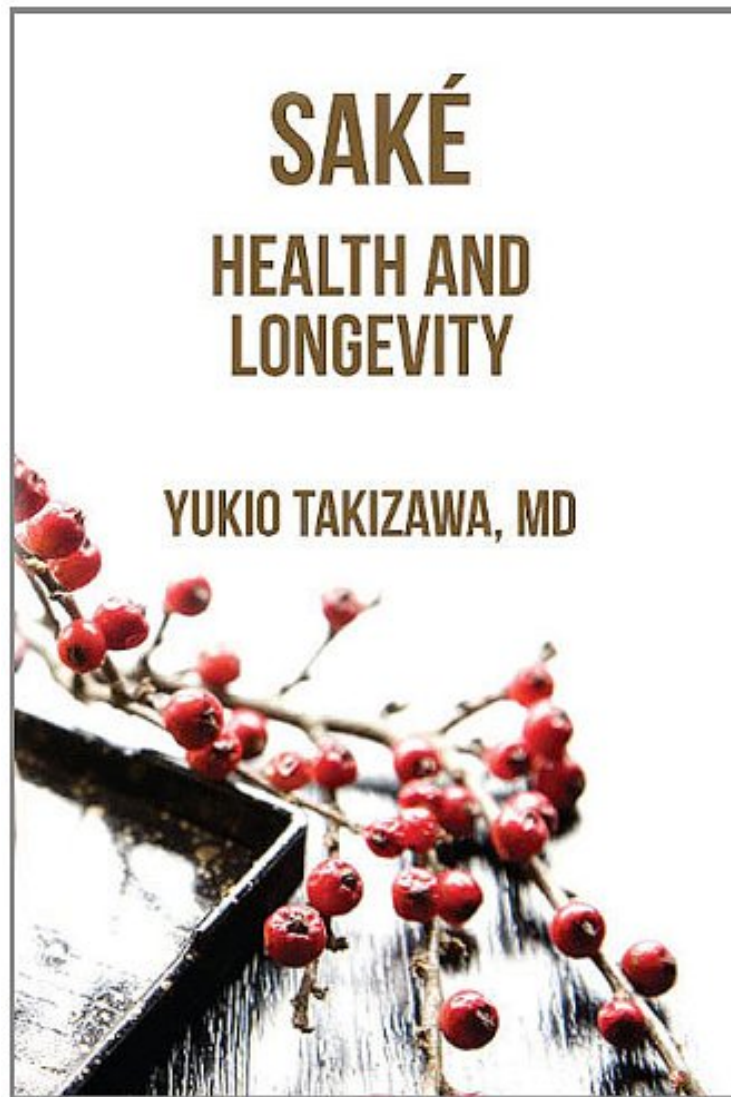


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## SAKE, Health and Longevity

*Yukio Takizawa, MD*

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**Yukio Takizawa, MD : SAKE, Health and Longevity** before purchasing it in order to gauge whether or not it would be worth my time, and all praised SAKE, Health and Longevity:

2 of 2 people found the following review helpful. Fascinating and indepth. By Robin Morgan With a lot of glossy books on sake out there, this book contains great info to supplement anyone interest or obsession with Sake. 0 of 0 people found the following review helpful. Five Stars By Customer every informative book 0 of 0 people found the following review helpful. Four Stars By toropapa A great book for understanding a real sake world with scientific evidence.

Sake, Health and Longevity by Yukio Takizawa, MD is an outstanding introduction to sake, the nutritional and national beverage of Japan. Dr. Takizawa establishes the health benefits of sake in preventing the incidence of life-style related diseases inevitable in modern living. Included in the book is valuable information on the cultural history of sake of this wonderful and uniquely soothing beverage, as well as the cultural history of sake, its manufacture and accompaniment to Japanese seasons and festivals, and food recipes wherein one can use sake's subtle flavors.

Dr. Takizawa's book, the first of its kind in English, correlates the connection between a disease-free and healthy life and moderate sake consumption. It is scientifically sound, impressive and convincing from a research vantage. After reading the book, there will never be a reason to choose any drink but sake ever again. ---John Gauntner, Author and sakAtilde;copy; educator