CHAPTER 7
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The good health of the Hunzukuts

Examples

- 1. Unusual longevity
  - 1. Unusual
  - 2. A simple nutritious diet
    - 1. Unpolluted environment
    - 2. A simple nutritious diet
    - 3. Physical work and activity
      - With animals
      - In the fields
      - vitamins
      - fiber
      - low fat and cholesterol
      - not much sugar
      - low in unnatural chemicals
  - 2. New fathers at 90
  - 3. Women give birth at 50
1. Places where people live a long time (paragraph C)

- Hunza (Himalayan Mountains)

2. Diets of the 3 regions (paragraph D)

- Differences (paragraph D)
- Similarities (paragraph E)

3. Other possible causes of unusual longevity (paragraph F)

4. Disbelief in claims about longevity (paragraph G)

1. Mountain environment away from modern cities
   2. 
   3. (paragraph F)

2. All natural food – no chemicals or preservatives
   3. (paragraph G)

A natural limit to human life (paragraph G)
Completing a Mind Map (page 137)

1. Places where people live a long time (paragraph C)
   - Hunza (Himalayan Mountains)
   - Vilcabamba, Ecuador
   - The Caucasus Mountain in Russia

2. Diets of the 3 regions
   - Caucasian diet: milk, cheese, vegetables, fruit, meat
   - Hunzukut diet: raw vegetables, fruit, chapatis
   - Ecuadorian diet: grain, vegetables, fruit, coffee, cigarettes (paragraph D)

3. Other possible causes of unusual longevity (paragraph F)

4. Disbelief in claims about longevity (paragraph G)

Similarities (paragraph E)
- No valid birth certificates (paragraph G)
- A natural limit to human life (paragraph G)
- 1. All natural food – no chemicals or preservatives
- 2. Few calories
- 3. Tradition herbs (paragraph E)

Differences (paragraph D)
- 1. Mountain environment away from modern cities
- 2. Stress-free lives
- 3. Physical work and other activities
- 4. Extreme family structure (paragraph F)
- 1. Caucasian diet: milk, cheese, vegetables, fruit, meat
- 2. Hunzukut diet: raw vegetables, fruit, chapatis
- 3. Ecuadorian diet: grain, vegetables, fruit, coffee, cigarettes (paragraph D)

The Secrets of a Very Long Life
1. Medical scientists and health specialists might want to travel to these regions to solve the mystery of longevity and bring these secrets to the modern world.
2. The three reasons for the good health of the people of Hunza are a healthful, unpolluted environment; a simple diet high in vitamins, fiber, and nutrition but low in fat, cholesterol, sugar, and chemicals; and physical work and activities.

3. These two people were Shirali and his widow.

4. The people of the Caucasus Mountains almost never get sick and they don’t lose their hair, teeth or eyesight.

5. In Vilcabamba, the environment is clean and beautiful, the climate is always moderate, the water is high in minerals, and there are a lot of flowers, fruits, vegetables, and wildlife.
• 6. All the food is natural, people don’t eat many calories, and people use traditional herbs and medicines.

• 7. Other reasons for these people’s health and longevity are physical activity, no stress, and an extended family structure.

• 8. Some doctors don’t believe the longevity claims because these groups of people don’t keep official government birth records, and they think that human life has a natural limit of about 110 years.