

Asian Secrets of Longevity

The life expectancy of the Japanese is about six years longer than that of Americans. What can we possibly learn from the Japanese? What is so different between living in Tokyo and living in New York City? There are hardly any smoke-free zones in Tokyo, two hours is a normal commute to work, and a typical workday ends with communal whiskey and beer drinking. The answer can't be in the lifestyle.

So why do the Japanese still live years longer?

I had the opportunity to live in Tokyo for six years. and did little but concentrate on work. I did not exercise or watch my diet... But, strangely enough, my skin cleared up, my nails grew, my energy level rose and I lost weight. For the first time in my life I was not dieting and was enjoying the foods I loved most: sushi, fish, and seaweed, rice with plum paste, soymilk, Japanese pickles and delicate vegetables. The foods I grew up with were hard to find or terribly expensive, so milk, yogurt, butter-milk, cheeses, ham, bread, pasta, pastries, became rare treats.

When I went home for vacation to

enjoy mom's home cooking I invariably, got sick, felt lethargic, and watched my skin break out. I eventually moved back to the West only to find I could not get my Tokyo energy back, What saved me

was a book – Eat Right 4 Your Type by Dr. Peter D'Adamo – which prescribes a specific diet for every blood type. I read up on my blood type "O", the most common, and saw that wheat, as well as dairy were my number one poisons: fish, seaweed and iodine-rich foods where my best sources of energy.

These were exactly the kind of foods I enjoyed in Tokyo. So, I did a test, avoiding all wheat and dairy for one week, but allowing everything else. In

two days the energy was back, the dark rings under my eyes were gone and I felt better than I had in months. Learning to avoid wheat-based soy sauce, replacing white rice with brown rice, and eating more vegetables than the mainland Japanese (and thus following elements of the famous Okinawan diet) was probably the most significant aspect of my personal health.

And it may be the reason for the proven greater longevity of the Japanese.



BENTO BOX VS. LUNCH BAG

