

Misao Okawa



What an honor and homage to be, for a moment, the oldest woman in the world. Misao Okawa currently holds this title with 116 years lived. Misao the super-centurion (over 110 years old) has become associated with her gems of wisdom offered to others. When inquired about longevity, the first things she accredits for her long life are: eating 3 large meals a day, eating sushi often (especially her favorite: mackerel with vinegar steamed rice), getting 8 hours of rest at night (Misao also often takes naps), and learning how to relax. Another factor that is often mentioned is exercise. It is only recently that Misao began using a wheelchair. She often is found moving herself around the nursing home where she resides. Prior to that, she would move often, advocating the importance of caring for her body at her age. When she was 102 years old, Misao fell and broke her leg. She got medical help, saw doctors and received initial treatment for her injury. Shortly after this she was found doing squats in her room. When

questioned about this Misao said she was taking care of her body. It is evident that Misao is a very positive and happy person.

Misao was born on the 5th of March in 1898 as the daughter of a kimono maker. In 1919 she married Yukio who ran a rubber manufacturing business. She had three children, two of which are still alive. Yukio died in 1931, and for the past 83 years Misao has been a widow. Her two surviving children are 92 and 94. Additionally, Misao has 4 grandchildren and 6 great grandchildren. She now resides at a nursing home, Kurenai, located in Osaka, Japan.

Misao inspires speculation as to what variables are most deeply connected to longevity. Others who have also lived radically long lives have often mentioned food when asked about their unusual health and age.

Carmelo Laura of Bolivia lives in a small home with a dirt floor accredits a lot of walking, chewing coca and eating barley and mutton. Her precise age is not verifiable, but she is speculated to be 123 years old. Gertrude Baines flips common beliefs by encouraging sweets and bacon when she was interviewed on her 115th birthday in 2009. Preme Sai Patel, born in 1896, was a vegetarian who encourages the consumption of green vegetables and pulses. He also believed that religion played a part, and began everyday reciting Ramcharitmanas.

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Antisa Khvichava claims her age (132 when she died) was the result of a daily shot of chacha (a spirit, Georgian Vodka or Wine) after breakfast. Lastly, Jiroemon Kimura, born in 1897 and passed in June of 2013, is quoted, "eat light, live long." He made a practice of eating until he was 80% full, encouraged lots of sunshine and did not smoke. He ate a lot of rice, pumpkin and sweet potato.

As with so many things, there are as many approaches to longevity as there are people who are living extraordinarily long lives. I love learning from their wisdom, but also encourage the attunement to ones body wisdom and needs. What makes you feel vibrant and healthy? The common threads are the principles we are so often taught as ways to be healthy. Diet, lifestyle and self-care.

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