



ILLUSTRATION 11 SHOWS THE BEAUTIFUL *SUSTAINABLE AGRO-FOREST (SAF)* GARDEN TERRACES WITH IRRIGATION CANALS AT THE BASE OF EACH TERRACE OF MODERN HUNZA PROVINCE OF PAKISTAN. (FROM THE 1985 EXPANDED EDITION OF DR. JAY M. HOFFMAN'S HUNZA: 15 SECRETS OF THE WORLD'S HEALTHIEST AND OLDEST LIVING PEOPLE (PROFESSIONAL PRESS PUBLISHING ASSOCIATION, 13115 HUNZA HILL TERRACE, VALLEY CENTER, CA. 92082)

ILLUSTRATION 11 above shows the irrigation canals integrated into the garden terraces and carry mineral laden glacial water to the Hunzakhut homes and garden plants and trees. Farm animals are at a minimum as dairy and animal flesh eating is rare in Hunza land, and farm labor is relatively light: The permanent terraced garden deep beds eliminate the need for animal or machine drawn plowing of horticultural land between harvests. The peoples' hand labor supplies the natural outdoor exercise for their individual health, while furnishing the community based garden labor needed to keep the terraced garden beds and integrated irrigation canals in full operation symbiotically.

In 1961 Jay Hoffman, PhD. and his wife Trudie were sponsored by the American ***National Geriatrics Society*** to go to Hunza Province, Pakistan and study the world's reportedly healthiest and longest lived people. With life spans well over 120 years old and health status second to none in the world, this difficult to reach land in the Himalayan Mountains is the basis of the Shangri-la tales and movies e.g. "Paradise Lost".