



## Hunza: Secrets of the World's Healthiest and Oldest Living People

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# Hunza: Secrets of the World's Healthiest and Oldest Living People

## **Hunza: Secrets of the World's Healthiest and Oldest Living People**

This book first published in 1968, has now been updated to include all occurrences in HUNZA land since 1985 (the year of the last update).

This is not just a storybook or a travelogue of HUNZA land, but one of the greatest health books ever published. You will be amazed with the information you will learn in the fifteen chapters that deal with health and how you can obtain it.

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