World's oldest person on the keys to longevity: 'stay away from toxic people'

María Branyas Morera, born in 1907, now in Guinness record books after death of Lucille Randon, 118, in French town of Toulon

María Branyas Morera has lived through two world wars, the Spanish civil war, the 1918 flu pandemic and Covid.

Now the California-born woman is the world's oldest living person.

Branyas, 115, became the eldest known person alive after the death of 118-year-old Lucille Randon, the Guinness world records website confirmed last week. Randon died at her nursing home in the French town of Toulon on 17 January.

Branyas captured global headlines after she survived a bout of Covid in May 2020, when the pandemic made Spain one of the hardest-hit countries before the availability of vaccines. She was believed to be the oldest Covid survivor at one point, before Randon survived contracting the virus herself.

"Order, tranquility, good connection with family and friends, contact with nature, emotional stability, no worries, no regrets, lots of positivity and staying away from toxic people" is what Branyas credits with her longevity, according to the Guinness site.

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