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His findings were published in the 1968 book HUNZA – Secrets of the world's healthiest and oldest living people. Thanks to these researchers, we now know the secrets to the good life of this remote people. World's healthiest and oldest living people share their secret recipe History, traditions The valley of the Hunza River on the border between India and Pakistan is known as an "oasis of youth". Buy Hunza: Secrets of the World's Healthiest and Oldest Living People Reprint by Jay M. Hoffman, John Westerdahl (ISBN: 9780832905131) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Hunza: 15 Secrets of the World's Healthiest and Oldest Living People [Dr. Jay M. Hoffman] on Amazon.com. *FREE* shipping on qualifying offers. More than a travelogue, these 15 chapters deal with health and how you can obtain it. With 18 colored pictures, Hunza Secrets Of The World S Healthiest And Oldest Living.

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