

《百岁老人揭秘长寿养生之道 她常吃这个》

导读:想要长命百岁?一起来看看世界上寿命最长的人给出的建议!

The world's oldest women has revealed her secrets to a long life - and they may come as a surprise.

Emma Morano is the last known person alive to have been born in the 19th century, and she puts her longevity down to eating eggs and cookies daily - but hardly any fruit or vegetables.

'I'm 116 years and on 27 November, I'll be 117,' she said, speaking from her room in Verbania, a town in northern Italy.

'I eat two eggs a day, and cookies. But I do not eat much because I have no teeth,' she said.

The egg habit dates from when she was diagnosed with anaemia at 20 and a doctor advised her to eat three a day, two raw and one cooked.



She maintained that regime for 90 years and is believed to have eaten over 100,000 eggs.

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'Emma has always eaten very few vegetables, very little fruit. When I met her, she ate three eggs per day, two raw in the morning and then an omelette at noon, and chicken at dinner,' said Mr Bava, who has been her doctor for the past 27 years.

Now she lives mostly on biscuits 'and does not want to eat meat because she doesn't like it anymore and someone told her it causes cancer,' he said.

She is the eldest of eight children who has outlived all her younger siblings, but Ms Morano is still be some way off the record, held by France's Jeanne Calment who lived to be 122.