

Hunza: 15 Secrets of the World's Healthiest and Oldest People, By Dr. Jay M. Hoffman

1. Biological Horticultural Gardens and Orchards _____ Chapter 20: Fantastic Irrigation & Trenches Mineral Rich Glacial Water Irrigated
2. Healthy Natural Humus Top Soil __ Chapter 21: Soil and Health
3. Peaceful Home Environment _____ Chapter 22: Relaxation in Hunza
4. Clean Air & Deep Breathing _____ Chapter 23: Climate and Air in Hunza
5. Natural Exercise: Walking and Gardening _____ Chapter 24: Exercise the Natural Way
6. Plenty of Sleep _____ Chapter 25: Sunset to Sunrise Sleep
7. Plenty of Pure Water _____ Chapter 26: Drinking Habits
8. Rock Resin Tea _____ Chapter 27: Rock Resin Tea
9. Stress Less Living _____ Chapter 28: Free From Worry
10. Mineral Rich Foods _____ Chapter 29: Nutritious Foods
- 11 a. No Refined, Simple Carbohydrates _____ Chapter 30: No Empty Calories in Hunza
No White Sugar, Flours and Rice
Instead Use Whole, Complex and Unadulterated Carbohydrates
- 11 b. No Alcohol Drinks _____ Chapter 30: No Empty Calories in Hunza
- 11 c. No Caffeine Foods or Drinks _____ Chapter 30: No Empty Calories in Hunza
No Chocolate Foods or Drinks
No Coffee and Caffeine Tea
No Caffeine Soda Pops
No Caffeine Energy Supplements
12. Low Fat Diet
No Oils, Fat or Grease _____ Chapter 31: The Low Fat Diet in Hunza
13. Daily Bowel Movements
1 to 4 BM's per day _____ Chapter 32: No Constipation in Hunza
14. Vegetarian Diet _____ Chapter 33: The Hunza Diet
No Animal Flesh or Dairy Foods
15. No Spices and Condiments _____ Chapter 34: No Degenerative Diseases in
No Salt, Pepper, Vinegar and other Irritating Condiments and Spices