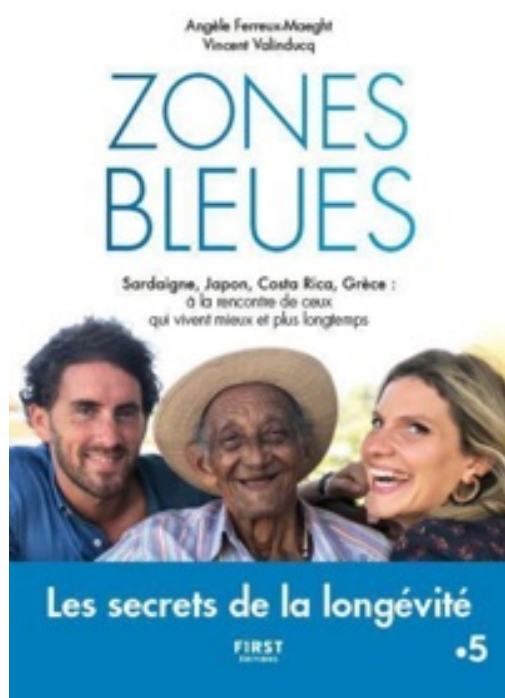


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Angèle Ferreux-Maeght, chef de cuisine, naturopathe et spécialiste de l'alimentation bien-être et Vincent Valinducq, médecin généraliste et chercheur, ont décidé de mener l'enquête dans ces endroits si particuliers pour tenter de percer les secrets de la longévité : caractère génétique, mode de vie, alimentation, activité physique...

De la Sardaigne en Italie à Nicoya au Costa Rica en passant par Ikaria en Grèce et Okinawa au Japon, vous découvrirez les secrets de longévité propres à chacun de ces territoires et partirez à la rencontre de ces hommes et femmes aux vies

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