderfully fulfilling marriage and as a major part of that rear a loving and joyous family Look through the pages of the photo albums especially and see snatches of the good times we had and still do have while growing up together Parents grow up too and their kids teach them a lot Do not follow the road most traveled Read this book live God s way and be amazed that happiness will indeed pursue you      **Forthcoming Books**  
Rose Army,1991      **Paperbound Books in Print** ,1992      *Remoteness and Modernity* Shafqat Hussain,2015-04-28 This groundbreaking book is the first sustained anthropological inquiry into the idea of remote areas Shafqat Hussain examines

the surprisingly diverse ways the people of Hunza a remote independent state in Pakistan have been viewed by outsiders over the past century He also explores how the Hunza people perceived British colonialists Pakistani state officials modern day Westerners and others and how the local people used their remote status strategically ensuring their own interests were served as they engaged with the outside world **The Wheel of Health** Guy T Wrench,2009-07 The Hunza were people were renowned for their extraordinary physique and health which Dr Wrench found by the fact that their food was not made sophisticated by the artificial processes applied by modern processed food How these processes affect our food is dealt with in great detail **Asian Countries That Live The Longest** Susan Zeppieri ,2022-08-21 There are three sections to this book First look at how Asians lifespans have altered since the 1980s b Secondly Asian nations have a higher life expectancy than the rest of the world due to their lifestyle choices 3 How can someone who lives outside the blue zone live longer The life expectancy variations in life expectancy around the world and changes in Asia s life expectancy are all covered in the first chapter Asia s survival rate is discussed in the second chapter along with how their health altered and the contributing variables What age is discussed in the third chapter How is lifespan determined Moreover how does growth compare to life expectancy What elements are discussed in the fourth chapter as the basis for life expectancy Why do Asians live longer then The fifth chapter details which Asian nations have the highest and lowest life expectancy rates Chapter six focuses on China a way of life and the differences between eastern and western ideologies Chapter 7 discusses Japan its cuisine and its well kept secrets to long life Hunza a stunning region in Pakistan and its long life expectancy secrets are discussed in Chapter 8 The ninth chapter is on South Korea and its diet related fitness motivations And how they shed the pounds to lead healthy lives The longevity concept and community interaction in Singapore are discussed in chapter 10 The lifespan options for those who don t reside in a blue zone are discussed in chapter eleven It is about how they can live longer by simply maintaining a healthy diet Chapter 12 anti aging solution It provides information on protein requirements and amounts The health advantages of beverages including tea coffee and others are discussed in chapter thirteen Chapter fifteen offers succinct answers if you do not live in a blue zone whereas Chapter fourteen discusses food that could be utilized as medicine

*The Survival of Civilization Depends Upon Our Solving Three Problems--carbon Dioxide, Investment Money, and Population* John D. Hamaker,1982 **International Encyclopedia of Public Health** William C Cockerham,2016-10-06 International Encyclopedia of Public Health Second Edition Seven Volume Set is an authoritative and comprehensive guide to the major issues challenges methods and approaches of global public health Taking a multidisciplinary approach this new edition combines complementary scientific fields of inquiry linking biomedical research with the social and life sciences to address the three major themes of public health research disease health processes and disciplines This book helps readers solve real world problems in global and local health through a multidisciplinary and comprehensive approach Covering all dimensions of the field from the details of specific diseases to the organization of social insurance agencies the articles

included cover the fundamental research areas of health promotion economics and epidemiology as well as specific diseases such as cancer cardiovascular diseases diabetes and reproductive health Additional articles on the history of public health global issues research priorities and health and human rights make this work an indispensable resource for students health researchers and practitioners alike Provides the most comprehensive high level internationally focused reference work available on public health Presents an invaluable resource for both researchers familiar with the field and non experts requiring easy to find relevant global information and a greater understanding of the wider issues Contains interdisciplinary coverage across all aspects of public health Incorporates biomedical and health social science issues and perspectives Includes an international focus with contributions from global domain experts providing a complete picture of public health issues

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