32 Longevity Recipes
&
Diets & Lifestyles of the World’s Oldest People

By Martin Ettington

Www. Personal-longevity.com
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

In Section One you will see the information on our study and comparisons of these communities

In Section Two we provide many different recipes from these communities of the type that reflect what these communities eat on a regular basis.

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!
MEDICAL & GENERAL DISCLAIMER

(Have to do this for the Lawyers)

This disclaimer is to clarify my role as Author of this book and to provide some legal protection:

- The Author is not a medical professional so any claims he makes are not backed up by any type of professionally accepted scientific evidence or formal training on his part.

- The Author is not a certified nutritionist and makes no claims about the diets suggested.

- The Author does not make any claims to cure any medical conditions or to guarantee any increases in individual lifespans.

- The Author is not an herbalist or pharmacologist so is not claiming that his suggestions in using herbs are based on any specialized expertise on his part. Caution and review of suggested supplements with experts is always recommended to make sure the individual doesn't have any medical side effects.

- The Author is not a Minister or Priest in any formal religious tradition so does not claim any special expert knowledge in those traditions.

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We struggle with eating healthily, obesity, and access to good nutrition for everyone. But we have a great opportunity to get on the right side of this battle by beginning to think differently about the way that we eat and the way that we approach food—Marcus Samuelsson

Introduction

Since becoming immersed in the subject of Longevity and Physical Immortality for the last seven years, I've spent most of my time focusing on the non physical aspects of our health and longevity.

What I've learned about long term health is embodied the "10 Principles of Personal Longevity" which is discussed briefly later in this book.

However, the biggest immediate problem which most people suffer in the United States today is being overweight, obese, too fat--whatever you want to call it.

This condition of being overweight affects the entire population and is only getting worse as the chart below shows:
You probably also know that obesity is one of the prime causes of many chronic diseases including: Diabetes, Heart Disease, High Blood Pressure, and much more.

Most people want to solve their weight problems first before looking at improving their long term health and longevity--and this makes obvious sense.

There are thousands of diet books and diet centers out there--so I wondered for a long time--What unique contribution can I make?

It came to me in an epiphany--That I've developed the correct long term health principles and longevity principles--but most people will not learn the 10 Principles of Personal Longevity in a serious way until they can see a path towards ending their weight and obesity problems.

The solution is to take what I know about the world's longest lived cultures and teach people more about what they eat and how they live.

These are real world examples--so why not use them?

Therefore, I've been learning a lot more about these long lived communities and this book is a presentation about those communities lifestyles and what they eat.

I've also included comparison matrixes and summaries of what I learned they all have in common.

Next, a diet and lifestyle program is recommended for those willing to follow thee examples.

Finally, we include 32 recipes from these communities which are mostly the traditional ones they all eat.

I strongly recommend that you don't make any major diet or lifestyle changes according to this book unless you have consulted your Doctor and/or additional certified Diet and Nutrition Professionals.

Hope you enjoy the book and it leads you to our full Longevity training program on the 10 Principles of Personal Longevity.
Section 1-The Worlds Longest Lived Communities

I've avoided the subject of the best longevity diets for years since there are thousands of diets out there and I didn't feel I had anything new to present on the subject.

However, I recently spent more time reading about the lifestyles of very long lived persons and decided that the examples they and their communities represent needed to be shown to the world.

There have been many previous researchers and writers on the subject on healthily diets, but I thought my perspective on longevity might be unique since I focus mainly on successful lifestyles….and diet is part of the lifestyle.

The first thing I did in my research was to narrow down choices for the longest lived communities featured in this book

My criteria for picking long lived communities were several:

- An unusually high proportion of the population is over one hundred years
- The community has a well defined culture
- Sufficient population so that lifestyles and eating habits are a common "Standard" model
- Fairly isolated communities which haven't been too "contaminated" by Western Cultures

The result was a decision to focus on these four communities around the world:

- Okinawa, Japan- This island has a very healthy lifestyle and has been extensively studied for their longevity. Estimate 1.3 million population 2015.
- The Republic of Abkhazia next to southern Russia. Population of 243,000 in 2012 census. A 1970 census had established Abkhazia, then an autonomous region within Soviet Georgia, as the longevity capital of the
world. Very many persons over 100 years of age and even into 120-130 age range.

- Vilcabamba, Ecuador-This small community in the mountains of Ecuador is also known as "The Valley of Longevity". Population around 7,000 persons and a very high proportion of persons living to 130-140 years old

- The Hunza People of Pakistan-In far northern Pakistan at an elevation of 8,200 feet have many people over one hundred and persons who are 130-150 years old. An estimated population of 60,000

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In the next Chapter we will review the Okinawa lifestyle…..
Okinawa Lifestyle

Okinawans have great respect for each other and the elderly:

- One most prominent customs on Okinawa is bowing. Bowing is an Okinawan greeting...having the same meaning as shaking hands in America. It also shows respect. The deeper the bow, the greater the respect. Normally, one would not bow deeply to a shopkeeper when making a purchase...nor would it be acceptable to merely nod to a person of honor. You will find that Okinawans do not often shake hands. If in doubt, by all means bow.

- Other Okinawan customs deal with matters of courtesy. First, show respect for the elderly, as they have an exalted place in Okinawan society. Second, you should not walk into Japanese homes, shrines or temples wearing shoes. If you see a tatami (grass) mat, it is usually a clue to take your shoes off. When in doubt, observe our hosts and do as they do. Generally, you do not have to leave a tip at restaurants, hotels, bars or in taxicabs.

Extract of an article from theguardian.com (Wilson, 2001)

So what are the Okinawans doing right? The simple answer is, of course, that they are living a depressingly healthy lifestyle. They don't get drunk every night. They don't eat loads of fast-food and they don't get really, really stressed out over work. They do not chain smoke or work closely with asbestos. Nor do they indulge in class A drugs, a couch-potato lifestyle and the belief that swallowing their anger/grief/fear/panic, packing it all down and screwing the lid on tight is a good way to deal with the bad times. Oh, and they don't live all alone in their old
age in 25-storey blocks of flats with a half-dead cat and no visitors from one day to the next.

No - as you may have guessed, the Okinawans (at least the older ones, who've not yet been tainted by western society) are regular paragons of clean, healthy, spiritually-sound living. They eat well, they eat little, they're surrounded by lots of loving family members and they're well into their martial arts and meditation.

What makes their prescription for longevity interesting, however, is in the detail. For a start, the soya. These people eat a lot of soya, and it clearly does them no harm whatsoever, even if it's not keeping them alive. Then there's all the carbohydrate - they get about two thirds of their calories from it. So forget about Hollywood's high-protein, low-carb "zone" diet and those half-baked theories that we're hunter gatherers and poorly suited to eating the fruits of agriculture: you finish your sandwich, love. Some other tips from Okinawa: eat up your sweet potatoes and your watermelon (surely a completely useless fruit?). The Okinawans, who speak a language similar to ancient Japanese, can't get enough of them.

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We will discuss Okinawan's diet more in the next chapter
Okinawa Diet

People from the Ryukyu Islands (of which Okinawa is the largest) have a life expectancy among the highest in the world, although the male life expectancy rank among Japanese prefectures has plummeted in recent years.

The traditional diet of the islanders contains 30% green and yellow vegetables. Although the traditional Japanese diet usually includes large quantities of rice, the traditional Okinawa diet consists of smaller quantities of rice; instead the staple is the purple-fleshed Okinawan sweet potato. The Okinawan diet has only 30% of the sugar and 15% of the grains of the average Japanese dietary intake.

The traditional diet also includes a tiny amount of fish (less than half a serving per day) and more in the way of soy and other legumes (6% of total caloric intake). Pork is highly valued, and every part of the pig is eaten, including internal organs. However, pork is primarily only eaten at monthly festivals and the daily diet is almost entirely plant based.

Between a sample from Okinawa where life expectancies at birth and 65 were the longest in Japan, and a sample from Akita Prefecture where the life expectancies were much shorter, intakes of calcium, Iron and vitamins A, B1, B2, C, and the proportion of energy from proteins and fats were significantly higher in Okinawa than in Akita. And intakes of carbohydrates and salt were lower in Okinawa than in Akita.

The quantity of pork consumption per person a year in Okinawa is larger than that of the Japanese national average. For example, the quantity of pork consumption per person a year in Okinawa in 1979 was 7.9 kg (17 lb) which exceeded by about 50% that of the Japanese national average.

The dietary intake of Okinawans compared to other Japanese circa 1950 shows that Okinawans consumed:

- fewer total calories (1785 vs 2068)
• less polyunsaturated fat (4.8% of calories vs. 8%)
• less rice (154 grams vs 328g)
• significantly less wheat, barley and other grains (38 g vs. 153g)
• less sugars (3g vs. 8g)
• more legumes (71g vs 55g)
• significantly less fish (15g vs 62g)
• significantly less meat and poultry (3g vs 11g)
• less eggs (1g vs 7 g)
• less dairy (<1g vs 8 g)
• much more sweet potatoes (849g vs 66g)
• less other potatoes (2g vs 47)
• less fruit (<1g vs 44g)
• no pickled vegetables (0g vs 42)

In short, the Okinawans circa 1950 ate sweet potatoes for 849 grams of the 1262 grams of food that they consumed, which constituted 69% of their total calories. An Okinawan reaching 100 years of age has typically had a diet consistently averaging about one calorie per gram of food and has a BMI of 20.4 in early adulthood and middle age.

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Next we move to Abkhazia next to Southern Russia to learn about who they are and their lifestyle
Most of the information about the lifestyle of Abkasian people is taken from the article Abkhazia: Ancients of the Caucasus, by John Robbins (Robbins)

"Certainly no area in the world," Leaf wrote, "has the reputation for long-lived people to match that of the Caucasus in southern Russia." And in all the Caucasus, the area most renowned for its extraordinary number of healthy centenarians (people above the age of 100) was Abkhazia (pronounced "ab-KAY-zha"). A 1970 census had established Abkhazia, then an autonomous region within Soviet Georgia, as the longevity capital of the world. "We were eager to see the centenarians," Leaf said, "and Abkhazia seemed to be the place to do so."

Abkhazia covers three thousand square miles between the eastern shores of the Black Sea and the crestline of the main Caucasus range. It is bordered on the north by Russia, and on the south by Georgia.
Prior to Dr. Leaf’s visit, claims had been widely circulated for life spans reaching 150 years among the Abkhazians. Just a few years earlier, Life magazine had run an article with photos of Shirali Muslimov, said to be 161 years old. In one of the photos, Muslimov was shown with his third wife. He told the reporter that he had married her when he was 110, that his parents had both lived to be over 100, and that his brother had died at the age of 134.

Muslimov had passed away by the time of Leaf’s studies. But a woman named Khaf Lasuria had also been featured in the Life article. Leaf wanted to meet her, and he found her in the Abkhasian village of Kutol, where she sang in a choir made up entirely, he was told, of Abkhazian centenarians.
I had a long talk with this diminutive - she stands not five feet tall - sprightly woman who claimed to be 141 years old. . . . Although she carried a handsomely carved wooden walking stick, her nimbleness belied need of it. Her memory seemed excellent. . . . She spoke lucidly and easily about events recent and past. At the age of 75 to 80 as a midwife she assisted more than 100 babies into the world. . . . She described the life of women: "Women had a very difficult time before the Revolution; we were practically slaves." And she ended our talk with a toast, "I want to drink to women all over the world . . . for them not to work too hard and to be happy with their families."

Though he was greatly impressed by this elderly lady's charm and spirit, Leaf did not simply take her word for her age. To the contrary, he went to significant efforts to assess it objectively. Such a task is harder than it might sound, for there are no signs in the human body, like the annual rings of a tree, that tell us a person's age.

After laborious investigations, Leaf concluded that Mrs. Lasuria was close to 130 years old. He wasn't certain about that, saying only that he had arrived at a
degree of confidence and this was his best estimate. But he was sure of one thing. She was one of the oldest persons he had ever met.

Everywhere he went in Abkhazia, Leaf met elders in remarkable health. The area seemed to warrant its reputation as the mecca of super longevity. Like others who have studied the elders of Abkhazia, Leaf had colorful stories to tell. He wrote of one elder, nearly 100, whose hearing was still good and whose vision was still superb.

"Have you ever been sick?" Leaf asked.

The elder thought for some time, then replied, "Yes, I recall once having a fever, a long time ago."

"Do you ever see a doctor?"

The old man was surprised by the question, and replied, "Why should I?"

Leaf examined him and found his blood pressure to be normal at 118/60 and his pulse to be regular at 70 beats per minute.

"What was the happiest period of your life?" Leaf asked.

"I feel joy all my life. But I was happiest when my daughter was born. And saddest when my son died at the age of one year from dysentery."

Among the others Leaf met were a delightful trio of gentlemen who, like many elderly Abkhazians, were still working despite their advanced age. They were Markhti Tarkhil, whom Leaf believed to be 104; Temur Tarba, who was apparently 100; and Tikhed Gunba, a mere youngster at 98. All were born locally. Temur said his father died at 110, his mother at 104, and an older brother just that year at 109. After a short exam, Leaf said that Temur's blood pressure was a youthful 120/84, and his pulse was regular at a rate of 69.

The old fellows clowned around constantly, joking and teasing each other and Leaf. While he was checking pulses and blood pressures the other two would shake their heads in mock sadness at the one being examined, saying "Bad, very bad!" They never seemed to tire of friendly joking, always finding new ways to
have fun. Leaf was impressed by their sharp minds, high spirits, and relentless sense of humor.

Like many of the elders in Abkhazia, regardless of the weather, these men swam daily in cold mountain streams. One day, Leaf accompanied Markhti Tarkhil on his morning plunge and was astonished by the vitality and physical agility of the 104-year-old. It was a steep and rugged half-mile climb down from the road to the river, but Markhti moved with confident speed and agility. Seeing Markhti take off down the slope, Leaf, a physician coming from a society where elders have thin and fragile bones, was concerned that the older man might fall, and thought he should accompany Markhti down the hill and see to it that he didn't slip. But he was unable to do so, because he couldn't keep up with the pace of the far older man, who as it turned out never lost his footing. Later, Leaf learned from the regional doctor that there is no osteoporosis among the active elders, and that fractures are rare.

When Markhti arrived at the riverbank, he stripped and waded out into the stream, immersing his entire body in the cold water. A young guide Leaf had brought with him from Moscow also stripped and began wading into the water, but immediately jumped out, exclaiming that the water was far too cold.

After bathing in the cold water for some time, Markhti got out, dried himself off, put on his clothes, and proceeded to climb swiftly back up the rugged slope, with Leaf, who was a half-century younger and who considered himself physically fit, once again struggling to keep up.

**Are They Really That Old?**

After Leaf's articles in National Geographic appeared, however, a heated controversy developed over the validity of the ages claimed by some Abkhazians. When people say they are 140 or 150 years old, this naturally raises eyebrows. When the Soviet press announced that Shirali Muslimov was 168 years old, and the government commemorated the assertion by putting his face on a postage stamp, knowledgeable scientists around the world were skeptical.

How old, in fact, are the oldest Abkhazians? No one knows with absolute certainty. In the days when these elders were born, probably less than one-tenth of 1 percent of the world's population was keeping written birth records. When birth records are lacking or questionable, as they are in almost all cases of
people born prior to 1920 in regions like the Caucasus, contemporary researchers have had to be creative in developing methods to appraise the ages of elders. Many volumes have been written about the enterprising techniques that have been employed in the effort, and probably an equal number of scholarly volumes have been written critiquing these techniques. It has been a difficult task.

Probably the foremost skeptic about the extremely old ages sometimes claimed for elders in the Caucasus was a geneticist from Soviet Georgia named Zhores A. Medvedev, an expert in the methodologies used in the effort to arrive at accurate age verifications in Abkhazia and elsewhere in the Caucasus. Medvedev's articles expressing his doubts received a great deal of attention when they were published in the scientific journal The Gerontologist shortly after Leaf's articles appeared in National Geographic. (Gerontology is the study of the changes and associated problems in the mind and body that accompany aging.) In these articles, Medvedev presented convincing evidence that the claims that people were regularly living past the age of 120 were not to be trusted. At the same time, though, he recognized that unusual longevity in the region was a genuine reality, and that the area was indeed home to an inordinate number of extremely healthy elders.

My interest in longevity in Abkhazia, however, doesn't depend on whether any specific individuals have reached ages beyond 120. Perhaps none have, but I don't find the question to be particularly important. What makes these people fascinating to me is the fact that an extraordinary percentage of Abkhazians have lived to ripe old ages while retaining their full health and vigor. What I find remarkable is the high degree of physical and mental fitness commonly found among the elders in Abkhazia, and their obvious joy in life.

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What do these really old people in Abkhazia eat? Let's find out...
Abkhazia Diet

Much of the information on the Abkhazia Diet is taken from the article "Nutrition for Longevity by Dr. Farid Alakbarli (Alakbarli)

The typical diet of Azerbaijani villagers consists primarily of eggs, cheese, butter, yogurt, milk, curds (shor), sour cream, bread, various vegetables, fruits and herbs. They are used to eating soup made of yogurt and greens (dovgha) along with various soups made with beans, peas and grains. In the olden days, people who enjoyed longevity did not eat very much bread or products made of flour.

Animal Fat Consumption
Historically, Azerbaijanis eat fairly large amounts of animal fat, which is considered by modern scientists to be the "No. 1 Killer." Why then has this slayer not visited upon the centenarians from villages of the Lerik district in Azerbaijan, where quite a number of residents live beyond 120 years old?

Animal fat is fairly harmless to Azerbaijanis because they follow nutritional guidelines set forth by the physicians of medieval Azerbaijan who insisted that there is no such thing as completely healthy or unhealthy foodstuffs. Rather, these properties are determined a great deal by the quantity that is consumed and the way food is combined.

For example, according to the "Book of Medicine" (Tibbnama, 1712) you can consume animal fat, but you shouldn't overdo it, and you must counter the effects of fat by eating fresh vegetables and greens like spinach, celery,
dill, onions, spring onions, coriander, mint, basil, tarragon and parsley. Modern scientists confirm that the food fibers contained in green vegetables and herbs decrease the assimilation of fats in the stomach.

According to modern scientific medicine, animal fat, in fact, must be consumed (though in moderation), as it is necessary for creating hormones and promoting the normal functioning of the liver, heart and brain. If we examine the teeth of a human being, we notice that they contain features typical to both carnivorous and herbivorous beings.

Above: Traditional Tandir bread is wide and flat and made by hand. At Taza Bazaar in downtown Baku.

This fact proves that our early ancestors ate meat, and that the human organism is historically adapted to the consumption of animal fat. However, along with meat, early humans ate large amounts of vegetables and fruits. Medieval Azerbaijani physicians proposed the same approach: Don't eat just meat. Don't eat just vegetables. Eat both and combine them correctly! As opposed to one-sided theories of the modern day, such as vegetarianism, the medieval approach is based on their observation of the biological nature of the human being.

A high level of animal fat consumption is not just limited to longevity in Azerbaijan. Fifteen years ago, correspondents from the Russian magazine "Vokrug Sveta" (Around the World) interviewed elderly people in Abkhazia and questioned them about their diet. It turned out that most of the centenarians enjoyed fatty meat, preferably lamb. As distinct from Azerbaijani, Georgians drank wine even at the age of 100. However, most people who enjoy longevity in the Caucasus don't eat very much meat in the first place, and they habitually consume large amounts of yogurt as well as vegetables and fruits to neutralize the negative effects of animal fat.

In addition to yogurt and garlic, it is also possible to counter the negative effect of fats with liberal amounts of raw onion, lemon juice, pomegranate juice and with the traditional burgundy-colored, sour spice known as sumag. These all work to promote digestion and break up the fat.
Honey or Sugar?
Even though Azerbaijani cuisine is rich in sweets, traditionally, Azerbaijanis didn't overuse them. When preparing national sweets like pakhlava, shakarbura and halva, they preferred honey over sugar. For example, the Azerbaijani scientist Yusif Khoi in his "Baghdad's Collection" recommends preparing jams and sweets with honey. Modern science has established that honey contains vitamins, ferments and is considerably healthier than sugar. According to Professor M. Sultanov, the regular use of honey and the avoidance of sugar contribute to health and long life.

Professor John Yudkin of London University points out: "Not fat, but sugar leads to coronary heart disease-the sugar that you pour in coffee or tea, or eat with cakes, sweets or chocolate."

Sugar, if used excessively, turns to fat and cholesterol in the organism. Previously, poor people in the rural areas of Azerbaijan considered sugar as a delicacy and used it only on rare occasions. The standard fare for peasants included dairy products and herbs, not sweets. As for rich people, they preferred honey. According to recipes from the "Tibbnama", all kinds of Azerbaijani halva should be prepared on the basis of honey. Therefore, the harmful influence of "the white killer" that we struggle against in modern society was avoided.

Modern man might think: "Why buy expensive honey, when it's possible to substitute sugar that is much cheaper?" Unfortunately, most of the national desserts in modern Azerbaijan are based on sugar now. But in the long run, such economics are injurious to human health. Muhammad Husein-khan (18th century) also points out that the regular consumption of honey diluted with water prolongs human life. Nevertheless, even though honey is better than sugar, it should not be overused.

Yogurt and Longevity
Since antiquity it was believed that regular consumption of yogurt is the secret to longevity, as it promotes digestion and rejuvenates the organism. The "Tibbnama" recommends adding yogurt to cooked dishes. To promote digestion of meat, it was suggested to serve it with yogurt sprinkled with mint. If you eat
yogurt on its own, add chopped garlic.

In Azerbaijan, a popular drink (ayran) is made by diluting salted yogurt with water. This drink is known to lower blood pressure and treat diarrhea. The word "yogurt" itself is of Turkic (Azerbaijani and Turkish) origin and derived from the verb "yogurmak" - "to knead." The medical effect of yogurt is explained by the fact that it contains useful micro-organisms such as lactobacteria.

Above: At the bazaar, a woman sells greens such as green onion, dill, cilantro and a purple variety of basil. Vegetables and fresh herbs play an important role in Azerbaijani cuisine.

Since the accumulation of waste substances in the inflammation of the bowels is harmful to all organs of an organism, normal digestion of food contributes to a healthy and long life. Modern scientists in Japan have also established that regular consumption of yogurt protects the organism from the injurious influence of radioactive rays and prevents the development of cancer.

Garlic - Elixir of Youth
The healing properties of garlic are often mentioned in books by numerous ancient authors throughout the region-in Azerbaijan, Arabia, Persia, Tibet and China. According to the "Tibbnama", regular consumption of garlic prevents gray hair, strengthens memory and eyesight and is good for the heart. In Tibet, an herbal potion of garlic and spirits was known as an "elixir of youth." In Azerbaijan, physicians used infusions of garlic and saffron in their spirits.
Modern scientists confirm that the regular consumption of garlic lowers the level of cholesterol in the organism and improves the circulation of blood. As a result, all organs are well supplied with blood. For example, a proper supply of blood to the head prevents hair from graying, refreshes the face and improves memory. When blood is able to circulate well in the heart vessels, it prevents myocardial infarction.

Azerbaijanis have combined these two foods - garlic and yogurt - which are typical to diets of people who enjoy the benefits of long life. They chop garlic and add it to yogurt in a dish called "sarimsagli gatig" (yogurt with garlic). The "Tibbnama" also suggests mixing garlic with yogurt. This combination is used as a condiment with dishes made of flour or meat, such as dolma of grape leaves (stuffed grape leaves), khash, khingal and others.

Limit Bread
The excessive use of bread so typical to modern Azerbaijan cuisine can be traced to the influence of Russian cuisine. In the past Azerbaijanis did not overuse bread and flour products. They never had what might be called a cult of bread. Pilaf was never eaten along with bread because rice was considered to be a substitute for wheat. But these days, many people eat pilaf with bread, and also with national dishes made with dough, such as khingal, gurza, arishta, dushbara, umaj and others.

Physicians of medieval Azerbaijan didn't recommend eating much bread, especially on hot summer days. Modern investigations prove that overuse of bread, desserts and carbohydrates promotes the creation of cholesterol in the organism and leads to coronary disease and obesity. They concluded that overuse of bread is more dangerous than the regular consumption of animal fat.

Note that the national Azerbaijani bread (chorak) does not resemble Russian bread: it is a thin, flat bread, not a round loaf. Another national substitution for bread is lavash, a paper-thin bread - neither of these two types is very heavy to digest when eaten in moderation.

Use of Herbs
Since antiquity, Azerbaijanis have been convinced that saffron and licorice
prolong life, refresh the skin and face, and promote health for the liver, heart and kidneys. In addition, persons of longevity traditionally consume large amounts of vegetables and fruits, including apples.

The Azerbaijani physician Yusif Ibn Ismayil Khoyi (1311) wrote: "If eaten regularly, apples rejuvenate the organism, strengthening the heart, stomach, liver, intestine and stimulating the appetite. Regular use of apples prevents heavy breathing and excessive heartbeat in elderly persons. Apples refresh the brain and strengthen its efficiency."

Fruits, vegetables, various wild medicinal plants and products prepared from them - jams, juices, sharbats, wines, dried fruits and spices - all play an important role in Azerbaijan's national cuisine. In particular, hot dishes are combined with various vegetables, fruits, greens and spices.

Modern investigations show that vegetables and fruits contain many micro-elements, vitamins and fibers that neutralize cholesterol. Of course, scientists in the Middle Ages had no knowledge about these substances, but based on close observation, they drew similar conclusions that are being confirmed by modern scientific research.

**Tea, Not Coffee**

Regular consumption of tea is another main characteristic of people who enjoy long life in Azerbaijan. According to Muhammad Husein-khan (18th century), tea is a healthier beverage than coffee. He points out that: "Tea is a diuretic. It alleviates headaches caused by spasms and cold. In addition, tea cleanses the blood, stomach and brain and refreshes the face. If used moderately, it can treat rapid heartbeat, facilitate regular breathing and is good for the heart. This drink eases melancholy, sorrow and bad spirits."

Modern investigations prove that tea promotes longevity. It contains caffeine, which stimulates the nervous system, and theophylline, which enlarges blood vessels, eliminates spasms and improves the function of the heart. It also contains tannins, which strengthen blood vessels and prevent bleeding. As distinct from coffee, tea not only does not increase the risk of the myocardial infarction but even lowers it, because theophylline enlarges the blood vessels of
However, one should avoid drinking tea on an empty stomach and should not drink it very hot. Milk neutralizes the negative effects of caffeine. Even though tea mixed with milk is considered to be healthier, it is not popular in Azerbaijan. Tea is historically cultivated in the Lankaran district of Azerbaijan, which curiously enough, is a region known for its longevity.

Cheap, Healthy Food
Although the famous Azerbaijani Oil Baron Haji Zeynalabdin Taghiyev (1823-1924) enjoyed a very long life span, most elderly people in Azerbaijan are not so well off. When analyzing their diet, we see that they eat relatively cheap foods: eggs, yogurt, vegetables, fruits and beans. In addition, most of them don't overeat. Nor are they overweight because they are involved with hard physical labor.

In the past, those who enjoyed long life in our country rarely consumed the expensive dishes of our national cuisine, except on special occasions. Baked goods, kababs, pilaf seasoned with meat and dried fruits were usually reserved for the New Year celebration (Novruz), Muslim religious festivals (such as Gurban Bayram) and wedding celebrations. During the 19th century, even wealthy landowners didn't eat sweets and meat every day because it was considered to be harmful.

Most people in Azerbaijan who enjoy the benefits of longevity actually know nothing about cholesterol, carbohydrates or vegetarianism. They simply maintain the nutritional practices of their fathers and grandfathers, who lived to be more than 100 years old. This reality would seem to prove that Azerbaijan's traditional diet, which has been tried and tested over centuries and millennia, is at least equal to modern theories of healthy nutrition, and may even be superior.

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Next we move to Ecuador where a special "Vallay of Longevity" exists
Vilcabamba Lifestyle

In 1970, scientists researching the link between diet and heart disease visited the small town of Vilcabamba, located high in the Ecuadorian Andes. The scientists included Dr. Alexander Leaf of Harvard Medical School, Dr. Harold Elrick of the University of California at San Diego, and a group from the University of Quito.

The scientists found that the residents of Vilcabamba, who were principally of European descent, had very low cholesterol levels and very few of them ever suffered from heart disease. But more remarkable was the longevity of the Vilcabambans. Many of the town residents claimed to be over 100 years old. A few of them stated their age as being over 140 years old. These ages appeared to be confirmed by birth and baptismal records.

As word of Vilcabamba's "longevos" (very old people) got out, the town became an international sensation. Numerous articles promoted the town as a Shangri-la whose residents -- blessed with extraordinary health and longevity -- lived in closer harmony with nature, untouched by the stresses of modern life. Appropriately, Vilcabamba meant "Sacred Valley" in the Inca language.
Gabriel Erazo claimed to be 132 years old. He also always wore two hats. Halsell's picturesque account of life in Vilcabamba emphasized the simple virtues of the villager's way of life. She wrote, "I lived in a dirt-floor mountain hut with Gabriel Erazo, who matter-of-factly says, 'I am 132.'" Halsell described how Erazo stayed healthy by composing poetry in his head while hiking in the mountains. She also wrote of 113-year-old Gabriel Sanchez who "climbed the steep El Chaupi mountain to work all day with his crude hoe or lampa, cultivating a small plot of ground."

Several books published in the mid-1970s further enhanced the town's reputation. In 1975, Dr. David Davies, an English gerontologist, published (Davies, 1975) about his research in Vilcabamba.

There is also the "magical" water they drink:

High up among the surrounding mountain peaks lies an area of primeval tundra, which is made up of great masses of vegetation .... layer upon layer of these grasses and vegetation of many types and colors. In this untouched and uninhabited area, there are also some fourteen lakes, each containing the melt of this uncontaminated glacier ice.

This icy melt is often referred to as "Glacial Milk", a solution of ionically dissolved elements in a suspension of finely ground rock dust from the living parent rock of the mountains through glacial friction. The suspended minerals in this "Glacial Milk" are referred to as metallic colloidal minerals.

Come the rainy season, these lakes of glacial water overflow and flood the tundra, which then acts as a filter for any undesirable heavy metals or minerals. But this humic layer does far more than merely act as a filtering devise. These plants and ancient vegetation had never been exposed to any chemicals, fertilizers or pesticides. The plants are gradually transformed into humus, a rich organic mass that is food for new plant life.

After seeping through these countless layers of humic tundra, this purest of waters flows down into thousands of pools, then into hundreds of cascading waterfalls. And remember this part for a little later, because the countless
waterfalls contribute to the extremely high negative ion count in the valley. Finally, the long journey of the pristine Agua Sacrada ends up in the water jugs and homes of the people of Vilcabamba.

**They lead active, hard-working lifestyles.**

The people of Vilcabamba don’t exercise. They don’t have to. Almost all of the area’s residents are farmers. And the often rugged terrain requires them to hike up the slopes to pick fruits and till the soil on sloping hillsides.

They lead simple lives and have very little stress. The elderly are treated with great respect, and it’s considered an honor to have reached old age.

When you lay it all out there, it’s a simple formula really. Keep things natural and simple. Put good in, get good out. Work hard. Play hard. And respect your elders. These are the things that have drawn decades of expats to Vilcabamba. But unfortunately many have brought their old habits with them.

Stores now stock many packaged and processed foods. Drug and alcohol abuse are at an all time high among natives, and obesity has found its way onto the town’s short list of medical concerns. The locals welcome foreigners and even some of their advancements, but many hope more of them will start to help keep this little-known paradise closer to the way they found it.

In order to properly digest the released nutrients, even with proper chewing, the hydrochloric acid content in the stomach has to be awfully strong. That means maintaining a pH somewhere between 1 and 3. And that, my friends, means having a VERY high acidic level. So how do healthy elders pull this off, while keeping their bodies balanced with a sufficient alkaline content? It's the water!

Laboratory analysis of the Vilcabamba water determined that the unique balance of enriched colloidal minerals in the local drinking water was ideal for promoting optimum human health. (1)

Note the high pH factor:

- pH factor 7.2
- Total solids 262 mg
- Hydrogen-bicarbonate (HCO2) 136.4
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- hardness 140
- calcium 40.8
- magnesium 79.3
- chlorides 10.8
- sulphates 39
- potassium 1.2
- iron 0.03

Now, take a look at the list of the mineral content on the label of the bottled water you are drinking. Does it measure up to what is found in the Vicabamba water? If not, then you are being improperly nourished by the water you are drinking .... If not being outright poisoned! At least for now and some time to come, Vilcabamba has a good source of clean, sweet water to nourish its inhabitants. This is, unfortunately, not the case in many parts of the world.

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If you find yourself in Vilcabamba--What should you eat? That's up next…
We mentioned the rivers that flow into Vilcabamba, providing water even for the dry season. The year-round availability of pure water allows the town’s growing season to span pretty much the entire year. When leaving the tundra, the water also carries with it humus, an organic matter than serves as nutrients for the plants that are grown in the village. As a result, the area’s produce has some of the highest antioxidant content in the world.

Keep in mind that Vilcabamba was almost completely unknown to the world until a few decades ago. In fact, until the 1960’s, there wasn’t even a road that led into the valley. As a result, the area has been protected from “civilization” and a lot of its vices. Chemical additives have never been a part of the area's farming. And, until recently, no packaged or prepared foods could be found on its grocery store shelves.

Residents of Vilcabamba have traditionally enjoyed a diet of fresh produce, whole grains, seeds, and nuts. They eat little fat and almost no animal products.


When they prepare a salad they often toss in a few slices of mandarin oranges that grow in such abundance in this valley. The mandarin oranges not only enhance the flavor of the lettuce, but the vitamin C content helps their bodies absorb the iron in the leafy green vegetables. You will also see them mixing some local tomatoes with their broccoli. They have done so down through the ages, this food combining secret passed along from mother to daughter. Now, modern science has proven that these two foods taken together are potent cancer-fighters. Another "secret" ingredient in the Vilcabamban diet is avocado
… think guacamole. Once again scientists have shown, after the fact, that the Old People of Vilcabamba were practicing some excellent natural medicine in their plentiful use of avocado in their diet. The natural oil of the avocado works synergistically with the leafy vegetables to maximize the nutrient value of the salad. The medicinal value of culturally traditional foods has always been a part of "folk wisdom" in places where the Centenarians thrive.

Quinoa is called the Queen of Grains. This is cheating a bit. Quinoa, like a number of other exotic grains, isn't really a grain at all … it is technically a fruit. In Botanical terms, quinoa is a pseudo-cereal along with amaranth and teff. It has grown in The Andes Mountains for more than 4,000 years. The Incas called quinoa "the Mother Grain" as eating this food tended to be nurturing and guarantee long life. It is used as a substitute for other grains like rice because of it's cooking characteristics.

The quinoa grown in Vilcabamba and surrounding Ecuadorian valleys is a variety called Altiplano, which simply can't be grown in the lower elevations of North America. The quinoa that you are probably used to finding in your local health food store is a brownish, bitterer tasting variety called "Sea Level quinoa." You can find the high altitude quinoa if you look for it, and it's worth the search.

In keeping with the Vilcabambanos use of raw or lightly cooked foods, uncooked seeds are added to soups and stews just as you would with barley or rice. Quinoa seeds absorb water very quickly and become as soft and chewy as cooked rice when added to soups. The seeds also cook very quickly at low temperatures, in only 15 minutes. This is one reason that Ecuadorians call quinoa "little rice."

Quinoa is one of the few foods that has an almost perfect balance of all eight essential amino acids, thus its use as a protein. It was used by the Incan armies in a mixture of quinoa and fat that they called "war balls" to sustain their energy during forced marches at high altitude. So if you want an energy boost and a super-healthy whole grain replacement, enjoy gluten-free South American Quinoa.
Perhaps this is one reason that the centenarians of Vilcabamba have almost always had a diet that was 70-75% uncooked, with an emphasis on salads, vegetables and locally grown fruits. Thus, they remain lean and hardy, not obese and sick.

The Vilcabambanos do cook their lentil beans, and probably so should you unless they are sprouted for salads. One of the types of beans most consumed is the black bean, sometimes called Spanish or Venezuelan beans. This variety of bean is exceptionally nutritious, containing within its dark coating phytonutrients and flavonoids that work together with the natural vitamins to help reduce some of the oxygen-related damage that can occur at higher altitudes. Black beans also contain about 185 milligrams of omega-3 fatty acids per cup, which is about three times most other varieties. It is a nutrient-dense food that goes perfectly with the low caloric intake of the local people.

Their use of natural, organic, unpasteurized yogurt from both goats and cows also provides the beneficial probiotics that might be heated out of the food. It goes without saying that keeping beneficial bacteria levels high in the intestinal tract is one of the best defenses against any pathogens that might be associated with eating "raw" foods.

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From my research, the Hunza people of Northern Pakistan maybe the healthiest and longest lived community in the world. Let's learn about them next..
Hunza Lifestyle

The Hunza people have been the object on numerous studies. The following pages are mostly extracted from the book "Secret to Hunza Superior Health" by Carl Classic 1989 (Classic, 1989)

The famous British physician, Sir Robert McCarrison, visited Hunza at the beginning of this century and brought back amazing reports. In one of his writings, he referred to the nerves of the Hunzakuts as 'solid as cables', while, at the same time calling these wonderful people "sensitive, like a violin string." This extraordinary quality, as well as the other attributes associated with their amazing health he relates to their diet that consisted largely of fruits, grains, vegetables, nuts and green leaves.

Other researchers and visitors to the region have noted similar characteristics and have arrived at the same or similar kinds of conclusions as to the source of these people's amazing health and longevity. But no one has a complete analysis of the elements behind their supreme health and long life. We will discuss these elements in

In 1958, the late Mir is quoted to have told some visitors, "Our people, young and old do not know what fatigue is." As an example of this, it has been noted that an average Hunza man of 80 or ninety years, can walk to Gilgit (a town, 58 miles from Hunza) and, on the same day, return, carrying a heavy load and immediately resume his regular daily routine of extensive hard work. The fact is that each day for every Hunza person consists of much walking and climbing, just to 'get to work' so to speak. Remember, farmlands are sometimes quite difficult to get to.
Producing food in Hunza is not an easy task. This is a mountainous land, nothing is flat, and therefore farming is a tricky and difficult affair. To solve this problem, the social structure of Hunza is one of sparse concentrations of people. The villages are widely separated. And the farms of Hunzaland are built on terraces cut into the hillside and built on masses of gravel which are cone or fan shaped. This design is world famous for its ingenuity and effectiveness. Because, no one area borders any other too closely, no one farm infringes on the farmland of another. Until recently, this structure was sufficient to assure an adequate supply of food for each person. But, in an ever changing world, with an ever increasing population, the ratio of workable farmland to people is becoming too small to comfortably supply the Hunzakuts with food.

THE TEN COMMANDMENTS OF 'SUPERIOR HUNZA HEALTH'

The below 10 commandments align pretty well with the 10 Principles of Personal Longevity. Notice that non physical subjects like Love, Usefullness, and low Stress are part of the commandments:

Contrary to popular belief, there is no ONE ingredient that is responsible for the superior health of the people of Hunza. However, there are reasons why these people enjoy the health benefits that they do. The phenomenon is the result of a combination of ingredients, ten elements that work together to make up the "Hunza Health phenomenon"

1 - AIR

Air is the first and most immediate human necessity. Under the right conditions, the human body can subsist for many days without the benefit of food or water, but deprive it of oxygen for only a few minutes and the results will be quite noticeable. The people of Hunza are lucky to live atop a mountain range that is tens of thousands of feet high. They are far away from industry and there are no cars to pump carbon monoxide into the atmosphere. In short, their air is completely unpolluted. It is fresh, clean and totally the opposite of that which we are forced to breathe while living in our overcrowded, highly modernized cities.

2 - PURE AND LIVE WATER

In Hunza, in fact, the only water that is available is that which roars down the sides of snow covered mountains. This is NOT spring water, but as it is relatively unpolluted it is
live, fresh and mineral rich. The Hunzakuts, obviously also use this water to feed the
vegetables and fruits in their gardens. The special quality of live and freshness of water
is contributed to all the things that the Hunza people ingest.

3- WHOLESOme HUMAN NATURAL FOOD

So, what foods do the people of Hunza eat and not eat? Since they lack good pasture
land, there are few animals in Hunza, so they do not rely of them for meat or for dairy
products. Also, since they are Moslems, pork is not even considered for consumption.
Grains play an important role in their diets. The seasons are short in Hunza and they are
forced to utilize grains wisely, saving a portion of each year's harvest for next year's
planting. For this reason, poultry and, therefore eggs, are scarce, since they do not have
enough excess grains to feed the chickens or other birds.

(See more about the Hunza Diet in the Hunza Diet Chapter)

3 "A"- THE LAND

The fact is this: the land we live on and the soil which grows our food is the original
source of any life on this planet. The earth (which is another name used for land and
soil) is truly the "mother of us all".

Not only are all the ingredients of super healthy communities including Hunza and
Vilcabamba organically grown under the most perfect of natural conditions, but the
people of these regions improve the soil with natural compost or manure which is
produced, obviously, under these same 'ideal' circumstances. Also, the water from the
nearby glaciers (which supply the fields) runs over the hills and through the ravines,
which are also composed of rich, black soil. As a result, the water carries highly potent,
rich mineral sediment to the farmlands which contributes even further to the luxurious
and highly nutritional plant growth.

4 - AN ABUNDANCE OF EXERCISE

The kind of Superior Health that has been achieved in Hunza is wrought with
continuous, hard, physical labor. But, contrary to what might be first thought, this is
precisely the fourth requirement for a natural, healthy and long life. In Hunza, the whole
community, as part of their daily routine is engaged in a great deal of physical activity.
Men work alongside their wives; young stand side by side with old. All put in long hours
of toil in the orchards, gardens, and fields seemingly without any care or concern for
physical tiredness. Incredibly, this work is accomplished
without any aid of modern farming equipment. And, in addition to work, these people living in such a mountainous area that are forced to hike many miles daily which compounds and adds to the amount of physical energy required of them. This rigorous daily schedule is about the same for the elderly and the very young alike, and includes all the hard physical labors for each group that uncomplicated, primitive life thrives upon. In other words, no one gets any special treatment, but then, no one really NEEDS any special treatment.

5- ADEQUATE SLEEP

A peaceful sleep is one of the important ingredients of "Hunza Health." Sleep time is when your body should be resting in a supremely relaxed state. In this way each cell will be getting revitalized and ready for another day of hard work. Our only recommendation is that you give your body as much sleep time as it requires. You will be surprised to learn that as you change to natural human food and observe the other Hunza Health Commandments (especially exercise) your sleep time will become much more restful and the need for it will decrease. New information points to the conclusion that about six hours of sleep is enough for most people, even those in the most ordinary of health in our modern society. After a reasonable amount of time adhering to the principles of the Health Commandments, you will experience new dimension in sleeping. It will become so restful and deep that you could not have before, imagined it. As for a recommendation on the time to sleep, we refer to the old adage, "early to bed and early to rise, makes a man healthy, wealthy and wise." Seeing the sun rise and set, experiencing the beauty of the day and the natural restfulness of the night will help you to keep in better tune with the ebb and flow of creation's natural time schedule.

6 - MODERATE SUNSHINE

Sunshine is the only source of natural energy for every living thing upon this earth. All life - plant or animal, in the water or on the land, needs the energy of the sun. In a way, an argument could be made that ALL life on earth is merely a FORM of the sun's energy.

7 - FASTING AND RELAXATION

In Hunza there is very little land that is fit for cultivation. Consequently, there is barely enough food for the gradually overpopulating community. There are times when there is little or no food available to any family. Usually, once a year in late spring and a few days before they begin to harvest the new crops, they will run out of food. During such periods the people go on a compulsory fast. This is the time when their digestive tracts are given
a rest and their bodies a chance to cleanse themselves. As a law of nature, when food is not sustained within the system, the body will start to use its reserve energy by first burning the extra fat cells and then gradually the old and ill cells, converting these to energy. In a society like ours which has become addicted to overeating, a revolutionary but effective method for cleansing the body (especially the digestive system) is fasting. This will also give your body the opportunity to burn away ill, old and fat cells. There are many different methods for fasting. To name but a few, we must include Water Fasting, Wheat Grass Fasting, and Fruit Juice Fasting.

8 - THE SENSE OF LOVE AND USEFULNESS  There have been two important studies in the Caucasus of the Soviet Union (another Super-healthy community called Abkhazia) that relate to how these two senses are maintained in Hunza. The first study, dealing with individuals above the age of eighty, showed that almost all of these people are married and have been for the length of their adult lives. The number of single people who are of advanced age is very small. This indicates that an important element in longevity is the mutual love and caring of a close human relationship.

These two studies are especially striking when viewed in the light of the Hunza population. There the aged enjoy a very high social status, in the community as well as in the family. Elderly people always live with family and close relatives, which often makes for an outstandingly large household. However, even in these large families the elderly are the center of attention, occupying a privileged position. The elderly are esteemed for their wisdom in Hunza, and the young universally believe that this is derived from long life and extensive experience. This makes the aged person's word as acceptable as law.

In Hunza, family members almost always consult the eldest member when making any major decision. This love and respect in family and community, plus the physical and economical work that these people do helps to give the people of Hunza, well into ages over one hundred, a sense of responsibility, love and usefulness. This sense of usefulness is highly important in any individual in order for him to continue to live to these advanced ages. Psychologists have repeatedly reinforced this fact: Once a person concludes in his own mind that his existence no longer has any purpose, at that point he has verified his own Death Certificate. In Hunza, and all their counterpart communities who are famous for superior health and longevity, there is no forced or accepted retirement age. The elderly are NOT thrown out of the family or the community and their sense of responsibility is not taken away from them, as is the case in most modern societies.

9- LIMITED WORRY AND STRESS
Anyone would certainly agree that life in a remote, mountain valley, where peace and tranquility abound, would be a little easier to deal with than all the hassles we have in modern life. If we were lucky enough to live in a place where the air is fresh and clean, the water pure and living, the food wholesome and natural, and where we were literally hundreds of miles away from the nearest fear, worry, emotional complication or stress, we would probably want to live to be as old as possible.

If we had the time, we could list hundreds of stresses and emotional pressures that are an integral part of modern life, but are unknown in communities such as Hunza. To name but a few, there is the stress of driving in traffic, the daily stress of jobs, worries about weight (either being too fat, or the new one, being too skinny), worries about paying bills, fear of unemployment, fear of physical safety and security of property, law suits from enemies, worries about health and so on.

**10- LACK OF GREED AND ENVY**

Greed and Envy are important factors in any modern society which bases the success of individuals according to their relative status in that society. How we measure our status, as compared to our neighbors, is not important. The issue is not whether we are capitalists or socialists, speak one language or another. When it comes to Greed and Envy the result to human health is going to be serious harm.

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An yes--Of course we want to know what the Hunzas eat…
Hunza Diet

What the Hunzakuts thrive on, mostly, is the famous Hunza Bread. This is made from a coarse, whole grain, barley flour and water and formed into a kind of pancake. Remember, this is WHOLE GRAIN, hand-ground and fresh from a clean highly fertile land. In addition, they also eat a lot of vegetables, green leaves, fruits, grain and some nuts. Their grain selection includes wheat, barley, buckwheat, corn, millet, alfalfa, and rye. Their vegetables are mostly potatoes, tomatoes, carrots, onions, garlic, peas, beans and pulses. The fruits that are generally available in the region are mulberries, apricots, apples, cucumbers, grapes, peaches, cherries and some melons. It's an excellent variety that appears to supply all essential vitamins in precise quantities.

The diet of these people was studied by Pakistani nutritionist, Dr. S. Maqsood. He found the average caloric intake of the Hunzakuts to be about 1900 (about 2/3 that of an average American). 98 1/2% of this consisted of protein, fat and carbohydrates "from vegetable sources." The food originating in animal flesh or from dairy products comprised only about 1 1/2% of their total food intake. And, this amount is calculated from an average consumption. That means that the animal by-products part of the diet is not consistent, but rather sporadic causing little continual damage.

The most important single observation to be made about food consumption in Hunzaland is that almost everything is eaten raw, uncooked, and just as nature intended. This preference for live food includes every kind of sprout (one of the most 'living' sources of nutrition known).
In summary then, the people of Hunza eat almost nothing in the way of meat, dairy products, eggs, animal fats or processed and chemicalized foods. The only exceptions to this come with what is now being brought into the area from the outside, as "progress" makes its unhealthy advance on the people of this peaceful mountain region.

What we have outlined here appears to be the latest craze in 'healthy diets' in the U.S., but, in fact is the classic "Hunza Health Recipe." Our third Health Commandment then is based upon the knowledge that a community (which exists today) is surviving in a much more healthy way because they have followed (more closely) the diet that the Creator intended for us. The Commandment is this, "Work in harmony with your earth so that it will yield foods for you that consist mainly of live, organically grown grains, seeds, vegetables and nuts. Eat these raw and don't tamper with the way they are given to you."

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Now let's do comparison matrixes for all of these communities to compare lifestyles and diets side by side....
Lifestyle & Diet Recommendations

Before making specific diet suggestions based on these four long lived communities I decided to make a matrix of both cultural and dietary factors. These factors are rated (High-Medium-Low) Types of foods are also provided in the Diet Table.

### Lifestyle Factors

<table>
<thead>
<tr>
<th>Description</th>
<th>Okinawa</th>
<th>Abkhazia</th>
<th>Vilcabamba</th>
<th>Hunzas</th>
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</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>High</td>
<td>High</td>
<td>Medium</td>
<td>Very High</td>
</tr>
<tr>
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<td>High</td>
<td>High</td>
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<td>Happiness</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Spiritual Practices &amp; Inner Peace</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Respect for Elderly</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
</tbody>
</table>
### Dietary Factors/Foods

<table>
<thead>
<tr>
<th>Description</th>
<th>Okinawa</th>
<th>Abkhazia</th>
<th>Vilcabamba</th>
<th>Hunzas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>High-Sweet Potatos, Goya (bitter melon), Shima Rakkyo, Okra, Handama, Carrots, radish, marrow, onions, carrots, cabbage and leafy greens, Soya, squash</td>
<td>High-string beans, corn, cabbage, tomatoes, spinach, celery, dill, onions, spring onions, coriander, mint, basil, tarragon and parsley</td>
<td>High-Potatos, Mayoko, Payoko</td>
<td>High-Tomatoes, onions, garlic, spinach, turnips, carrots, pumpkins, cabbage, and cauliflower</td>
</tr>
<tr>
<td>Legumes</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High-beans, lentils</td>
</tr>
<tr>
<td>Meat/Fat</td>
<td>Low-Pork</td>
<td>Low-Lamb</td>
<td>Low</td>
<td>Minimal</td>
</tr>
<tr>
<td>Grains</td>
<td>Rice</td>
<td>Buckwheat</td>
<td>High-Trigo (Wheat), Rice</td>
<td>wheat, barley, buckwheat, corn, millet, alfalfa, and rye</td>
</tr>
<tr>
<td>Fish</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Minimal</td>
</tr>
<tr>
<td>Fruits</td>
<td>High-Watermelon, Pineapple, Mango, Papaya, Passion Fruit, Shiikwa</td>
<td>High-Apples, cherry plums, barberries, blackberries, pomegranates, green grapes, tomatoes</td>
<td>High-oranges, blackberries, papayas, bananas, figs, avocados, Citroen, Granadias</td>
<td>High-mulberries, apricots, apples, cucumbers, grapes, peaches, cherries and some melons</td>
</tr>
<tr>
<td>Nuts</td>
<td>Pine nuts</td>
<td>Achapa, Walnuts</td>
<td>High-macadamia nuts, almonds</td>
<td>Almonds, Beachnuts, Walnuts, Flax</td>
</tr>
<tr>
<td>Special Bread</td>
<td>High-Limit Bread</td>
<td></td>
<td></td>
<td>High-Hunza Bread</td>
</tr>
<tr>
<td>Sugars</td>
<td>Sugarcane (Unrefined)</td>
<td>Honey, Sugarbeets</td>
<td>Panela-(Unrefined Sugarcane)</td>
<td>Honey</td>
</tr>
<tr>
<td>Other Common Foods</td>
<td>Yogurt, Garlic</td>
<td>Quinoa</td>
<td>Yogurt</td>
<td></td>
</tr>
<tr>
<td>Common Herbs</td>
<td>Saffron, Licorice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Common Drinks</td>
<td>High-Tumeric Tea</td>
<td>High-Tea, Mountain Waters</td>
<td>High-Mountain Waters (Glacial Milk)</td>
<td>High-Mountain Waters</td>
</tr>
<tr>
<td>Number of Daily Meals</td>
<td>Two</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
From the above tables comparing lifestyles and diets here are my recommendations for the Longevity Diet which is taken from these real world examples:

1) Drink Pure Water--but not just bottled water but water with appropriate nutrients like the mountain streams provide to the long lived communities.

2) None of these communities are pure vegetarians but they all have very low levels of meat and fish--just because their traditional diets are oriented that way. Meat and Fish comprises only 1-3% of their daily diets

3) Two communities-- the Abkhazians and Hunzas eat natural grain, low fat, and high protein breads with fruit and nuts added. These are Limit Breads for the Abkhazians, and Hunza Breads for the Hunzas.

4) Several of the communities have lots of home grown fruits--of a variety of types. Eat lots of fruit.

5) Sugars are all natural or unrefined sugars whether from honey or from various types of fruits, or sugarcane.

6) They all consume high levels of legumes and vegetables. These types of food are the large majorities of their diets. (Greater than 65%)

7) The number of meals daily are only stated for the Hunzas who regularly eat two large meals daily. My research didn't tell me the number of meals in the other communities.

The Effect of Lifestyle Factors:

In the lifestyle factors table you can see a lot of parallels to the 10 Principles of Personal Longevity.

The principle longevity lifestyle factors I found from my research include:

- Lots of daily exercise--This ties into my previous research that exercise is one of the most critical factors in long term health.
- Naturally Pure Water with mountain nutrients-This was a surprise to me since I've heard others tout the benefits of water but never really gave it much serious consideration
- A strong Sense of Community- The community and happiness factors both illustrate the need for purpose and happiness to make our lives more fulfilling
• Overall Happiness
• Spiritual Practices & Inner Peace--A critical factor I've been teaching for years having earlier found that almost all super centenarians have these attributes which I believe help bring a spiritual blueprint of health down into our bodies
• Respect for Elderly--This relates a lot to the Principle of Life Purpose. People need meaning in their lives to go on living and being respected and asked for advice as an elderly person is important in making their lives worthwhile.

If you have read any of my other books on Longevity you will realize that these lifestyle factors are all part of what we already teach. They show some real world examples which further validate our 10 Principles approach.

*******

Next lets look at a new Diet and Lifestyle Plan to apply what we have learned to ourselves…
A Longevity Diet & Lifestyle Plan

Changing your lifestyle and diet to a new permanent and healthier "standard" or "baseline" is not easy to do.

It is up to your motivation and willingness to follow these steps --and get help from others to hold you accountable.

**STEP #1:**

Determine what your breakeven level of calories is per day. In other words how many calories can you eat daily without gaining any weight? Also determine how many calories you should eat daily in "weight loss mode".

An example table is below on general calorie levels need by sex and age:

<table>
<thead>
<tr>
<th>Age and gender</th>
<th>Estimated calories for those who are not physically active</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total daily calorie needs*</td>
</tr>
<tr>
<td>Children 2-3 yrs</td>
<td>1000 cals</td>
</tr>
<tr>
<td>Children 4-8 yrs</td>
<td>1200-1400 cals</td>
</tr>
<tr>
<td>Girls 9-13 yrs</td>
<td>1600 cals</td>
</tr>
<tr>
<td>Boys 9-13 yrs</td>
<td>1800 cals</td>
</tr>
<tr>
<td>Girls 14-18 yrs</td>
<td>1800 cals</td>
</tr>
<tr>
<td>Boys 14-18 yrs</td>
<td>2200 cals</td>
</tr>
<tr>
<td>Females 19:30 yrs</td>
<td>2000 cals</td>
</tr>
<tr>
<td>Males 19:30 yrs</td>
<td>2400 cals</td>
</tr>
<tr>
<td>Females 31:50 yrs</td>
<td>1800 cals</td>
</tr>
<tr>
<td>Males 31:50 yrs</td>
<td>2200 cals</td>
</tr>
<tr>
<td>Females 51+ yrs</td>
<td>1600 cals</td>
</tr>
<tr>
<td>Males 51+ yrs</td>
<td>2000 cals</td>
</tr>
</tbody>
</table>
However, the above table may not apply to everyone based on your body type and metabolism.

**I encourage you to work with a medical professional to carefully determine your daily caloric needs.**

Once you have a good caloric number we can proceed to Step 2:

**STEP #2:**

Start changing what you drink to conform to longevity community guidelines.

For example--drink healthy pure water--like these old people do from their mountain streams. You may not have access to the streams but you do have access to lots of brands of pure water and you can get recommendations on additional mineral waters.

The Mayo Clinic has determined these average guidelines for the amount of water you should drink each day:

*The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day.*

Stop drinking all sodas and other diet or sugary drinks. They are all bad for you.

Most of us lived dehydrated and we should drink much more water each day than we currently do.

**STEP #3:**

Start planning meals from the "Dietary Factors/Foods" Table which lists many grains, nuts, and fruits which the long lived communities each. This is in the Chapter titled "Lifestyle & Diet Recommendations"

You should make these types of food the staples of your daily diet.

This includes the various breads like Hunza Bread--whose recipe is given in the recipe chapter below.
The calorie intake you should plan for daily should be less than your breakeven calorie intake. Your daily intake should be the number your worked out with your health professional.

My doctor friend worked out the numbers for me to lose weight. Since I'm a big guy she calculated that my breakeven value was 3600 calories per day. She recommended that I only consume about 2800 calories per day while I was still trying to lose weight.

These numbers will be different for everyone—which is why you should consult a medical and/or diet and nutrition professional.

I also decided to follow the Hunza practice of only eating two meals per day with snacks in between--this is just me--I'm not recommending that everyone eat two meals per day.

Another factor to consider are meats, poultry, and fish. You don't need to become a vegetarian but it is important to realize that most long lived communities only consume about 1-3% of their diet as meat, poultry, and fish.

Most of this long term healthy diet is going to be grains, nuts, and fruits--so you just need to get used to it.

**STEP #4:**

Daily Exercise is required. You must exercise everyday the rest of your life.

Let me elaborate--In all of my studies of long lived people well over 100 only two factors stood out:

* Daily exercise even into extreme old age

* Inner Peach and/or Spiritual Practices

Each of the communities we cover in this book also have lifestyles which involve heavy daily exercise--and no you don't get to quit when you reach 100 years old.

A basic rule of thumb I've learned is "If you want to live--keep exercising. If you want to die-Stop".
It doesn't have to be a huge amount of exercise daily. Maybe just a walk for 20 minutes.--but it has to be something.

You can work with a Personal Trainer to develop your own daily program if you don't know what to do yourself.

SO EXERCISE AND KEEP DOING IT FOREVER!

Step #5:

Once you have started to reduce your weight and lead a healthier lifestyle then you are ready for the next and biggest step---

**Learn the 10 Principles of Personal Longevity and start applying them to your life.**

These principles include many non physical factors which affect your overall health and teach you how to optimize your long term health.

Our training program is online and includes many videos, reading assignments, and exercises.

If you truly want to change your lifestyle, improve your longevity, and live with optimum long term health, then this training is for you.

**********

In the next chapter we do a short review of the 10 Principles and provide information on where you can learn more....
What is Personal Longevity?

The Personal Longevity Program is the term I use to describe the implementation process of the 10 Principles of Personal Longevity which are listed below:

![The 10 Principles of Personal Longevity]

I developed these principles after a lifetime of experiences, learning, belonging to different spiritual and health organizations, and getting to know many persons in the longevity movement over the last five years.

The 10 Principles are a step by step philosophy of total health which covers our spirit, mind, vital forces, and physical body.

It is a comprehensive approach to how we can tune our lifestyle and ourselves to live in optimum total health which then also results in long term happiness and greater length of life.
By teaching people how to live by these principles we can bring together all of the best of holistic/alternative healing, and traditional medical practices in ways that nobody else is doing.

Principle #1 – The Reality of Long Lived People

The first principle is the evidence of people who have lived well over the age of 120 years old to 150-180-200, and even a 256 year old man from China: LI CHING-YUN: The Longest Lived person of record-256 Years (Source-The New York Times-May 6, 1933)

This principle is designed to help people break out of the bounds of their beliefs about how long we can all really live.

The Second Principle is all about Life Purpose

Within our Longevity Research we found out, that if one doesn’t have a reason to live, or have a purpose in life–then what is the point?

This means a very important step to developing longevity is how you can develop your own positive life purpose, or bring it up to date with your phase in life. Without reviewing your purpose–none of the rest of the longevity principles matter.
I'm not going to get into all of the principles in detail here--since that is part of the Longevity Coaching training, but I wanted to give you the reader just a little flavor of what this subject is all about.

The Scope of this book is too limited to go into all of the 10 Principles in detail.

The best way to learn the principles is to take our Longevity Coaching training program which is entirely online.

Checkout the website at: http://personal-longevity.com for more details and signup for the email list on the right side of the page to get four FREE videos on the Secrets of Longevity and Longevity Coaching

A couple of Links you might follow too:

Longevity Coaching Website Page

Packaged Longevity Workshops Website Page

********

Finally, we present some traditional recipes from these long lived communities which you may want to make part of your regular new diet…
Section 2-Longevity Diet Recipes

Section Two consists of a collection of food preparation tips and recipes we found as part of our research on longevity communities.

Some of these recipes are old classics and some are recent, but all are focused on the Long Lived Peoples healthy approach of eating mainly fruits and vegetables.

The recipes are also taken from a variety of sources with different levels of documentation and formatting so they are not all laid out the same.

You will also notice that most of these recipes consist of only fruits and vegetables--which use the same food sources these communities traditionally have.
A) Okinawan Recipes:

Okinawa Sweet Potatos

Ingredients

- 4 pounds Okinawa (purple) sweet potatoes or white sweet potatoes, scrubbed
- 2 limes
- 1/4 cup butter
- Hawaiian red clay salt or sea salt

Preparation

1. Bring a large pot of water to a boil over high heat. Prick sweet potatoes with a fork and boil until tender when pierced, 30 to 35 minutes. Drain.
2. While potatoes are boiling, grate zest from limes and set aside; then squeeze juice from limes and set aside.

3. When potatoes are cool enough to handle, peel and slice into 1/2-in.-thick slices. Arrange on a platter, cover with foil, and put in a 200° oven to keep warm.

4. Melt butter in a small saucepan over medium heat until foaming. Stir in zest and cook until fragrant, 1 minute. Remove from heat and stir in lime juice. Drizzle lime butter over potatoes and sprinkle with salt.

Note: Nutritional analysis is per serving.

Note:

Okinawa sweet potatoes, also called purple sweet potatoes, are available at some Asian-food markets, farmers’ markets, or online.

Goya Champuru--A cultural heritage of Okinawa

Ingredients

- 80 to 100 grams Pork
- 1 Bitter melon
- 300 grams Tofu (firm)
- 1 large Beaten egg
- 1 dash Dashi stock granules
- 1 tsp * Miso
- 2 tsp * Cooking sake
- 2 tbsp Soy sauce
- 1 Bonito flakes

Method

1 Cut the bitter gourd in half lengthwise, and scrape out the white fluffy pith with a spoon. Slice into half-moon slices about 5 mm thick. Bring water to a boil in a pan, and briskly parboil the sliced bitter melon.
2 Drain the boiled bitter melon well. Heat oil in the pan and stir-fry the pork. When it's about halfway cooked, add the bitter melon and stir-fry.

3 When the bitter melon has wilted, add the tofu, miso, and cooking sake. Mix and stir-fry while lightly breaking up the tofu.

4 Pour in the beaten egg. When it's soft-set, mix it in. Add the dashi stock granules and drizzle in the soy sauce. Sprinkle on bonito flakes and it's done.

5 In Okinawa, they have a type of tofu called shima-dofu (island tofu) which is perfect for stir fries. It's hard to obtain outside Okinawa, so use firm tofu.

6 I used coarsely chopped pork offcuts this time, but also recommend using pork belly slices.

7 I don't like the unique bitterness of bitter melon too much so parboil it in Step 1, but if you like the bitterness, you can omit that step!
Okinawan Style Soba

TOTAL TIME 2hrs 30mins PREP 30 MINS COOK 2 HRS

This recipe makes bowls of authentic Okinawan style soba; in mainland Japan, soba is made of buckwheat noodles; however, in Okinawa, we use flour noodles for our soba.

SERVINGS 4 UNITS US

1 (14 ounce) package fresh okinawa soba noodles (you can use any fresh egg noodles as a substitute)

For Stock soup

2 lbs pork bones

1/2 lb pork belly
3 quarts water

1 1/2 cups bonito flakes (available at asian grocery)

1 1/2 teaspoons salt

1 teaspoon soy sauce

For Pork seasoning

2 tablespoons sugar

2 tablespoons stock

3 tablespoons soy sauce

1 tablespoon Japanese sake (Original ingredient is awamori, an Okinawan sake)

1 tablespoon mirin

Garnish

1 japanese fish cake (8 thin slices, kamaboko, fish cake, found in Asian grocery)

1 stalk green onion, chopped

DIRECTIONS

To make stock: To remove excess fat, cover pork bones and belly pork with water, bring to a rolling boil, drain and rinse. Add 3 quarts fresh water to bones and pork; bring to a boil. Cover and simmer 30 minutes. Skim off foam and simmer another 30 minutes.


Add bonito flakes to broth in pot and boil 2 minutes. Strain; discard flakes. Add salt and soy sauce; simmer 2 minutes.

To season pork: Combine seasoning ingredients in a skillet and bring to a boil. Add sliced pork from the stock pot, turning occasionally until well-glazed. Set aside.

Approximate nutritional information, per serving, per 1/2 cup: 530 calories, 30 g total fat, 11 g saturated, 80 mg cholesterol, greater than 2,500 mg sodium, 24 g protein, 40 g carbohydrate.
Uchina Nantu

A traditional Dessert
Ingredients:
4 cups mochiko
3 cups water
1 3/4 cups sugar
1/2 tsp. salt
kinako
food coloring (optional)
Mix mochiko, water, and salt until smooth. Pour into double thickness

Ingredients:
4 cups mochiko
3 cups water
1 3/4 cups sugar
1/2 tsp. salt
kinako
food coloring (optional)
Mix mochiko, water, and salt until smooth.

Instructions:
- Pour into double thickness cheesecloth and steam from 45 to 50 minutes.
- Place steamed mochi into mixing bowl and immediately add 1 3/4 cups sugar into hot mixture and mix well.
- Add coloring (optional).
- Sift kinako generously into a 9×9 inch pan.
- Pour out mochi into pan and let it cool overnight or at least six hours.
- Cover with dry dish towel.
- To cut nantu for serving, loosen nantu from sides of pan, sprinkle kinako along the sides and top generously.
- Cut nantu lengthwise first and then cut into 1/2 inch or 3/4 inch widths. Dredge each slice in kinako, arrange on dish, and serve.
- If two-tone nantu is desired, repeat recipe.
- Pour second batch after the sugar and coloring have been added over the first batch.
- For this two-tone nantu, use a rectangular baking dish, 9 1/2×13 inch pan.
Umi Budo

Also known to be a longevity food in Okinawa

It’s Caulerpa lentillifera. It’s also called the “green caviar“. It’s not cheap for a sea produce here, but still affordable. Yes, the taste and mouth feel are caviar-desque. It has some resemblance with salicornia or samphire too.

It is loaded with nutrients, particularly minerals like iron and others vitamin. That’s one more Okinawan super-food. But anything they graze there would have magic powers, so they have no merit to still look like kids in their 90’s… You can feel it is loaded with iodine, and very salty too. If you like strong taste seafood you’ll love it, but that’s surely not for everybody. It’s usually eaten raw, with some sour or vinegar sauce to contrast it.
Vitamin C Rich Hearty Goya and Tofu Salad Recipe

Ingredient for 2 people

Go-ya (better melon) 1/3 melon
Tomato 1/2 fruit
Tofu (momentofu) 1/2 package
Home made salad dressing …
   Soy sauce – 1 table spoon
   Lemon juice – 1 table spoon
Sugar – 1 table spoon

Vinegar – 1 table spoon

* Mirin table – 1 spoon (if you like) (Optional)

* Mirin is a traditional seasoning agent unique to Japanese cuisine. Versatile and easy to use, Mirin is prized by both professional chefs as well as Japanese households for its ability to enhance flavor.

Mirin is a fermented product made from mochigome (sweet rice), koji, alcohol and sugar. Gekkeikan mirin enhances the flavor of cooking ingredients while giving a mildly sweet character to create a satisfying balance.

Dice-cut tofu and tomato

Slice goya and gently squeeze goya with 1 table spoon salt about 30 seconds and wash and dry. This process is to reduce the bitter taste of the goya.

Just dish up. Put tofu on the serving dish first, then goya on the tofu, and finally top off with tomato.

Dressing: mix all ingredients and pour on the salad.

Enjoy your healthy vitamin C rich salad.
Fu champuruu / Okinawan-style stir-fry

…with wheat gluten cakes

*Fu* wheat gluten cakes come alive in *champuruu*, a common Okinawan stir-fry dish. *Fu* is soaked in egg before frying, making this dish very filling. Any vegetable, mushroom, meat or seafood works great. Check your fridge!

101 calories per serving (1/3 of recipe); 7.6g protein; 4.5g fat; 6.1g carbohydrate; 100mg sodium; 145mg cholesterol; 1.2g fiber
(Serves 2-3)

2 kurumafu ring-form roasted gluten cakes (22g in photo)
2 eggs
100g tatsai ta cai
4-5cm carrot (28g in photo)
1/2 tbsp sake
2 tbsp katsuobushi bonito flakes
1/2 tsp shiokoji salted rice malt
Pepper, to taste
1 tsp oil

Directions

1.

Soak kurumafu in water until soft, about 20 minutes.

2.
Squeeze out excess water from *fu* (*kurumafu*). Discard remaining water.

Lightly beat eggs, and tear *fu* into 2-3cm pieces; put *fu* in egg.
Let *fu* absorb egg, 10 minutes.

3.

Meanwhile, cut *tatsai* into 3-4cm, and slice carrot.

4.
In a frying pan, heat oil, add *fu* and egg together, and cook on medium heat.

When bottom firms, flip, and divide into smaller pieces with spatula.
Transfer to a plate.

5.

To the same frying pan, add carrot, and saute until somewhat soft.

Add stem sections of *tatsai*, saute, then add leaf sections, and continue to saute.
When *tatsai* is almost done (stems become slightly translucent and leaves brighten overall), add *sake*, and stir.

6.

Return *fu* + eggs to pan, and stir.

Add *shiokoji* and *katsuobushi*, and mix well.
Add pepper, and mix well.

Ready to serve.

The rehydration process can be shortened if fu is soaked in warm water. Do not use hot water, as fu will not become fluffy.

This also tastes good when cold. A great bento item.

1/2 of recipe above: 152 calories per serving; 11.4g protein; 6.8g fat; 9.1g carbohydrate; 150mg sodium; 217mg cholesterol; 1.8g fiber
Yushi Dofu - Okinawa Yushi Tofu - Oboro Dofu

25 mins (cooking 25)

3 ingredients 1 servings

Yushi doufu is tofu that has not been pressed and formed, but simply scooped out after tofu coagulates using mesh spoon into serving bowls, soba, or soups. It is often used in Okinawan soba or yushi doufu soba. Think of eating puff of clouds and you have yushi doufu. In the photo submitted,

Use yushi doufu with noodle dish called tanmen. You can certainly use ramen as well. Often better ones are either fresh ramen in packs or frozen ramen packs. These are great convenience food. You can dress up noodle dish with anything that pleases you.
Ingredients

- 1 3/4 cups whole dried soybeans
- 6 cups water, for soaking beans
- 7 1/2 cups water
- 3 cups hot water, divided
- 1/2 teaspoon nigari, crystal form (coagulant)
- 1 cup water

Nutrition

Serving Size (3435.45 g)

Servings 1

**Calories** 0.0 Calories from Fat 0.0

**Protein** 0.0g 0.0%

Vitamin A 0.0IU% Vitamin C 0.0mg%

Calcium 102.92mg% Iron 0.0mg%

*Percent Daily Values are based on a 2,000 calorie diet. Your diet value must be higher or lower depending upon your calorie needs:

**Calories**
- 2,000
- 2,500

**Total Fat**
- Less Than 65g
- 80g

**Sat Fat**
- Less Than 20g
- 25g

**Cholesterol**
- Less Than 300mg
- 300mg

**Sodium**
- Less Than 2,400mg
- 2,400mg
Total Carb 300g-375g
Dietary Fiber 25g-30g
Potassium 3,500 mg
Protein 50 g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

*Nutrition information was calculated excluding the following ingredients: dried soybeans, hot water
B) Abkhazia Recipes:

Arashykh Syzbal
is an Abkhazian sauce similar to *bazhe sauce* but made with *ajika*. It is eaten with fried or boiled chicken or turkey. It is also used as a sauce for Abkhazian ‘abysta’, which is similar to *’gomi’* (Georgian: ღომი).

Ingredients: 300 grams of walnuts, 4 cloves of garlic, 1 tbs of *Ajika* (click link for recipe), 1 tbs of *Akhkhyla* (Abkhazian spice mix – click link for recipe), and salt.

Preparation: Grind the walnuts and garlic together.

Re-grind the ground walnuts and garlic.

Add 1 tbs of Ajika, 1 tbs of Akhkhyla (Abkhazian spice mix), and salt. Mix thoroughly Gradually add boiled, cooled water until the mixture has a smooth consistency. The mixture should look like the picture below.
Serving: Serve cold with chicken or turkey. We added walnut oil.

Apyrpylchapa is a dish from Abkhazia region made with marinated sweet peppers, walnuts and herbs. Similar versions are made in other regions of Georgia, especially in western Georgia.

**Ingredients for filling**: 6 large, sweet red peppers, 200 grams of walnuts, 1 tbs Ajika (click [here](#) for a recipe), 2 cloves of garlic, 1 onion, 10 grams of fresh parsley, 1 tbs of dried hot red pepper, 3-4 tbs of white wine vinegar, 50 ml of water, 10 grams of fresh green coriander, and salt (amount dependent upon personal preference).

**Ingredients for marinade**: 2 tbs of oil, 5 tbs of white wine vinegar (or pomegranate juice), 200 ml of water, 1 bay leaf, 1 tsp of sugar, 1 level tsp of dried hot red pepper, 1 clove of garlic, and 1 tsp of salt.

**Preparation (marinade)**: Thinly slice 1 clove of garlic and add to a pan, together with 1 bay leaf, 1 level tsp of dried hot red pepper, 1 tsp of sugar, and 1 tsp of salt.

Add 2 tbs of oil, 5 tbs of white wine vinegar (or pomegranate juice) and 200 ml of water. Bring to the boil.

Slice the peppers in half and remove the seeds. Add to a bowl.

Pour on the marinade and leave for 30 minutes.

**Preparation (filling)**: Finely chop the fresh green coriander and parsley and add to a mortar, together with 2 cloves of garlic. Crush and pound the herbs and garlic.
Grind the walnuts and chop the onion. Add to a bowl, together with the crushed 
coriander/parsley/garlic, 1 tbs of dried hot red pepper, 1 tbs of ajika, and salt 
(amount dependent upon personal preference). Add 3-4 tbs of white wine 
vinegar, and 50 ml of water and mix thoroughly.

Once the red peppers have marinated for sufficient time (at least 30 minutes), 
spread the filling on each slice of pepper.

**Serving**: Serve cold. We garnished ours with a little parsley.
Fried Potatoes with Svanetian Salt

In this recipe we show how to make fried potatoes flavored with herbs and Svanetian salt. Svanetian salt (Georgian: სვანური მარილი), from Svaneti region in the mountainous north-western part of Georgia, has a unique fragrance and taste and is traditionally used as a flavoring for a variety of meat, fish, potato and soup dishes as well as a condiment instead of table salt. The salt mixture is handmade.

**Ingredients:** 1 kilo of potatoes, 20 grams of fresh parsley, 20 grams of fresh purple basil, and 8 tbs of oil.

**Ingredients (Svanetian Salt):** 2 heaped tbs of dried coriander, 1 heaped tbs of dried dill, 1 heaped tbs of blue fenugreek, 1 heaped tbs of dried red pepper, 1 heaped tbs of marigold, half tbs of dried caraway. 6 and a half heaped tbs of coarse white salt and 100 grams of garlic.
**Preparation (Svanetian Salt):** Add 2 heaped tbs of dried coriander, 1 heaped tbs of dried dill, 1 heaped tbs of blue fenugreek, 1 heaped tbs of dried red pepper, 1 heaped tbs of marigold, half tbs of dried caraway. 6 and a half heaped tbs of coarse white salt to a dish. Use a spoon to thoroughly mix all of the ingredients.

The mixed ingredients should look like the picture below.

Remove skins from the garlic and crush the cloves.
Add the crushed garlic to the mixture.

Use your fingers to mix the crushed garlic with the other ingredients.

The mixed ingredients will feel a little moist and should look like the picture below. You will not need all of the Svanetian salt for this recipe and any leftover can be stored in a dry, cool place in a glass jar that has an airtight seal.

**Preparation (fried potatoes):** Wash, peel and cut the potatoes and add to a pan containing 8 tbs of hot oil.
Fry the potatoes until they are golden brown.

Add 1-2 tbs of the Svanetian salt to the fried potatoes and mix thoroughly.

Chop the parsley and purple basil and add to the fried potatoes. Stir and serve.

**Serving:** Serve hot.

Enjoy your Fried Potatoes with Svanetian Salt!
Lobio with Pomegranate Juice

Lobio (Georgian: ლობიო) is a popular Georgian dish made with kidney beans and usually eaten with Mchadi and marinated vegetables. The Georgian word ‘lobio’ means ‘beans’. There are a number of varieties of this dish and in this family recipe we show how to make lobio flavoured with pomegranate juice.

**Ingredients:** 800 grams of red lobio (kidney beans), 4 onions, 6 cloves of garlic, 5 tbs of oil, 4 tbs of pomegranate juice, 3 bay leaves, 2 sweet red peppers, 1 level tsp of blue fenugreek, 1 level tsp of dried coriander, 1 tbs of dried hot red pepper (can be less if you prefer a milder dish), 1 heaped tbs of tomato puree, and salt (amount dependent upon personal preference).
Preparation: Soak the beans in a deep cooking pot of cold water for two hours prior to cooking. Drain water and add the bay leaves and up to 2 liters of fresh water. Cook on a medium heat until the beans are tender.

Chop the onions and add to a pan containing 5 tbs of hot oil.

Chop the red peppers and add, together with 1 tbs of dried hot red pepper (can be less if you prefer a milder dish), to the pan. Mix with the onions and fry on a high temperature, stirring frequently.

When the onions have browned, add 1 level tsp of blue fenugreek, 1 level tsp of dried coriander, and salt (amount dependent upon personal preference). Mix and reduce temperature to a low heat.

After 2 minutes, add 6 cloves of squashed garlic, 1 heaped tbs of tomato puree and 4 tbs of pomegranate juice. Stir with a wooden spoon for 2-3 minutes.
Add some of the cooked lobio liquid and mix with fried ingredients (this makes it easier to transfer the ingredients to the pot of cooked lobio).

Transfer the fried ingredients to the pot of cooked lobio. Stir and bring the boil and continue to cook for 10 minutes on a medium temperature. Remove from the heat and serve.

**Serving:** Serve hot. We garnished ours with parsley and pomegranate seeds. Lobio is usually eaten with *Mchadi* (Georgian cornbread).
Beetroot with Mahonnaise

Beetroot dishes are popular in Georgia, especially in winter. In this family recipe we show how to make a delicious and refreshing beetroot and mayonnaise dish flavored with Georgian tomato sauce and spices.

**Ingredients:** 1 kilo of beetroot, 100 grams of mayonnaise, 80 grams of parsley, 120 grams of green onion, 50 ml of tomato sauce (use *our recipe* or 1 tbs of tomato puree and 1 clove of garlic), 1 level tsp of red pepper (optional), 1 level tsp of dried coriander, two thirds tsp of blue fenugreek, two third tsp of black pepper, and salt (amount dependent upon personal preference).

**Preparation:** Wash the beetroot and boil whole until soft.
Chop the green onion and parsley.

Remove the skin and grate the beetroot. Allow the beetroot to cool a little.

Add the chopped green onion and parsley to the grated beetroot. Mix with a wooden spoon.

Add 1 level tsp of red pepper (optional), 1 level tsp of dried coriander, two thirds tsp of blue fenugreek, two third tsp of black pepper, and salt (amount dependent upon personal preference). Mix thoroughly.

Add the mayonnaise and tomato sauce.
Mix thoroughly.

**Serving:** Serve cold.

Enjoy your Beetroot with Mayonnaise!
Cold Matsoni Sout With Herbs

Matsoni (Georgian: მაწონი) is a fermented milk product very similar to yogurt. It is smooth and creamy with a mild, slightly tart flavor. Popular in Georgia and throughout the Caucasus region it is rich in mineral content, protein and calcium and renowned for its health giving properties. In this recipe we show how to make a cold ‘soup’ made with matsoni flavored with herbs, garlic and peppers.

**Ingredients:** 500 grams of matsoni, 1-2 hot green peppers, 50 grams of fresh green coriander, 3-4 cloves of garlic, half a tsp of black pepper, 200 ml of cooled, boiled water, and salt (amount dependent upon personal preference).
**Preparation:** Finely chop the coriander and green peppers. Add to a mortar with a pinch of salt and a half tsp of black pepper. Crush together with the garlic cloves.

Add the matsoni to a mixing bowl. Add the crushed coriander mixture to the matsoni. Add 200 ml of cooled, boiled water. Mix thoroughly.

**Serving:** Serve cold.

Enjoy your Cold Matsoni Soup with Herbs!
Abkasian Eggplant With Walnuts and Ajika

Eggplant dishes are very popular in Georgia and always form part of a supra (traditional Georgian feast). There are many variations and in this family recipe we show how to make Abkhazian eggplant with walnuts, flavored with spicy ajika and Abkhazian spice mix (Akhkhyla). Ajika (Georgian: აჯიკა) is a hot, spicy paste used to flavor meat and fish dishes mainly in Samegrelo and Abkhazia. It is made with hot peppers, garlic, herbs and spices. Akhkhyla is used in Abkhazia to flavor meat, fish and vegetable dishes and also as an ingredient in sauces, such as walnut sauce. It is similar to Svanetian salt but is made without garlic.

**Ingredients**: 1 kilo of eggplant, 300 grams of walnuts, 1 heaped tsp of ajika (see recipe [here](#)), 1 tsp of hot red pepper, 1 heaped tsp of Abkhazian spice mix (Akhkhyla – see recipe [here](#)), 1 red onion (for garnish), 20 grams of fresh green coriander (for garnish), 7 tbs of oil, and salt (amount dependent upon personal preference).
**Preparation**: Slice the eggplant and add to a pan with 7 tbs of oil. Fry (covered) on a low temperature until one side is cooked. Remove cover and fry the other side. Repeat until all of the eggplant is fried.

Grind the walnuts (we used a meat grinder).

Add 1 heaped tsp of ajika (see recipe [here](#)) to the ground walnuts, together with 1 tsp of hot red pepper, 1 heaped tsp of Abkhazian spice mix (see recipe [here](#)), and salt.

Mix thoroughly.
Arrange the fried eggplant on a serving dish. We placed them on lettuce leaves.

**Serving**: For a supra (feast) the mixture is spread on the fried slices of eggplant. We garnished ours with red onion and fresh green coriander. The dish can also be served with the mixture and eggplant mixed together.

Enjoy your Abkhazian Eggplant with Walnuts and Ajika!
Trout With Pomegranate Sauce

Despite Georgia having 26,060 rivers and 850 lakes, fish dishes make up a small part of traditional Georgian cuisine, particularly when compared with the abundance of meat recipes. Trout and carp are the most popular fish and are usually fried or barbecued. In this old recipe we show how to make fried trout with a delicious pomegranate sauce.

**Ingredients** (2 servings): 4 trout, 40 grams of butter, 1 lemon, 1 pomegranate, 20 grams of fresh green coriander, 200 grams of cornflour, 1 tbs of lemon juice, and salt (amount dependent upon personal preference).
Preparation: Gut and clean the fish. Slice the lemon and butter and cut the coriander. Fill each fish with slices of lemon and butter and the coriander.

Add cornflour and salt to a preparation surface and coat each side of the fish.

Add the fish to a pan containing 6 tbs of hot oil and fry on a low to medium temperature for 30 minutes, carefully turning the fish halfway through. The skin of the fish should be crisp.
Remove the seeds from the pomegranate and crush them with 1 tbs of lemon juice and a little salt to extract the juice. Add the juice to a bowl and add chopped coriander. Stir and leave for 30 minutes.

**Serving:** Pour the pomegranate and coriander sauce onto the fish and serve hot.
Ajapsandali

Ajapsandali (Georgian: აჯაფსანდალი) is a Georgian vegetarian/vegan dish popular as a family meal, especially in summer. There are many variations but they will always contain eggplant, potato and tomato. Click here to see another version that uses red peppers, garlic and spices.

Ingredients: 600 grams of potatoes, 800 grams of eggplant (aubergine), 4 large juicy tomatoes, 3 large white onions, 2 hot green peppers, 30 grams fresh green coriander, 30 grams of fresh parsley, half tsp of black ground pepper, salt (amount dependent upon personal preference) and 7 tbs of oil.
Preparation: Chop the onions. Add 7 tbs of oil to a pan. Add the onions and fry on a high temperature for 2 minutes, stirring frequently.
Slice the eggplant and add to the pan of onions. Stir and fry on a medium to high temperature for 5-6 minutes, stirring frequently.

Peel and chop the tomatoes and potatoes and add to the pan. If your tomatoes are not very juicy, add up to 100 ml of water. Stir and cover and cook on a low to medium temperature until the potatoes are cooked.

Slice the hot green peppers and finely chop the parsley and coriander. Add to the pan. Stir. Leave it to cook on a low temperature for 2-3 minutes and then remove from the heat.
Serving: Ajapsandali can be eaten hot or cold. We garnished ours with fresh parsley and a little black pepper.

Enjoy your Ajapsandali!
Georgia is blessed with wonderful fresh vegetables, ideal for making delicious, refreshing salads. This recipe uses Georgian Imeretian cheese but a substitute could be mozzarella cheese.

**Ingredients:** Tomatoes, fresh parsley, fresh purple basil, green peppers, onion, 1.5 tbs white wine vinegar, 1 tbs vegetable oil and Imeretian cheese.
Preparation. Chop the tomatoes and add to a mixing bowl. Pour in the white wine vinegar, oil and salt (according to taste but not too much if you are using Imeretian cheese as the cheese is quite salty. Mix with a wooden spoon.

Chop the peppers and onion and add to the bowl.

Chop the fresh parsley and fresh purple basil and add to the bowl.

Crumble the cheese and add to the bowl.
Carefully mix the ingredients and serve.

Enjoy your salad!
Mushroom tortilla soup

This comforting mushroom tortilla soup recipe is made with assorted mushrooms, cilantro, onions, garlic, jalapeños, tomatoes, spices, vegetable broth, and lime juice. These cold rainy days are perfect soup weather; even my youngest son who isn’t a big soup fan, agrees that this is best time of year to appreciate a hot bowl of soup. One of the things that we love about tortilla soup, besides that delicious mix of spicy flavors, is the choice of toppings or garnishes. It’s good to serve this soup with crunchy tortilla chips, crumbled queso fresco, creamy chunks of avocado, chopped cilantro, green onions, and slices of lime.
Use a mix of mushrooms for this soup, including baby portobello mushrooms, also known as cremini mushrooms, as well as chanterelle mushrooms, and some small mushrooms called bunashimeji or beech mushrooms.

You can use any assortment that you prefer, other options that would go great in this soup would be shiitake and oyster mushrooms, and if you can’t find any of these, you can always make it using regular white button mushrooms. Use about 3 pounds of mushrooms for this recipe, they do reduce a lot when they cook, so if you want you can add more.

Or if on the other hand you don’t have a large quantity available, you can still get a decent amount of flavor from them, but can also add some additional vegetables or some rice or quinoa for a more filling soup.
Yield: For ~8 people

Vegetarian mushroom tortilla soup recipe made with assorted mushrooms, cilantro, onions, garlic, jalapeños, tomatoes, spices, vegetable broth, lime juice and served with queso fresco, tortilla chips, and avocado.

Ingredients

- ~3 lbs (1.4kg) of assorted mushrooms, washed and cleaned
- 2 tablespoons of oil
- 1 medium white or yellow onion, diced (~200grams or 7 ounces)
- 1 bunch of green onions, finely chopped – save a small amount to add at the end
- 1 bunch of cilantro, finely chopped – save a small amount to add at the end
- 2 jalapeños, seeds and veins removed, diced
- 4 garlic cloves, crushed
- 1 tablespoon of paprika
- 1 tablespoon of ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper, adjust to taste
- 5 roma tomatoes (about 1 lb or 450 grams), diced
- 4 cups of vegetable broth
- 2 cups of tomato juice
- ¼ cup freshly squeezed lime juice
- Salt and pepper to taste

To garnish and serve:

- Tortilla chips, homemade or store-bought
- Avocado, diced or sliced
- Queso freso, crumbled
- Chopped cilantro and green onions
- Lime slices
Jalapeño slices or extra hot sauce (if desired)

Instructions

1. To prepare the mushrooms, you will need about 1 cup of diced mushrooms (for the soup base) and the rest should be sliced or chopped into bite size pieces. If there are any very small mushrooms you can leave them whole (if you prefer).

2. Heat the oil in large soup pot and add the diced mushrooms, let them cook until they release any liquid and then continue cooking until the liquid reduces leaving just the oil which should start to brown the mushrooms.

3. Add the diced onions, green onions, cilantro, jalapeños, crushed garlic, paprika, cayenne pepper, oregano, cumin, salt and pepper. Mix well and cook on low heat for about 10 minutes or until all the ingredients are soft.

4. Add the diced tomatoes and cook for another 10 minutes.

5. Add the vegetable stock and tomato juice. Bring to a boil, add the mushrooms and cook over low heat for about 10 to 15 minutes. The mushrooms will reduce in size by the time the soup is done.

6. Stir in the lime juice and remove from the heat. Add some of the chopped cilantro and green onions.

7. Serve immediately garnished with queso fresco, tortilla chips, diced avocado, chopped cilantro, green onions and lime slices.
Chorizo and ripe plantain hash
{Picadillo de chorizo y plátanos maduros}

This chorizo and ripe plantain hash is a picadillo style breakfast dish made with onions, fresh chorizo, and sweet ripe plantains.

It’s probably obvious by now that this chorizo and ripe plantain hash picadillo is really just a way to combine my all-time favorite ingredients into the perfect breakfast dish: ripe plantains, chorizo, eggs, queso fresco, hot sauce, cilantro, and avocado. Actually, never mind about the breakfast dish part, it’s also amazing for lunch or dinner.
In many cases, when preparing a dish with ripe plantains you should usually slice them and fry/bake/grill them, however for this ripe plantain hash, dice the plantains before cooking them. They do require more constant attention and stirring while cooking when they are cut into small pieces.

It was tested if it was best to cook the chorizo and plantains together or if worked better to cook them separately.

They can be cooked together, however if you want the plantains to get nice and crispy it’s better to cook them separately. You can start out by cooking the chorizo with onions, then transfer the cooked chorizo mix to a bowl, and in the same pan cook the plantains until they start to get that nice caramelization, and then combine them together before adding the eggs. Or you can also have 2 pans going at the same time, and mix them together.

Use a semi-soft uncured Mexican style chorizo for this recipe; you can also use the very soft raw chorizo (store bought or homemade) or longaniza which is sometimes slightly firmer than some of the very soft chorizos. You can also make your chorizo mix using ground meat (beef, pork, or a combination plus spices like achiote, paprika, cumin, ground chilies, garlic, etc), or for a vegetarian option you can use a veggie chorizo. You can add the eggs directly to the pan and let them cook with the chorizo plantain hash, or you can fry the separate and serve them on top.
Recipe for chorizo and ripe plantain hash, this picadillo style breakfast hash is made with fresh chorizo, sweet plantains, onions, and served with eggs, queso fresco, avocado and hot sauce.

**Ingredients**

- 2-4 tablespoons of oil or butter
- 10 oz of chorizo (or longaniza), crumbled
- 1 white or yellow onion, diced
- 3 ripe plantains, peeled and diced

**To serve:**

- Eggs (fried separately or cooked directly with the ripe plantain chorizo hash)
- Avocado slices
- Crumbled queso fresco
- Diced green onions or chives
- Aji criollo hot sauce or your choice of hot sauce

**Yield:** For ~4 people
Instructions

1. Heat 1-2 tablespoons of oil or butter in a medium sized frying pan over medium temperature, add the diced onions and cook until soft and translucent – about 5 minutes.

2. Add the crumbled chorizo and continue cooking until the chorizo is fully cooked. You can taste, once the chorizo is cooked, and adjust some of the basic spices if need. The flavor of chorizo tends to vary from one brand or store made chorizo to another, so if you prefer more achiote (annatto), paprika, chili powder, cumin, garlic, or other spices, you can add more until it has the flavor you prefer. Drain any excess grease according to your preference (it will depend on the chorizo, some have very little) – you can also use some of the excess grease to cook the diced plantains.

3. You can transfer the chorizo to a separate plate and cook the plantains in the same pan or use a separate pan. Heat the remaining 1-2 tablespoons of butter or oil (or use the excess chorizo grease instead). Add the diced plantains and cook over medium heat, stirring to prevent them from sticking to each other and the pan, until they are golden. Add the cooked chorizo back to the pan with the plantains and mix well.

4. The eggs can be added directly to the pan with plantain and chorizo hash, reduce the heat, cover the pan, and cook on low until the egg whites are cooked and the yolks are at your preferred level of doneness. You can also put the pan (if it’s oven proof) into the oven (pre-heated at 350-375F) for about 10 minutes. Another quicker option is to fry the eggs separately and then add them to the pan or to each individual plate.

5. Serve the ripe plantain and chorizo has immediately with the eggs, avocado slices, crumbled queso fresco, and hot sauce to taste.

Notes
You can also replace the chorizo with bacon, leftover roasted pork (hornado) or braised pork (fritada or carnitas style), fried pork belly (chicharron). For a vegetarian option, you can either replace the chorizo with additional plantains and/or caramelized onions.
Green Plantain Soup

**Ingredients**

- 9 ounces white beans, **cooked**
- 6 green plantains, finely diced (they must be very green; if they’ve turned yellow, they’re too sweet)
- 2 Tablespoons oil
- 3 medium white onions, diced
- 1/2 bulb garlic, minced
- 9 ounces *quesillo*, *queso fresco* or feta (Use feta and it was great)
- 1/2-2/3 cup whipping cream
- 1 cup cilantro, finely chopped and loosely packed
- 10 cups water
- salt to taste
- avocado slices, hot sauce and/or *salsa de aji* for garnish

**Instructions**
1. In a large pot, add 3 diced onions and 1/2 bulb of crushed garlic to about 2 Tablespoons oil over medium heat and cook until the onion is translucent (about 5 minutes).
2. Add 10 cups of water and, once boiling, add 6 diced green plantains and 9 ounces of cooked white beans slowly, so as to maintain the high heat and avoid the plantains turning brown.
3. Cook over medium-high heat until the plantains are soft (25-30 minutes).
4. With a strainer, remove about half of the solids in the soup (plantains, beans, onions and garlic) and mash on a cutting board, returning them to the pot in order to thicken the soup.
5. Crumble 9 ounces of cheese and add to soup.
6. Stir in 1/2-2/3 cup of whipping cream, 1 cup finely chopped cilantro and salt, to taste.
Longevity Bibimbap

It is well known fact that people in Vilcabamba live longer due to their staple food, tomato. Tomato is full of lycopene. Substantial research has been devoted to a possible correlation between lycopene consumption and general health. If this lycopene-full tomato is ingested with nuts simultaneously, unsaturated fatty acid in nuts helps the uptake of lycopene by our body.

Serves: 2 Preparation time: 15 minutes

Ingredients::
-1 tomato
-1/2 cup mix nuts
-1 cup green vitamin
-1 cup swiss chard
-2/3 cup brown rice
-1 1/3 cup white rice

Marinade/Dressing
-2btsp gochujang
-1 tbsp sugar
-1 tsp sesame oil
-1 tsp ginger juice

Directions:
1. Immerse green vitamin and swiss chard in cold water.
2. Cut green vitamin and swiss chard into 4cm length.
3. Cut tomato into bite-size pieces.
4. Serve vegetables and roasted nuts over cooked rice
5. Whisk gochujang, sugar, sesame oil and ginger juice in a small bowl.
Super-Smoothies to Fight Inflammation & Aging

There are few other more refreshing and tasty ways to get a huge dose of your daily recommended vitamins than a smoothie. One thing you will definitely need: a blender. Many use a bullet blender, which lets you make a serving meant for one person.

**Super-Smoothie #1: Anti-Aging Avocado-Goji Berry**

Avocado smoothies are popular in South America and Asia. This version is based on a recipe from the Vilcabamba Valley in the southern region of Ecuador, a famous longevity spot. They don’t have goji berries in this region, but the receipe adds them so that you could benefit from their amazing antioxidant actions.

Goji berries have among the highest levels of carotenoid antioxidants known. Avocados, meanwhile, have one of the highest instances of glutathione, which is
one of the most potent antioxidants in nature. Together, they form a delicious anti-aging elixir.

**Ingredients**

Serves 2  
1 avocado, peeled and pitted  
3/4 cup hemp milk  
3/4 cup cranberry juice  
1/4 cup dried goji berries, soaked for 1 hour in water and drained

**Directions**

Put all of the ingredients into a blender and blend until smooth. Divide between two glasses and serve immediately.

**Super-Smoothie #2: Cool the Fire Tropical Blend**

This recipe came from a region in Southern China called Hainan Island, a resort island that is also famous for its population of centenarians. The Hainan people drink this all year round to help with digestion. Tropical fruits are filled with enzymes: Pineapple is rich in bromelain and the papaya contains papain, both are natural anti-inflammatory substances, good for arthritis relief, diabetes prevention and heart-disease protection.

**Ingredients**

Serves 4  
1/2 fresh pineapple, peeled, cored and coarsely chopped  
2 kiwis, peeled and coarsely chopped  
1 small papaya, peeled, seeded and coarsely chopped  
1 cup seedless grapes  
1 cup unsweetened cherry juice  
2 heaping tablespoons hemp powder  
1 tbsp flaxseed oil  
2 cups almond milk, chilled
Directions
Put all of the ingredients into a blender and blend until smooth. Divide between four glasses and serve immediately. Enjoy!
“Rodillas de Cristo” bread rolls

Rodillas de Cristo fresh out of the oven!

This is the recipe for baking Cuenca-style bread in Cuenca (i.e. at high altitudes of 8,000 feet). It would need to be adjusted if you are baking at lower altitudes.

For the bread:

400 g Flour
8 g Salt
32 g Sugar
40 g Vegetable shortening
12 g Fresh yeast
40 g Eggs
200 cc Water (warm but not too hot to activate the yeast but not kill it)

Glaze:
1 egg
Milk

Cheese topping (10 parts cheese to 2 parts shortening and 1 part flour):

Fresh cheese either “quesillo” or “queso”
Vegetable shortening
Flour
Salt to taste

Weigh the ingredients for the dough in a machine about 10 minutes until all the dough sticks to the spatula in the mixer (or by hand for about 20 minutes as we did!). Make the dough into a ball and let it rest until it rises ~20 minutes.

Divide the dough evenly for the number of rolls. For the traditional size rolls, each roll should weigh between 60-80 grams. Roll each piece of dough into a little ball. Let the balls of dough rise for 10 minutes.

Flatten the balls with the palm of your hand, squishing them into a flat, round shape. Mix the glaze together (1:1 egg and milk mixture) and paint the glaze onto the rolls. Mix the cheese with the vegetable shortening, flour and salt, and squish on top of the rolls. Optional: sprinkle the rolls with granulated sugar if you have a little bit of a sweet tooth. Let the rolls rise again, another 10-15 minutes.

Bake at 180 C for 15 minutes and enjoy!
Papa a la Huancaína

One of the most popular vegetarian-friendly meals within Peruvian and Bolivian cuisine is somewhat of an Andean take on potato salad. *Papa a la Huancaína* is a dish comprised of boiled potatoes doused in a creamy yet spicy sauce (varying by country), which is served on a bed of lettuce alongside sliced tomato, black olives, and hard-boiled eggs. This odd combination of ingredients come together surprisingly well, and since the dish is served as a deconstructed salad, everyone can self-prepare their plate to their own specific preferences.
Huancayo is a city in the Peruvian highlands where the dish originated, but it has since become a popular staple in household cooking around Peru and Bolivia. Salsa Huancaína is a versatile sauce that can be paired with just about anything, though boiled potatoes are the traditional favorite. Having tried papa a la Huancaína in both Peru and Bolivia, there is one distinct difference between the two recipes. Peruvians make their cheesy sauce out of queso fresco, aji amarillo (yellow chili pepper), evaporated milk, onion, garlic, and crushed crackers, while Bolivians add one key ingredient: peanuts. The most delicious version that I encountered was at a Bolivian friends' home where the family cook was kind enough to share her protein-packed recipe with me
Ingredients for sauce

- 4 dried pods of aji amarillo
- 3 cups roasted peanuts
- 1 tbsp. olive oil
- 1 small yellow onion, finely chopped
- 1-2 garlic cloves, crushed
- Salt and pepper to taste

Ingredients for salad

- 6 yellow potatoes, boiled and peeled
- 2 hard-boiled eggs
- 1 sliced tomato
- Large lettuce leaves
- Handful black/Kalamata olives

Preparation

1. Chop aji amarillo pods and soak in warm water overnight.
2. The next day, soak peanuts two hours before cooking or until slightly softened.
3. Sautee onion and garlic in olive oil until browned.
4. Puree rehydrated aji amarillo with a small amount of water and add to onion.
5. Cook onion and aji amarillo mixture together for about 10 minutes, stirring constantly over medium heat, add more water if necessary to maintain paste-like consistency.

6. Combine peanuts with 1 c boiling water and add onion and aji mixture in blender, grind until smooth and creamy.

7. Return mixture to a sauce pan and cook over low-medium heat for about 10 minutes, stirring often until sauce is thick and custard-like.

8. Add salt and pepper to taste.

9. Serve either hot or cold over boiled potatoes on a bed of lettuce alongside sliced tomato, hard-boiled eggs, and olives.

We had debated for a long time how to get from central Chile to Quito in north-central Ecuador, about 3,000 miles away. Trains barely exist in South America, plane tickets are outrageously expensive, and the distance was daunting by bus. We’ve done more than our share of overnight buses in our world travels, but shooting […]

The nation of Chile is one of the oddest shaped we’ve been to. Stretching more than 2,650 miles north to south but only averaging 110 miles across, it is a tiny ribbon of land between the Andes and the Pacific Ocean. It has some of Argentina’s European charm, but packs more diversity into a smaller […]
D) Hunza Recipes/Food Prep Guidelines

General Hunza cooking guidelines:

1. Any kind of grains can be cooked and eaten with added oils, spices and sweeteners such as honey, maple syrup or fruit. Technically, when you make Hunza Bread, you are using grain. Another idea for the Dough is to spread it on a large sheet and roll it as thinly as possible (like a very large pancake). You can add any toppings (more Veggies and Greens, and especially fresh garlic) that you like and what you end up with is a kind of Hunza Pizza!

2. Any kind of beans can be cooked. You can alter the tastes of any bean by adding flavorings such as onion, garlic, spices, oils, juices etc.

3. Soup is probably the most desirable COOKED food. Vegetable broths are often much more potent suppliers of vitamins and minerals than the vegetable itself (and almost never cause indigestion, even in the most sensitive stomachs). You can make broths from any individual or combination of vegetables and ingredients. And, remember; when you are cooking vegetables DON'T THROW OUT THE WATER! Drink it down. It, in fact, is just the broth that you'd make soup from and has all the vitamins that you've just cooked away. When you make soups, blend your desired vegetables in a blender or chop them to your preference. Add natural herbs (go light on the salt) and SIMMER over a low heat. Make sure the cooking pot is covered and don't let the water boil the vegetables for too long (in fact, a steamer is preferable). Add spices if you like and eat the soup UNSTRAINED. NOTE: Never fry or broil and never use oils when cooking.
A Recipe for Hunza Bread:

Hunza Diet Bread is a delicious, dense, chewy bread that's very nutritious and almost impervious to spoilage.

Hunza Diet Bread is made from natural buckwheat or millet flour, and is rich in phosphorous, potassium, iron, calcium, manganese, and other minerals. As nothing has been destroyed in the preparation from the wheat, it contains the essential nourishment of the grain. This is why it is important to ONLY use Natural Buckwheat or Millet flour to make Hunza Diet Bread.

The following recipe makes a huge batch of approximately 60 (sixty) two-inch squares, high in protein, vitamins, and minerals. It keeps weeks at room temperature, even longer in the fridge, and indefinitely in the freezer. It's a great survival food to take camping and hiking.

The recipe for this wonderful bread is as follows:
4 cups of water
3.5 (three & one-half) to 4 pounds of buckwheat or millet flour
1.5 (one & one-half) cups of coconut oil or canola oil
1.5 (one & one-half) cups of natural unrefined sugar
16 ounces of honey
16 ounces of molasses
4 ounces of powdered whey or soya milk (one-half cup)
1 teaspoon sea salt
1 teaspoon cinnamon
1 teaspoon ground nutmeg
2 teaspoons baking powder (non-aluminium)

While Hunza Diet Bread has a taste that is very satisfying and chewy all on its own, apricots, raisins, chopped walnuts, almonds, or sliced dates can also be added.

Mix all the ingredients. Grease and lightly flour your cooking pan(s).

Ideally, use baking trays with 1-inch-high sides.

Pour batter into pan(s) to a level of one-half an inch deep.

Bake at about 300 degrees Farenheit (150 C) for 1 hour.

After baking, dry the bread in the oven for two hours at a very low heat - 90 degrees Fahrenheit (50 C).

After the bread has cooled, remove it from the baking pan and cut into approximately 2 inch x 2 inch squares.

Store it wrapped in cloth in a container.
Fresh Fruit Ice Cream:

In the form of ICE CREAM fruits can supply you with your nutritional needs AND satisfy the child in all of us.

This method of utilization is also a sure favorite with REAL children. To accomplish this special recipe, place a combination of your favorite FRESH fruits into your freezer for 12 to 24 hours.

When they are good and frozen, grind the mixed, frozen fruits through a meat grinder or other grinding machine.

The results are largely a result of trial and error, depending upon the right combination of fruits to suit your tastes.

What you’ll get is an ice-cream-like substance without the cream or calories.
You can add honey for extra sweetness, or carob powder and any other natural toppings that you prefer.
Another Hunza Method Bread:

Blend the flour with salt (1/2 tsp. of salt for every two cups of flour) and add enough water to knead it on a lightly floured surface to prevent sticking. Knead until you have a very stiff consistency of dough, cover it with a wet cloth and leave it at room temperature for about one or two hours.

At the end of that time, take the dough and shape small round balls (about 1 1/2 to 2 inches in diameter) and roll them on a lightly floured surface until you have a stack of pancake-like breads, about 10 to 12 inches across.

For natural yeast, keep one of the balls of dough under the wet cloth for 24 hours and mix it with your next day's batch of dough.

Cooking: The best method for cooking is to form the pancake like bread and NOT COOK IT AT ALL. Simply leave your formed cakes out in the sun, or in an oven with a temperature of UNDER 130 degrees.
Another method is to leave the oven set low and THE DOOR OPEN. This will prevent the bread from cooking too fast, which destroys the nutritional value of the living grains.

If you feel you MUST cook then, the second best method is to follow the recipe above and the procedures suggested, and then cook at a normal baking temperature.
Making Sprout 'Bread':

Here's a neat trick, you can also grind sprouts and knead the paste into stiff dough! Adjust the thickness of the dough, by adding small amounts of 100% stone ground whole wheat (or your favorite) flour, and small amounts of water.

A little water makes your dough thinner, and a little flour does the opposite. When you get the consistency you desire, the dough can be used in the same way as was explained for bread and cake.

As with breads and cakes, your own imagination is your only limitation in preparing the sprout-dough in a variety of shapes, sizes and recipes.
Hunza Pie Recipe:

Step 1

Process flour, wheatgerm and butter in a food processor until mixture resembles fine breadcrumbs. Add 1 egg and 2 tablespoons water. Process again, adding remaining water if needed, to form a soft dough. Knead on a floured surface until smooth. Press into a 15cm disc. Wrap in grease-proof paper. Refrigerate for 20 minutes.

Step 2

Combine potato, spinach, cheese and salt and pepper.

Step 3
Preheat oven to 180°C. Grease a 23cm (base) pie plate. Roll two-thirds of pastry out between baking paper until 5mm thick. Line pie plate with pastry. Spoon potato mixture into pastry.

Step 4
Roll remaining pastry out to a 27cm circle. Brush with water. Place over potato. Press edges together to seal. Trim excess.

Step 5
Beat remaining egg. Brush over pie. Season. Place onto a baking tray. Bake for 45 to 50 minutes or until golden. Stand for 10 minutes. Serve in wedges.

Ingredients:
2 1/2 cups plain wholemeal flour
2 cups wheatgerm
250g butter, chilled, cubed
2 eggs
2 to 3 tablespoons chilled water
750g potatoes, boiled, mashed (see note)
1 bunch English spinach, shredded
2 cups grated tasty cheese
Spiced Hunza Apricot Compote Recipe

Looking for an easy Spiced Hunza Apricot Compote recipe? Learn how to make Spiced Hunza Apricot Compote using healthy ingredients. Dried apricots are rich in iron and betacarotene, a powerful antioxidant that combats premature ageing, heart disease, and cancer.

Recipe Ingredients for Spiced Hunza Apricot Compote

- 9 oz dried apricots (hunza)
- 1/4 tsp cloves (3 or 4 whole cloves)
- 1/4 oz fresh ginger, crushed (3 slices)
- 2 oranges
Recipe Directions for Spiced Hunza Apricot Compote

Cover the apricots with about 500 ml (16 fl oz) hot water and leave to soak overnight.

Peel the oranges using a vegetable peeler. Divide the oranges into segments and roughly chop.

Place the orange peel, cloves, ginger, apricots, and their soaking liquid in a saucepan. Add in the chopped orange, maple syrup or honey, cinnamon stick (snapped in half) and cardamom pods.

Bring to the boil and then turn down the heat to gently poach for 8-10 minutes until the apricots are softened. Allow to cool in the cooking liquid then divide into 4 individual bowls.
Harissa Paste

Harissa, the basic flavoring agent in Tunisian cuisine, is extremely versatile. Use it as a condiment for grilled meat or fish, add it to roasted vegetables, or stir into stews and soups. We particularly like it with couscous or rice. Adjust the amount of heat by increasing or reducing the number of chiles. Just remember, it is meant to be hot!

Makes about 1 small jar About a generous 3/4 cup / 200 ml)

INGREDIENTS

1.

- 1 red pepper
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- 1/2 tsp coriander seeds
- 1/2 tsp cumin seeds
- 1/2 tsp caraway seeds
- 1 1/2 tbsp olive oil
- 1 small red onion, coarsely chopped (scant 2/3 cup / 90 g in total)
- 3 cloves garlic, coarsely chopped
- 3 hot red chiles, seeded and coarsely chopped
- 1 1/2 tsp tomato paste
- 2 tbsp freshly squeezed lemon juice
- 1/2 tsp salt

**PREPARATION**

- Place the pepper under a very hot broiler, turning occasionally for about 25 minutes, until blackened on the outside and completely soft. Transfer to a bowl, cover with plastic wrap, and allow to cool. Peel the pepper and discard its skin and seeds.
- Place a dry frying pan over low heat and lightly toast the coriander, cumin, and caraway seeds for 2 minutes. Remove them to a mortar and use a pestle to grind to a powder.
- Heat the olive oil in a frying pan over medium heat, and fry the onion, garlic, and chiles for 10 to 12 minutes, until a dark smoky color and almost caramelized.
- Now use a blender or a food processor to blitz together all of the paste ingredients until smooth, adding a little more oil if needed.
- Store in a sterilized jar in the fridge for up to 2 weeks or even longer.
Summary

This book is intended as a starting point for improving your health by eating the right longevity foods, losing weight, and starting to live a healthier lifestyle.

We can best learn from what has worked for others.

The four communities in this book are historical labs which have experiential information on what long lived people actually eat and how they live.

The Diet Steps are just some guidelines to get your started. If you are serious about your optimal health then you should follow the path to take our longevity training too.

The Recipes have been drawn from many sources with one common theme--they are traditional-as much as possible, and use the foods available locally in these communities.

My best wishes to you in improving and taking control of your long term health and your life.

All the Best,

Marty Ettington

November 2015
Longevity Coaching and Packaged Workshops

If you are looking for a new source of income and a way to help others too, then longevity training might be for you!

Get your client price up to $1,000 for the weekend and that's $200,000 in Gross Income over two years

Sales of our Training Products

- Do our sales training and use our extensive sales tools to start selling our training products
- Sell an average of one coaching package per month and six Workshop packages per year
- Commissions would total about $24K at the 25% commission level

Overall Earnings Summary:

- Potential Yearly Earnings for Longevity Coaching, Sales, and Workshops:
  - Hold 5 Workshops per year for $50,000 in income
  - Coach 10 clients per month for $50,000 in a year
  - Sell our training at middle commission level to earn $50,000 per year
  - This totals to over $150,000 per year in overall earnings for a reasonable scenario

Longevity Coaching Earnings

- You can charge a good rate of $100 US to start as a new Longevity Coach
- You take clients thru 10-15 sessions for a typical scenario
- When you get 10 clients per month this works out to earnings of $4,000 per month or about $50k per year
- Grow your practice to 20 clients per month, with increased rates and earn $100K per year.

Packaged Workshop Earnings

- Charge $500 per person for 20 students in a two day weekend Longevity Workshop.
- This is $10,000 in gross income with a profit after one workshop.
- Hold 5 Workshops per year for two years and make $100,000

Learn more at http://personal-longevity.com
Bibliography


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