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Why DO the Japanese Have the Longest Lifespan? Part 2: Live the Lifestyle

By Peter McGarry

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by: **Peter McGarry**

Here's to your health!

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. This site is a guide to improving your quality of

life.

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Why DO the Japanese Have The Longest Lifespan?

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Part 1: It's All in the Food

Secret #1: Eating fish instead of red meat lowers the risk of heart attacks.

Secret #3: Wheat and buckwheat flour helps in the digestive process.

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Secret #4: Smaller portions reduce the opportunity for excessive eating.

Secret #5: Oolong tea counter balances some of the effects unhealthy food has on the body.

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