

There is a villin island in Japan, called Okinawa, where most of its people are centenarian. The can live until the age of 100 or more in good state of health. What's the secret of longevity?

Secondly, their diet is very healthy, based on seaweed, vegetables, fruits and legumes (well above the World average). And they eat very little salt too.

They grew <<Shikuwasa>>, a fruit which belongs to the mandarin orange family. It has got lots of citric acid and vitamins so that it is a gem in terms of longevity.

A Japanese island where people become centerians.

Besides, the island is a nature paradise as forests cover three qurtes of its surface.

Firstly, Oki