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Healthy at 100 strives to improve both the quality and the

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merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching old age more often than any other group.

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Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples John Robbins, Author . Random \$24.95 (357p) ISBN 978-1-4000-6521-9

Nonfiction Book Review: Healthy at 100: The Scientifically ...

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Healthy at 100 : the scientifically proven secrets of the worlds healthiest and longest-lived peoples. [John Robbins] -- By examining the food and lifestyles of four very different cultures that have the distinction of producing some of the world's healthiest and oldest people, the author reveals secrets for living an ...

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