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Healthy at 100 begins with detailing four old societies in which members not uncommonly live 100 or more years. These people retain their health and activity levels to an astounding degree. No heart disease, no diabetes, no hypertension, no cancer, and NO GLASSES! We were taught in medical school that presbyopia is a normal part of aging.

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“Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and

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Healthy at 100 strives to improve both the quality and the quantity of our remaining years—no matter how old or how healthy we might currently be—and to reverse the social stigma on aging. After reading this book, we will never think about age—or life—in the same way again.

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In Healthy at 100, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality and happiness.

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Well, it seems that "Healthy at 100" is most successful at answering that question. They are not trying a new idea, but merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching

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old age more often than any other group.

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