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# ANCIENT SECRET of the FOUNTAIN

YOUTH

BOOK 2

# **Ancient Secret Of The Fountain Of Youth**

**Michael Buckley** 

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therapies such as Pancha Karma and Kum Nye as well as guidelines for nutrition longevity detoxification and meditation

Ancient Secret of the Fountain of Youth. The Five Tibetan Rites Peter Kelder, 2024 Die Fünf Tibeter 2.0 Dr. Stefan U. Tippach Ph.D., 2021-02-10 Dieses gut lesbare Buch stellt die traditionellen 5 Tibeter in neuer Weise dar Erfahrt hier einen ganzheitlichen Weg zu Gesundheit und Wohlbefinden Die Darstellung richtet sich vor allem an Sp teinsteiger Die Tibeter stehen sowieso im Ruf den Alterungsprozess umzukehren Auch Anf nger ohne Vorkenntnisse finden sich schnell zurecht Die Tibetischen Riten sind eine Form der spirituellen Gymnastik weil sie neben der k rperlichen auch die emotionale und mentale Gesundheit f rdern Damit auch weniger sportliche Menschen und solche die sp t mit dem Training anfangen in deren vollen Genuss kommen hat der Autor vereinfachte Schritte entwickelt mit denen man nach kurzer Zeit eine angemessene t gliche Praxis erreicht Vorbereitung vereinfachte bungsformen Atmung und regenerative Phasen werden eingehend beschrieben Die Darstellung ist humorvoll und entspannt gehalten getragen von der Einsicht dass wir uns alle bewegen m ssen solange wir leben auch und gerade nach Verletzungen Krankheiten sowie im Alter Ancient Secret of the

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alchemy meant to awaken the subtle powers of the human body and mind This book examines in detail a short book often referred to as The Five Tibetans that was published in 1939 teaching a simple yet effective set of five exercises for health and longevity the Five Rites Certain dietary rules and lifestyle principles accompanied the Rites so did a Sixth Rite that worked the diaphragm muscles and redirected sexual energies and also a set of teachings about seven energy centers or vortices in the body though not the same as the well known seven chakras along the spine These vortices are among the most distinctive things about the system and are found in only a scattered handful of sources elsewhere It is by awakening the vortices to their normal rate of spin the book claims that the Rites achieve their effects John Michael Greer follows each of these threads back as far as possible to reveal something of the landscape of ideas and practices that gave rise to these remarkable exercises He then spins the threads back together putting the Five Rites in as much of their original context as he can and describing in detail the practice of the broader system in which the Rites have their place a system of inner alchemy meant to awaken certain subtle powers of the human body and mind The book also includes the complete original text of The Eye of Revelation The Complete Idiot's Guide to Glycemic Index Weight Loss, 2nd Edition Joan Clark-Warner, MS, RD, CDE, Lucy Beale, 2010-01-05 A fully updated and expanded edition of a weight loss program that readers can count on This fully updated and expanded edition clearly explains just how and why a glycemic index diet works by showing readers how to eat the right kind of foods more complex carbohydrates fibre grains and fruit The glycemic index diet is a solution for many people at of Type II diabetes or those with insulin sensitivity or resistance Includes information on supplements easy recipes food lists and sample meal plans Includes an appendix with glycemic index counts and loads for all sorts of food Features a new study on how eating certain foods cold can make a big difference **Essene Health and Diet Secrets Revealed** Catherine Oakes Sinclair, PhD, ND, NDphys., 2014-10-07 Essene Health and Diet Secrets challenges and guides readers to examine their lifestyles and diet with that of the Ancient Essenes known for their longevity and natural health methods Are you tired of being sick and tired Get the superior health knowledge the Essenes are famous for in this book

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