



# Hunza: 15 Secrets of the World's Healthiest and Oldest Living People

*Dr. Jay M. Hoffman*

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

More than a travelogue, these 15 chapters deal with health and how you can obtain it. With 18 colored pictures, other black and white pictures and recipes written by Rani Jamal Khan, Queen of the Hunza.

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