

Health Secrets of The Hunzas

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Health Secrets Of The Hunzas

The booklet you are fortunate enough to be holding in your hands can literally transform your life in a very surprising way. Applying the secrets it contains will help you regain - or maintain - what is no doubt the most precious of possessions: your youth. That may seem like an extraordinary claim for any book to make. And yet, it is completely up to you whether or not it comes true.

The secrets revealed in this work are based on the knowledge of a people whose reputation has spread far and wide around the world. The real name of this amazing group of people is unknown to the public at large. All that is generally known is that they inhabit some remote mountain range, and that they are reported to live for an exceptionally long time.

It is believed that among these people centenarians are common currency, and that it is not unusual for elderly persons to reach the venerable age of 130. It has even been reported that a significant number have survived to the incredible age of 145!

These people are not the product of legend, nor is the country they inhabit a mythical utopia. They call themselves the Hunzas (pronounced Hoonzas) and live in what has come to be known as the roof of the world - the mountain peaks of the Himalayas. To be more precise, the Hunza country, with a population of only

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30,000, is situated at the extreme northern point of India, where the borders of Kashmir, China, India and Afghanistan converge.

It is said that this tiny group of people, residing in an inaccessible valley about 3000 meters (9000 feet) above sea level, are more or less completely cut off from the outside world. It is also said that they are the happiest people on earth.

Their origins are a mystery. Legend has it that they are the descendants of three Greek soldiers who deserted from the army in the time of Alexander the Great, and who, along with their Persian wives, sought refuge in this paradise valley. They have remained completely isolated ever since, protected by the unique character of the terrain, which made it all but impossible for invading enemies or curious adventurers to enter the region.

The Hunzas rely primarily on crop cultivation and the raising of cattle for their subsistence. They are not skilled craftsmen, nor do they engage in trade. In fact, they have no form of currency whatsoever. Although they were rather warlike for centuries, occasionally pillaging neighboring settlements for required items, they have, over the last 150 years or so, become completely pacific. Their society is quite extraordinary - you won't find a single prison or bank on Hunza territory.

The first westerner to discover these mysterious people was an audacious Scottish physician, Dr. MacCarrisson. An adventurer by nature, MacCarrisson had no qualms about embarking on a perilous journey to the Himalayas between the two World Wars. He was fortunate enough to spend a total of seven amazing years among the Hunzas.

A Land Where Disease Is Unknown

His discoveries quite literally astounded him. Since he possessed a sound scientific background, there is no question of his having been overly gullible or duped in any way, or even less of his having fabricated any of his information.

The first thing he observed was that the Hunzas seemed to be endowed with exceptional health, beyond anything he had ever seen before. Even more astonishing was the fact that, as far as he could tell, they suffered from no diseases whatsoever.

The Hunzas appeared to be completely immune to all so-called modern diseases, notably cancer and heart disease which, as you probably know, are the two primary causes of death in western countries.

In addition, Dr. MacCarrisson did not encounter a single case of arthritis, varicosity, constipation, stomach ulcers or appendicitis during the entire seven years he spent among the Hunzas. Perhaps even more surprising was the fact that childhood afflictions were also nonexistent. None of the Hunza children developed any of the diseases common to their western peers: mumps, measles and chicken pox were unheard of, and infant mortality was an extremely rare occurrence.

All this is in direct contrast to the sorry state of affairs in most so-called advanced societies, where it would not be unfair to say that both physical and psychological health is the exception rather than the rule.

Statistics overwhelmingly support such a statement. For example, in the United States half the young people who try to join the armed forces are judged incapable of performing their military duty for various health reasons. Hospitals everywhere are overflowing with patients, and the health care system as a whole is being strained to the limit.

As for psychiatry, there has never been as much demand for psychiatric help as there is now. Pharmaceutical companies earn billions of dollars in profits each year, as millions of people consume sleeping pills, sedatives and barbiturates of all kinds on a daily basis.

Another important point to understand is that the health of the Hunzas is not characterized by the simple absence of disease, although that in itself is quite an accomplishment. More than just not being affected by diseases that strike down so many of our peers in the prime of life, the Hunzas seem to possess boundless energy and enthusiasm, and at the same time are surprisingly serene. Compared to the average Hunza, a westerner of the same age - even one who is considered extremely fit - would seem sickly. And not only seem sickly, but actually be sick!

Exceptional Longevity

The life expectancy of the average occidental is about 70 years. The life expectancy of the average Hunza falls onto a different scale altogether - these people reach both physical and intellectual maturity at the venerable age of one hundred! This fact emphasizes the relative nature of what we refer to as normal. As we'll see a little later on, the way we are conditioned to perceive aging has a determining effect on the way we develop. At one hundred years old, a Hunza is considered neither old or even elderly. Even more extraordinary is the fact that Hunzas remain surprisingly youthful in all ways, no matter what their chronological age is.

According to a number of sources, it is not uncommon for 90 year old Hunza men to father children. Hunza women of 80 or more look no older than a western woman of 40 - and not only any woman, but one who is in excellent shape.

Absolutely reliable eyewitness reports, including those submitted by the intrepid Dr. MacCarrisson, tell of 80 year old Hunza women performing hours of intense physical labor without exhibiting the least sign of fatigue. Because they live among mountain peaks they have to climb steep hillsides in order to accomplish many of their daily tasks.

As a consequence, even very old Hunza women remain slim, supple and graceful, and maintain excellent posture. One thing is

certain they have never heard of the word diet, nor do they have any notion of what it means to be obese. Cellulite is completely unknown to them.

Hunza men are just as amazing. Their endurance and vigor, despite the burden of their years (actually the expression doesn't have much meaning as far as the Hunzas are concerned - it would be more appropriate to say the lightness of their years!) is almost beyond belief. Witnesses, most of whom were highly skeptical at first, were amazed to see men over a hundred years old carrying backbreaking loads up steep mountain paths. Nor did these centenarians appear to be any more tired or even out of breath after accomplishing their difficult work than an ordinary man of 40.

Taking a three hour walk after meals - something they do as often as possible - is a favorite pastime. Such hikes are considered to be a reward for their labors. They return without exhibiting any fatigue whatsoever, and continue with their work as if it were the most natural thing in the world.

Some cases are even more extraordinary. One Hunza man who, at the incredible age of 145 was still surprisingly agile, and who used no cane or any other form of support, defied any conventional definition of the term elderly. His back was as straight as a rod and his abdomen was flat and muscular, showing no sign of developing that appendage so common among western males - the pot belly.

That this 'ancient' (the Hunza equivalent of 'golden age') was in excellent shape was demonstrated in an unusual and quite incredible manner. He actually engaged in a game of volleyball with a group of younger men half his age (most were around 70) and proved to be just as adept as they were at jumping and spiking the ball. It must have been a spectacular performance.

After the game he didn't even take time out to rest, but instead headed off to a meeting of elders in a building that was perched on a cliff, 1500 feet higher than the volleyball field!

Eyewitness accounts like this one (and there are hundreds more we could quote if we had the space) elicit both our admiration and wonder. They also force us to ask the following question: is there some secret technique that allows these people to live so long, and stay so healthy? The answer is yes - the Hunzas do know something we don't. But there isn't just one secret, there are many.

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Hunza Secret #1

The first, and certainly the most important of these secrets concerns nutrition. Interestingly enough, the Hunza approach resembles that outlined by Hippocrates, father of modern medicine, who lived over 2000 years ago in ancient Greece. The basic precept of their common notion of what constitutes a proper diet is simple: the food you eat is your best medicine.

There's a modern saying, coined in the sixties: 'You are what you eat.' This is something the Hunzas understood a long time ago. Dr. MacCarrisson, who spent seven years with the Hunzas, realized that their amazing health was largely due to their diet which, as we will soon see, is rather unusual. Fortunately though, it can be easily adapted to our western way of life.

To confirm his theory that the Hunza diet played an important role in maintaining health and longevity, Dr. MacCarrisson devised the following simple experiment. Using three groups of mice, he fed each group a different diet.

The first group, nourished exclusively on Hunza food, flourished, enjoying spectacular health. The second group was fed a diet similar to that of the people of Kashmir, a neighboring country. They developed a number of diseases. The third group received a typical British diet, and quickly developed all the symptoms of a condition called neurasthenia.

So what do the Hunzas eat?

Well, the basis of the Hunza diet, which to a large extent is dictated by the rather harsh climatic and geographical conditions of their home country, can be summed up in one word: frugality.

Hunzas eat only two meals a day. The first meal is served at twelve noon, although the Hunzas are up every morning at five a.m.

This may sound surprising, since most nutrition experts here in the west stress the importance of a hearty breakfast, even though our life-style is relatively sedentary compared to that of the Hunzas, who engage in demanding physical labor all morning long on an empty stomach.

Unlike most occidentals, Hunzas eat primarily for hygienic reasons rather than for pleasure, although they are very meticulous when preparing their food which, by the way, happens to be delicious.

Westerners, who often overeat out of sheer gluttony or habit, rarely maintain a balance of calorie and protein intake, and energy expenditure. In other words, we eat too much. Our stomach, which is constantly trying to process the overload of food, never has a chance to rest, and quickly becomes exhausted. This, in turn, has a negative impact on our nervous system. We keep eating even though we may feel fatigued, physically ill or depressed. We seem to have lost the natural wisdom that is instinctive among members of the animal kingdom. A sick animal, for example, stops eating. The same applies to the Hunzas who, as we'll see a little later on, go on a long and strict fast once a year.

In addition, Hunza food is completely natural, containing no

chemical additives whatsoever. Unfortunately, that is not the case as far as most of our food is concerned.

Keep in mind, however, that the most important aspect of the Hunza diet is frugality. Hippocrates advised his patients to eat frugally, with very positive results, notably renewed vitality and enthusiasm, not to mention the more obvious effects of weight loss, accompanied by increased muscular and nervous energy.

The Hunzas, then, eat very little. But what exactly do they eat?

Well, a large part of their diet is composed of grains: barley, millet, buckwheat and wheat.

They also eat fruits and vegetables on a regular basis. For the most part, these are consumed fresh and raw, although some vegetables are cooked for a short time. Their preferred fruits and vegetables include potatoes, string beans, peas, carrots, turnip, squash, spinach, lettuce, apples, pears, peaches, apricots, cherries and blackberries. They also have a particular fondness for apricot pits. Almonds are eaten whole, or used to make oil through a process that has been transmitted from generation to generation. Milk and cheese are important sources of animal protein. Meat, although not completely eliminated, is consumed only very rarely, reserved for special occasions like marriages or festivals. This fact is no doubt one of the reasons why the Hunzas have such healthy digestive systems. Even when meat is served, portions are very small: meat is cut into small pieces and stewed for a long time. Beef and mutton are rarely used - chicken is their most common source of animal protein.

The important thing to remember is that although the Hunzas are not wholly vegetarian, meat forms a minimal part of their daily diet. This as opposed to most westerners, who are voracious

carnivores. Meat in general, and especially red meat, takes over three hours to digest. In the long run, and especially because of our relatively sedentary life-style, this overconsumption of meat weakens the digestive system and results in a buildup of waste that can be dangerous to health.

Toxins contained in meat accumulate in our organism. In addition, meat, and especially red meat (white meat is less harmful) contributes to the buildup of cholesterol, a prime factor in the cause of heart disease. *To a large extent blocked arteries are the direct result of eating too much meat.* Thinking that you have to eat meat at least once a day, as many people in western countries believe, is absolutely false. The Hunzas, know very well that that is simply not true. They generally eat meat only once a week, if that often, and live longer and stay healthier than we do. Although you don't have to be as austere about your meat intake as the Hunzas, you should limit yourself to two or three meat dishes a week.

Like grains, fruits and vegetables, yogurt is also a staple of the Hunza diet. Yogurt, which replenishes intestinal flora, is extremely beneficial for the human organism. Bulgarians, who also eat a lot of yogurt, are another people who live to a ripe old age. Bulgaria boasts 1,666 centenarians per million inhabitants, while here in the west the number is only 9 per million inhabitants. That represents a considerable difference, and should encourage you to make yogurt a regular part of your diet. Fortunately yogurt is easily available almost anywhere. You can even make your own - the process is easy and fast - and use it to prepare delicious sauces. Just ask your local health food store to recommend a book on how to make yogurt. It will be sure to include a number of recipes to suit any palate.

Walnuts, hazelnuts, almonds, beechnuts, etc. also comprise an important part of the Hunza diet. Along with fruit, or mixed into salads, nuts often constitute an entire meal. Here in the west a serving of nuts and fruit or salad would be considered an entree to a more copious main dish, something the Hunzas would view as excessive.

No discussion of the Hunza diet would be complete without mentioning their special bread, called 'chapatti,' which is eaten along with every meal. Since it is used so often, it would be logical to conclude that it is a determining factor - or at least a very important one - in causing their amazing longevity. Specialists believe that it is this special bread that endows 90 year old Hunza men with their ability to conceive children, something that is unheard of here in the west.

In fact, chapatti bread contains all essential elements. It can be made from wheat, millet, buckwheat or barley flour, but what is most important is that the flour is whole, i.e. it is not refined, and has not had its germ removed, a common practice here in the west. It is this part of a grain which gives it its reproductive power, as well as its brown color. Unfortunately, occidentals tend to associate the whiteness of flour with purity, something that is completely false. In addition, leaving the germ intact makes storing flour-based products more difficult. This presents a problem for the food industry, which prefers using refined white flour even though it has been stripped of most of its nutrients.

The germ of grains has astonishing nutritive properties. For one thing, it contains all of a grain's Vitamin E content. This vitamin plays an important role in maintaining sexual functions in both humans and animals, and as you may know, sexual activity, which is directly related to the proper functioning of the hormonal system, is vital for health.

Since you cannot walk into your local bakery and expect to find chapatti bread, made the old fashioned Hunza way, on the shelf, we are including a recipe so that you can make your own. We hope that regular consumption of this bread will have the same beneficial effect on you as it does on the Hunzas.

The quantities indicated will provide a dozen servings. Preparation doesn't take very long - about an hour in all. The first thing to do is to buy some freshly ground flour. A mixture of wheat and buckwheat is excellent. Use one third wheat flour, and two thirds buckwheat flour, for a total of 250 grams. In other words, mix about 80 grams of wheat flour and 170 grams of buckwheat flour. Add half a teaspoon of coarse salt, and a hundred grams of water. Start by mixing the flour and salt, then slowly add the water while stirring until you obtain a smooth dough with no lumps. Next, knead the dough on a floured surface until it doesn't stick to your fingers. Wrap in a damp cloth and let stand for half an hour, then form into balls about 4 centimeters (3 inches) in diameter, and press into thin cakes. Cook over low heat on a preheated, lightly oiled skillet, and turn when half done.

That doesn't sound too difficult, does it? Why not give it a try. Chapatti bread can be served in a variety of ways: with cheese, honey, fruit, jam, etc. Make it an integral part of your new diet. Just remember to buy freshly ground flour that has not had its germ removed. You can find this type of flour in most health food stores.

Although you may find the look of chapatti bread a little strange at first, you'll soon get used to it. Just remember that the Hunzas are unconditional about their preference, and will not eat any other type of bread. If the proper flour is not available, they

prefer going without bread at all. Don't be surprised if, after a while, you feel the same way!

Let's take a moment to summarize the basic principles and ingredients of the Hunza diet which, as we said, is no doubt one of the main reasons for their exceptional longevity. First rule: frugality. Here in the west people eat too much - much too much - sometimes two or three times more than our organism actually needs. And we're not talking about people who have a weight problem either. Try to fashion your diet according to Hunza standards: remember that these mountain people eat only two light meals a day, even though they perform extremely laborious physical work for hours at a stretch, take part in demanding forms of physical exercise, and spend hours hiking along steep mountain paths each and every day. At the same time they do not feel in the least fatigued or anemic - on the contrary, their endurance and longevity is so great it has become almost legendary.

In fact, an excellent way to regenerate your organism and give your digestive system a rest is to fast, or drink only juice, for one day a week. Every spring the Hunzas fast for a number of days. Although you don't have to go that far (if you do decide to fast, make sure you are properly monitored by a competent health professional) you can gain inspiration from the Hunza approach to nutrition.

Rule number two: make fresh fruits and vegetables a major part of your diet. Eat most of your vegetables raw, or very lightly steamed. Cut down on your intake of meat, and try preparing your own chapatti bread (if you don't have the time, at least replace white bread with bread made from whole grain flour).

Rule number three: fasting for one day a week, and

maintaining a frugal diet based on Hunza principles for the rest of the week, will be certain to prolong your life and keep you healthy. In fact, you will probably feel completely rejuvenated, both physically and mentally. Don't be surprised if you find your life completely transformed, as your newfound physical and mental health results in greater serenity and peace of mind.

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Daily Physical Exercise

Another great Hunza health secret concerns the considerable amount of time each day devoted to physical exercise. Most exercise is done outdoors in order to take advantage of the pure mountain air, which in itself has a beneficial effect on health. Although a large part of their day is spent outdoors, working the fields, the Hunzas do a lot more than that. For one thing, they take regular walks - a 15 or 20 kilometer hike is considered quite normal. Of course they don't walk that distance every day, but doing so does not require any special effort. You should also keep in mind that hiking along mountain trails is a lot more demanding than walking over flat terrain. Of course we're not suggesting that you move to the mountains and become a farmer! You don't have to change your way of life completely in order to stay healthy and live longer. But one thing the Hunza life-style does prove is that exercise is very important for health.

Walking for an hour each day, something most people can manage, is excellent for both your body and your mind. In fact, walking is the simplest, least costly and most accessible form of exercise there is. And contrary to what you may think, it also provides you with a complete workout. So get in step with the Hunzas and start walking!

The Hunzas also practice a number of sports. As we saw earlier, they continue engaging in sports even at a very advanced age. It is not unusual to see Hunza centenarians playing volleyball

or polo, both of which are local favorites. Hunzas also like to swim as much as possible, even though the water in mountain lakes is very cold.

In addition to daily physical exercise, the Hunzas practice certain basic yoga techniques, notably yogic breathing, which is slow, deep and rhythmic, and which makes use of the entire thoracic cavity. This is not the place to get into a detailed discussion of the ancient practice of yoga. You can, however, buy a good book on yoga in almost any bookstore, or you might want to sign up for a course, since yoga is one of the best ways to combat the high levels of stress commonly associated with our modern, fast-paced life-style.

Another valuable yoga-related technique used by the Hunzas concerns the fine art of relaxation. Most westerners are not even aware that they are living in an almost constant state of stress. Being 'stressed-out' has become so common people think it's natural! For many, life in the last part of the twentieth century has become an insane rat-race that is too often terminated by a sudden heart attack or a nervous breakdown.

Sadly, many occidentals conform to the laconic portrait drawn by Freud, who wrote: "Man is a sick animal." Of course he was talking about psychological sickness, but his words also can just as well be applied to our physical condition, and especially to the dismal state of our nervous system, which is often overburdened and exhausted, giving rise to a host of psychosomatic diseases that no amount of chemical medications seem able to cure.

Relaxation is the key to health, and the Hunzas, both young and old, practice it regularly, doing short meditation sessions a number of times a day. Once again we cannot offer any detailed

explanations of the techniques they use. The best thing would be to buy a specialized manual on the subject of relaxation (a number of which are distributed by this publisher - see our catalog for more information).

Although they work very hard for long hours each day, the Hunzas are familiar with the art of relaxation and energy management. For one thing, they tend to work at a slow steady pace instead of in frenetic bursts. This saves both time and energy over the long run, and allows them to accomplish more than they would by overextending themselves, and then becoming exhausted. The Hunzas know that you can work much longer if you are not tense, since nervous and muscular tension result in a considerable waste of energy.

In addition to working slowly, the Hunzas take short but regular breaks, during which they practice various meditation and relaxation techniques. Although these exercises take only a few minutes, they are incredibly effective for recharging energy. What do people here in the west do when they take a break? Have a coffee or smoke a cigarette, both of which drain energy in the long run, although they may have a temporarily stimulating effect.

Anyone who has had a bit of training can rapidly enter a state of deep relaxation. For the Hunzas, relaxation is essential. During their pauses they do not talk, but instead focus inwards, listening to the silence of their soul. Why not let this ancient wisdom work for you? Learn to take time out during each working day to meditate and relax. Taking only twenty deep breaths is enough to regenerate both your mind and your body.

To the Hunzas, knowing when to take a break and using the time to relax is instinctive. Here in the west, however, we seem to

have lost touch with our instincts. The unfortunate, and often tragic result is that the body, in an attempt to claim the rest it so desperately needs, will eventually refuse to function altogether. In other words, it gets sick, suffering a nervous breakdown or worse - a fatal heart attack.

An ordinary Hunza day starts early - around five a.m. Actually, the Hunzas rise with the sun, and go to bed at nightfall. The reason for this is simple: they possess no artificial means of illumination - no electricity, no gaz, no oil. On the other hand, they are completely in tune with nature. Of course it would be impossible for us to live that way. But you should be aware of one important point: *your deepest hours of regenerating sleep occur before midnight.*

Why Do People Get Old?

This question may seem surprising, or at least naive. Most people would say that aging is inevitable, that it's a basic law of life. All you have to do is look around you - the evidence that aging is a necessary evil is overwhelming.

The problem is, people here in the west get old much faster than they have to. And not only that, they age badly. The main obstacle to longevity is psychological - a majority of people condition themselves to believe that they will live to the age of about 70 (and if they don't condition themselves, society does it for them). As we said earlier, the life expectancy in most industrialized countries is about 70 years. When people get a few years older than that they consider themselves lucky to be alive, as if they were on the receiving end of a gift from heaven. If they do happen to die, their friends and relatives are not overly surprised because, after all, their time has come.

This misconception, although deplorable, is so widespread it has become as ironclad as an absolute truth in people's minds. And yet, there is no scientific or biological reason for a person to be considered old at the age of 70 or 80. The Hunzas are living proof that vitality and maturity can be prolonged well beyond that. In fact, many Hunza centenarians are both physically and mentally younger than the average 80 year old occidental.

The Hunzas are not the only people whose conception of aging is diametrically opposed to what we consider the norm.

Some western scientists have come up with theories that are surprisingly similar to the Hunza philosophy. Joseph W. Still, an American scholar, has suggested that aging is nothing but a disease. *Strictly speaking, Still says, it is not normal to grow old. Health should be considered the norm.* Another American scholar goes even further by saying that if we could stay in the same shape we're in at 20 we could, hypothetically speaking, continue living for centuries. Of course you will object that that is impossible... we can't maintain the shape we're in at 20 for very long... cellular and muscular degeneration begin at precisely that age... and to even consider living for centuries is absurd...

And yet, the Hunzas prove that we can live for quite a bit longer than a century, and still stay healthy, which is of capital importance. Because as we said earlier, it isn't only the number of years the Hunzas stay alive that counts, it's also the quality of the life they lead that is exceptional.

Scientific research being carried out at the present time has opened new avenues of approach to the subject of aging, some of which are quite surprising. For example, a majority of scientists have long believed that people, and living beings in general, are equipped with a kind of inner timepiece that is programmed to limit the duration of their existence. This notion has largely been abandoned.

More and more western scholars are inclined to believe that aging is essentially a state of mind. One thing is certain however, and has been proved over and over again by modern medicine: *when the mind deteriorates, when it becomes dull due to a lack of curiosity or interest, the body rapidly begins to deteriorate as well, resulting in muscular, cellular and circulatory degeneration.*

This is something the Hunzas have understood for a very long time. Their philosophy of life is very different from our own, and their conception of aging is completely opposed to the concept commonly held in our society. Seen from our point of view, it's as if their world were completely upside down! For the Hunzas, aging is nothing more than the increasing maturation of mind and body. A person's age has little to do with the number of years he or she has been alive. People are valued for the talents they have acquired - the more talent and experience people have, the more mature they are, and the greater their value to society.

This idea is so ingrained among the Hunzas that they rejoice at the prospect of becoming a year older. In our society, so-called golden agers are left by the wayside, forced to retire (at an age that would make the Hunzas laugh), put out to pasture and largely forgotten. They lose whatever social or economic value they may have had, and along with it their dignity, since it is by being useful in some way that a person's value is judged.

In many countries retirement is mandatory at a certain age, so that even people who are in excellent mental and physical shape have no choice but to stop working. Many are confined to rest homes, where they lose touch with society altogether, and become easy prey for the angel of death.

Statistics have clearly shown that retirement here in the west is often followed by the rapid degeneration of bodily and mental functions, accompanied by profound feelings of depression and boredom, all of which lead directly to the grave. In fact, there is nothing more damaging than forced retirement - it would be more appropriate to say that it causes people to stop living rather than stop working.

Retirement does not exist among the Hunzas. Of course past a certain age it is not possible for even the most robust of Hunzas to continue performing difficult physical tasks. But basically, they don't stop working. That would make no sense to them. Younger persons have great admiration for their elders, who, instead of stopping work altogether, gradually modify the kind of work they do. Hunzas prefer to remain physically active for as long as possible, which is generally for a very long time. Signs of senility generally appear very late in life. As one American scholar said, "*Living is moving.*" That is something the Hunzas understand, and practice in their daily lives.

The term used by the Hunzas to designate old age is extremely significant. They call it the 'age of plenitude,' the period when people reap the just rewards of their labors. The first stage of life, called the age of youth, ends at around 50. Next come the middle years, which last to 80. Lastly comes the age of plenitude which, among the Hunzas, are what they claim to be - the best years of their life!

Youth Is A State Of Mind

Accepting the fact that you are aging already makes you old. This statement may sound a little extreme to some people, but that is probably because they are not fully aware of the impact the mind has on the body. Knowing how to cultivate a youthful state of mind by remaining curious and enthusiastic will add years of youth and health to your life. In this respect, *your mind is the real Fountain of Youth.*

Your mental attitude is all important. As a publisher, I am so convinced of the validity of this theory that I have chosen to distribute a number of books on the subject. I have even written a book myself, called *Mental Dynamics*, which contains the results of the most recent scientific and para-psychological research on the almost infinite potential of the human mind.

What is unique as well as mysterious about the Hunzas is that they seem to apply these great laws of the mind instinctively. Their original conception of aging is only one aspect of the process, although it is quite spectacular in itself. Another important aspect is the fact that Hunzas of all ages seem immune to depression or negativity. Even though the conditions under which they live are much harsher than our own, they seem able to cultivate a prevailing attitude of optimism and good humor. *They live every day as if their whole life were ahead of them, instead of behind them...* In fact, given their exceptional longevity, that is not far from the truth!

Their existence is completely different from ours. Modern man is trapped in an endless race, obsessed with past events, and constantly worried about a future that he can never seem to catch up with. The Hunzas do not seem to worry about the future, nor are they burdened with concerns about the past. *They live in the present moment.* And it is only in the present that eternity exists. Self doubt and the fear of failure, which tend to undermine the well-being of so many people, are unknown to the Hunzas.

Dr. Hans Selye, a world renowned specialist on the subject of stress, wrote: “We are just beginning to understand that most common diseases are caused by an extreme reaction to accumulated stress, rather than by bacteria, toxins or other external agents. Many health problems - gastric or intestinal ulcers, high or low blood pressure, certain types of rheumatism, heart disease, kidney problems, emotional and nervous disorders, and so on, are really the result of an inability to adapt to various forms of stress. For that reason, knowing how to deal with daily stress and emotional trauma is vital if an individual is to remain healthy.”

The Hunzas seem to be completely immune to these kinds of stress-related health problems. They are perfectly adapted to their environment, and to their way of life. In some respects they are like children - happy in the present moment, not worried about the future. But at the same time they possess the wisdom of the sages. *We are the mirror of our thoughts.* The serenity and vitality of the Hunzas proves that *they have attained perfect mastery over their thoughts, and possess what is so sorely lacking among people here in the west: peace of mind.*

Why Shouldn't You Live Past 100?

In the Middle Ages, life expectancy was vastly inferior to what it is today. A woman of 30 was considered old. She would wear austere clothing to show that she was no longer sexually active. The rate of infant mortality was extremely high. Constant wars and epidemics like the plague wiped out millions of people every year. Life was hard, and hygiene almost nonexistent. A man of 60 was considered a patriarch. Of course there were some exceptions, but these were exceedingly rare.

Today, men and women of 40 or 50 who practice proper hygiene and lead a healthy life-style are in wonderful shape. If you told someone living in the Middle Ages that it would be completely normal for people to live to 70, and that a woman of 50 could look as young as a woman of 30, you would have been laughed at or considered insane.

Now ask yourself: How different is that attitude to our own, in light of what the Hunzas have accomplished? Perhaps in a century or two, or maybe even sooner - in 30 or 50 years - people here in the west will consider it completely normal to live to a hundred or more, as the Hunzas have been doing for centuries.

But why wait even that long? The Hunzas, whose philosophy and way of life I hope I have helped you understand, are living and irrefutable proof that it is possible to add years to your life

right now! And not just ordinary years - extraordinary years of perfect health, happiness and serenity. All it takes is a little willpower.

Yes, you can overcome disease, stress and depression. Follow the example set by the Hunzas, and apply the secrets revealed in this booklet. It's up to you to put them into practice and transform your life, so that you remain almost eternally young. Don't wait - the best time to start living right is right now!

You'll feel a whole new life opening up before you as soon as you start applying these marvelous secrets, which have been handed down from generation to generation, through the ages, and which are now yours to enjoy.

All that remains is to wish you a long and healthy life!



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