

SLIM JAPANESE

Every time I visit Japan, I always am amazed to watch about the body of the Japanese ladies. They are enviously slim and healthy. How come? Is it because of rice? Green tea? Veggies? Fish? Sake? Or others not categorized as food?

Dr. Hiromi Shinya, a well known Japanese Gastroenterologist live in New York, wrote in his book that the Japanese rice actually is not good because of the way the Japanese prepare and cook it. The rice grains are shiny polished before it sold in a grocery store, then washed several times until the water is crystal clear, before it is cooked. But surely the rice tastes sticky yummy and looks amazingly white.

So I have a good reason that my rice, mostly red rice processed in a traditional way, is better.

Green tea? Hey, I drink green tea too, quite often. (Well, also drink black tea with sugar in my office) How come I still have a few kg fat to burn?

Veggies? Although I am not a vegetarian, most of my diet consists of vegetables and fruit. But, do you think the veggies I bought from a local traditional market safe to eat, meaning that there is no residue of dangerous chemical substances?

Fish? My hubby and I are very fond of fish. But it is difficult to find a fresh fish (except local carp). Definitely the Japanese wins in this matter!

Sake? Sure I drink some sake but only when I am in Japan. I like it (but don't tell my other friends who believe that sake is 'haram'). The Japanese wins again!

Now comes the most difficult one. Non-food. What are they? Healthy environment? Pollution-free air? Or simply a peaceful life and a simple life style, without any fuzz?

How about daily activities? The Japanese are accustomed to walk a lot and walk fast. Even with high heels. Unbelievable! When we visit Matsumoto Castle in Nagano Prefecture, we learned that the stairs are high apart and our inner thigh must undergo a maximum stretch just to enter the castle and to climb its stairs to the fifth floor. The Japanese great-great-grandfathers must have been exercising everyday and the habit of incorporating exercises in their daily habit most probably has been embedded in current generation.

I embarrassly admit that most of my muscles are getting stiff due to lack of exercise. So, if I slowly gain weight and my muscle ache when I work a bit, I should not envy the Japanese, right?