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Healthy at 100: the scientifically proven secrets

Author information. Widely considered one of the world's leading experts on the dietary link between the environment and health, John Robbins is the author of the

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100!! Yup, 100 years old. I don't know about you all, but I DO plan on living to 100. I want to grow old with my husband, Ken, and travel to all corners of the

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John Robbins dad was from the famous ice cream company. As in Baskin and . Together, Robbins Senior and his brother-in-law, Uncle Baskin, started one of

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