



## Healthy Aging: Discover the Japanese Secrets

By Lise Alschuler

Active Interest Media. Paperback. Book Condition: new. BRAND NEW, Healthy Aging: Discover the Japanese Secrets, Lise Alschuler, Ageing is an inevitable part of living. But how we experience ageing can vary dramatically from one person to the next. In this booklet, naturopathic physician and author Lise Alschuler explains how we can influence the ageing process. One way we learn about healthy ageing, explains Dr Alschuler, is by examining cultures that live long, healthy lives. For example, the Japanese live healthier lives and have the longest life expectancy in the world. Dr Alschuler takes a closer look at the Japanese secrets to enhanced longevity and shares her insights with readers.



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### Reviews

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