

104-year-old Japanese doctor recommends 14 healthy pieces of advice

The oldest Japanese educator and clinician was born in 1911.

He is also an author of 150 books including the best-seller “Living Long, Living Good” and founder of the “New Elderly Movement”.

Today we will present you the most valuable piece of advices of Dr. Hinohara that will help you live happy, healthy and long life.

1. Take the stairs and always carry your own stuff. This represents firm proponent of doctor Hinohara, he still takes two steps at a time climbing the stairs.
2. Do not believe everything your doctor recommends or says. Explore, read and educated yourself. You do not have to believe in everything your doctor says.
3. Share what you know. Dr. Hinohara gives 150 lectures on an annual basis in schools, business communities etc. He often shares lessons on war and peace. Do not forget that most of the lessons (90 min) are done standing up.
4. You do not have to retire. If you love the work you do, you do not have to retire.
5. Plan ahead. If you want to enjoy your life better, you have to have busy schedule fill with different appointments, lectures, work, etc. Dr. Hinohara is planning to attend the 2020 Tokyo Olympics.
6. Don't be overweight. Dr. Hinohara consumes a tbsp of olive oil, orange juice and coffee for breakfast. Cookies and milk for lunch and rice, fish and veggies for dinner. He consumes 100g of lean meat two times a week.
7. Energy does not come from sleeping a lot or eating well, it comes from feeling good. You will be more happy and energetic if you eliminate strict time-regulated rules, be like children – have a lots of fun until you feel sleepy or hungry.
8. It is wonderful to live long. He continues serving society, he volunteers, works 18h per day, 7 days a week and he also enjoy energy single moment of his life.
9. Find a role model. The doctor usually asks himself what his father would do when he faces with some issue.
10. Do not worry too much, life is unpredictable and full of incidents. The doctor was hijacked by the communist Red Army when he was 59 years old. He spent 4 days under 40 degree heat and handcuffed to his seat. He is amazed how his body slowed down to adapt to deprivation.
11. Science alone cannot help or cure people. The doctor believes that every illness can be cured with liberal and visual arts. He also believes in the uniqueness of every single individual.

12. Do not be crazy for money. The doctor is more than aware that he can not take anything when he goes!

13. Pain is mysterious. You have to do something fun if you want to forget about pain. The doctor found that music and animals can really help you to get rid of and manage your pain.

14. Be inspired. You must find inspiration in the World in order to motivate yourself. For ex: he finds motivation in the poem “Abt Vogler” by Robert Browning.

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