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then you are landed at the right place. Mr.Singh is producing director of this movie and the writer of this movie is Santhosh Reddy. Duration Full length.Mark Bittman's The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest. And They Cook, Sing, Paint, and Really Have a Good Time (And Other Lessons from the World's Longest-Lived Peoples) is a book that presents a wonderful collection of Life Extension Institute fellows' findings about the "unconscious champions of health and happiness" that reside in various places around the world. It is an entertaining read, detailing the simple ways of these people that translate into three decades or more of living longer, healthier, more harmoniously, and of course, with a lot more fun. But the article at the end of the book on "The 10-Year-Old Who Knew About Nutrition?" is really the book in a nutshell, with information about how to apply the lessons and adapt them to our own lives. The author of the article is a ten-year-old girl named Natalie who, after spending a year at a school doing something called The Blue Zones Challenge, is now taking a year to prepare her "challenge team" to bring their own healthy lifestyle lessons to their communities. The Girl Who Knew About Nutrition As a kid, eight-year-old Natalie was always sneaking sugar cookies. She also grew up immersed in the world of healthy eating, thanks to her mother, who is a registered dietitian.

This was important

