



# Timeless Secrets of Health and Rejuvenation

*Andreas Moritz*

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## **Timeless Secrets of Health and Rejuvenation** Andreas Moritz

What actually causes disease? The answer might be surprising. In this new edition of his best-selling book *The Key to Health and Rejuvenation*, Andreas Moritz reveals the most common but rarely recognized reasons responsible for illness and aging and how to achieve continuous vibrant health. Andreas puts the responsibility of basic health care back into the hands of the individual. He states, "Healing occurs effortlessly and naturally once the conditions that are required for the body to return to its most natural state - balance and efficiency - have been met." The basic theme is the relative ease involved in creating good health. While physicians attempt to combat or subdue illness, they "know very little about employing the mind and body to actually heal a person." The book includes a complete self-help program, part of which is derived from the ancient medical system of Ayurveda. In addition, this book is packed with useful information on all major health issues and effective methods of cleansing the blood, liver and gallbladder, intestines, kidneys, blood vessels, lymphatic system and body tissues. The nearly 500 pages, divided into 15 chapters, explain everything about the mystery of mind and body, the laws of health and illness, the risk factors of common diseases, the diagnostic parameters, the most common causes of disease and how to remove them, the basic misconceptions people and doctors have about health and wellness, and the journey to lifelong health and spiritual happiness. Neither conventional nor alternative forms of medicine provide the population with the basic, practical steps to remove the root causes of illness and use practical measures of health promotion as a primary approach of treatment. *Timeless Secrets of Health and Rejuvenation* fills this gap by showing you how to employ your body's own healing powers to bring balance and harmony into all aspects of your life. Overall, this book is the bible of good health, happiness and rejuvenation for those who long for a balanced lifestyle.

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Timeless Secrets of Health and Rejuvenation can be one of your beginning books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort that will put every word into pleasure arrangement in writing Timeless Secrets of Health and Rejuvenation nevertheless doesn't forget the main stage, giving the reader the hottest along with based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial considering.

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