



# The Okinawa Diet Plan : Get Leaner, Live Longer, and Never Feel Hungry

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In their New York Times bestseller *The Okinawa Program*, Drs. Bradley and Craig Willcox and Makoto Suzuki explained why the Okinawans are the longest-lived people on earth. Now, they offer a practical diet program rooted in Okinawan traditions so that you too can have a leaner, more -metabolically efficient- body that will stay healthier and more youthful. Conveniently divided into three dietary tracks-- western, eastern, and a fusion plan that combines both--their program will help you achieve healthy weight loss without deprivation. With more than 150 recipes, an eight-week phase-in plan, and other unique resources, *The Okinawa Diet Plan* is an easy-to-follow breakthrough concept in healthy weight loss.

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