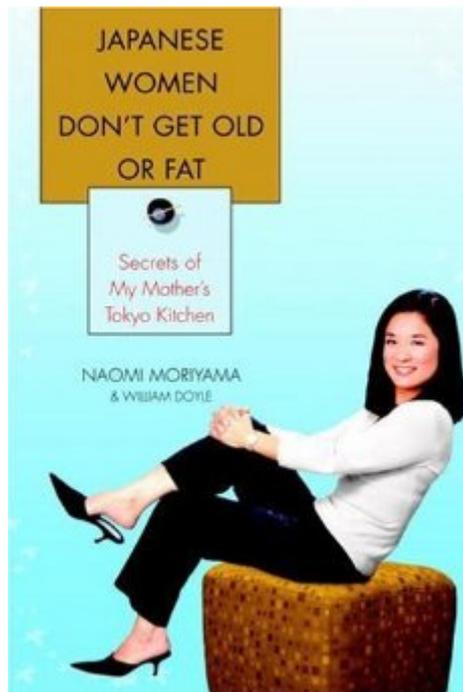


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# Japanese Women Don't Get Old Or Fat: Secrets Of My Mother's Tokyo Kitchen



## Synopsis

What if there were a land where people lived longer than anywhere else on earth, the obesity rate was the lowest in the developed world, and women in their forties still looked like they were in their twenties? Wouldn't you want to know their extraordinary secret? Japanese-born Naomi Moriyama reveals the secret to her own high-energy, successful lifestyle "and the key to the enduring health and beauty of Japanese women" in this exciting new book. The Japanese have the pleasure of eating one of the most delicious, nutritious, and naturally satisfying cuisines in the world without denial, without guilt "and, yes, without getting fat or looking old. As a young girl living in Tokyo, Naomi Moriyama grew up in the food utopia of the world, where fresh, simple, wholesome fare is prized as one of the greatest joys of life. She also spent much time basking in that other great center of Japanese food culture: her mother Chizuko's Tokyo kitchen. Now she brings the traditional secrets of her mother's kitchen to you in a book that embodies the perfect marriage of nature and culinary wisdom "Japanese home-style cooking. If you think you've eaten Japanese food, you haven't tasted anything yet. Japanese home-style cooking isn't just about sushi and raw fish but good, old-fashioned everyday-Japanese-mom's cooking that's stood the test of time "and waistlines" for decades. Reflected in this unique way of cooking are the age-old traditional values of family and the abiding Japanese love of simplicity, nature, and good health. It's the kind of food that millions of Japanese women like Naomi eat every day to stay healthy, slim, and youthful while pursuing an energetic, successful, on-the-go lifestyle. Even better, it's fast, it's easy, and you can start with something as simple as introducing brown rice to your diet. You'll begin feeling the benefits that keep Japanese women among the youngest-looking in the world after your very next meal! If you're tired of counting calories, counting carbs, and counting on being disappointed with diets that don't work and don't satisfy, it's time to discover one of the best-kept and most delicious secrets for a healthier, slimmer, and long-living lifestyle. It's time to discover the Japanese fountain of youth "From the Hardcover edition.

## Book Information

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## Customer Reviews

Well, the gauntlet has been thrown. In the wake of Mireille Guiliano's runaway best seller, *French Women Don't Get Fat* and its common sense nudge urging dieters and just plain folk in general to look back to tradition rather than seek out convenience to buttress the pillars of your culinary and nutritional foundation, Naomi Moriyama with her husband William Doyle fire back with enough fact, statistics, recipes, menus and history to send Western Civilization back to the Dark Ages. Naomi Moriyama, a chic and slim 45 year old marketing consultant, doubles as a powerhouse of energy and vitality as she meters out her rebuttal to Mme. Guiliano in a righteous defensive strike of her culture's dietary habits and staples worthy of any 10th century shogun --- i.e. Japanese women live on average to age 85; only a birdlike 3% are deemed obese) And she does this with a straightforward panache that puts all of Mireille's pandering of her French ancestry to shame. (Note: my review of *FWDGF* was favorable in as much as it underlines the need to return to a real slow food way eating rather than pre-packaged, chemically enhanced non/fast-food junk) However, where Mireille barefacedly underlines her anthem of quality over quantity by compelling her readers to nosh on pricey triple creams, imbibe expensive champagne by *Veuve Clicquot* ----the company for which she works--- and with these offers vague advise about love being a natural slimming agent, Naomi, just gives us a straight shot of brown-rice samurai wisdom backed by enough scientific sources and academic studies that keeps eating plain, simple, and a step above common-sense..

I lived in Japan for close to 10 years. In Tokyo. Mine is an unscientific observation. The diet in this

book is a stereotypical "Japanese diet", one that most naive Americans and others think the Japanese eat. I lived with a number of Japanese female roommates. The way they eat in public (picky and delicate) is nothing like the way they eat at home (they could get in a contest with a vacuum cleaner and win). I saw three of them down a large bag of cookies in 3 minutes flat. It was gone by the time I got back from the bathroom. Japanese women are very cognizant of the way they are seen in public, and will also go to extremes to lose weight and stay underweight. I used to think that the popularity of Comtrex, a type of milky looking mineral water from France, was due to health concerns. I found out that young Japanese women take it because it has laxative qualities. Other popular diet aids have been "nata de coco", a colorless, calorie-free jelly made from coconuts, and water pills. The water pill thing got so out of control that at some point there was an epidemic of gout among young Japanese females, and pharmacies quit selling these pills to them. As for green tea as a diet aid - funny thing, the Japanese don't drink THAT much green tea (except at the office) and not one of them ever told me it was a diet aid. I was told very often by the Japanese, however, that oolong tea was the secret to weight loss. Oolong is a popular diet aid in Japan. Green tea went for a long time unmentioned. Beer should be listed as a major food group in the standard Japanese diet, considering the level of consumption.

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