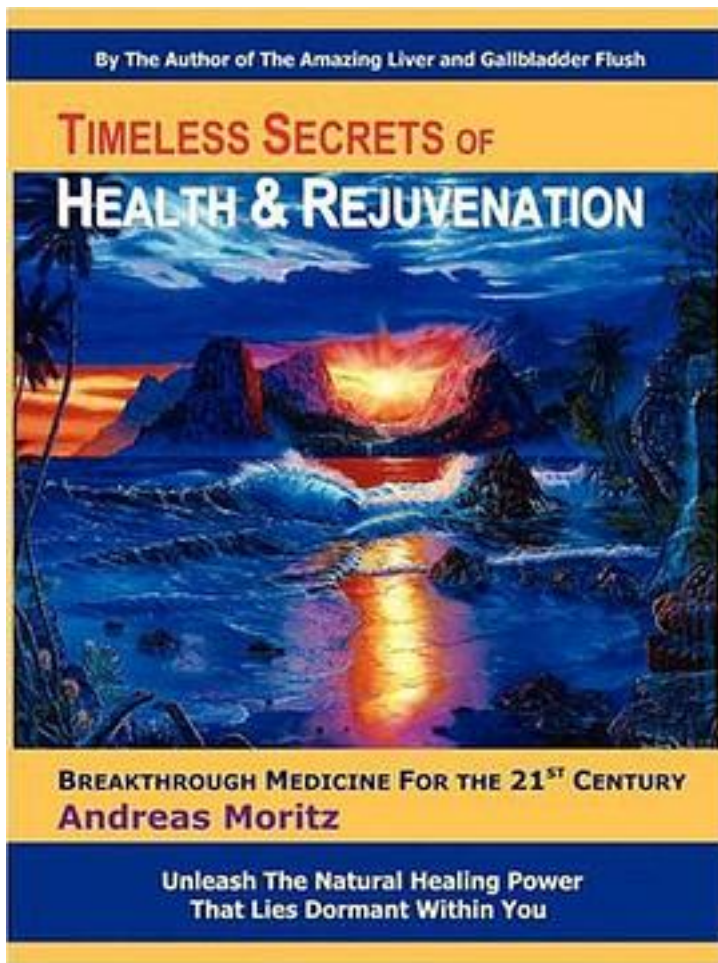


# Timeless Secrets of Health and Rejuvenation



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New Book Helps People Tame Their Illnesses with Mind and Body Power: Flying in the face of mainstream medicine and society's many health myths-here is a book that

finally proves that good health is not only easily achievable-no matter where you are right now-it's your natural state. In this new, expanded edition of Timeless Secrets of Health and Rejuvenation, best-selling author Andreas Moritz reveals the most common but rarely recognized reasons behind illness and aging. He offers powerful and time-tested self-help approaches to remove the root causes of illness and achieve continuous vibrant health, regardless of age. While most physicians attempt to combat or subdue illness-which has been known to cause more illness and death than cancer or heart disease-they know too little about employing the mind and body to actually help heal a person. Compiled over the course of 35 years of work and research in the health industry-and based on eye-opening experiences with thousands of people across the globe-Timeless Secrets of Health and Rejuvenation reveals everything you need to know in order to unleash the natural healing power that lies dormant within you. You may wonder, "How could one book possibly do all this?" After all, many books make big health promises and then fail to deliver. But the answer is simple: Timeless Secrets is different-and works-because (1) it gives you deeper insights and perspectives that literally put you back "into the driver's seat" of your body and mind, and (2) it reveals literally hundreds and hundreds of controversial, yet highly practical secrets proven to trigger health, wellness and accelerated healing. You'll get little-known, ancient secrets-successfully used for thousands of years. Plus, you'll discover newer ones that have been researched and documented by some of the leading authorities in the world, both mainstream and alternative. And most importantly, you'll discover the very secrets which have worked-time and time again-for the countless people Andreas Moritz has helped heal in his 30+ years of front-line experience. No matter what your current level of health and wellness, the scores of brand new tips, break-throughs, "aha!" moments, practices and discoveries you make while reading Timeless Secrets of Health and Rejuvenation are sure to help you quickly reclaim life's happiest, most valuable possession: Your health. The best part: You'll get it all in plain English, with step-by-step, "do-this-then-do-that" instructions-so there's never an ounce of guesswork-thereby empowering you to live with more youthful-ness, balance and joy, from the very first moment you open the book. Numerous doctors, nurses, patients and health conscious individuals have called this book "The Bible of Good Health" for good reasons. So why not put Timeless Secrets to the test? It may prove to be the most comprehensive, life-changing health guide you ever read. "German-born, Ayurvedic medicine practitioner and health consultant, Andreas Moritz, has been very successful with terminal disease cases, which increases his credibility as an alternative medicine practitioner. His books are renowned for their comprehensiveness and readability. You don't need to be a health care expert to understand the everyday terminologies and fluid reasoning of the causes of disease. More importantly, you'll be amazed by the many overlooked things that influence our state of health. Reading with an open mind is highly recommended."BookReviewClub.com

#### 作者介绍:

Andreas Moritz (born January 27, 1954) is an author, lecturer and practitioner in the field of Alternative and Integrative Medicine. He is the author of over a dozen books on various subjects pertaining to holistic health and is most well-known for his books The Amazing Liver and Gallbladder Flush, Timeless Secrets of Health and Rejuvenation and Cancer is not a Disease. His ideas have appeared in USA Today.

Moritz was born in Stuttgart, Germany. He began his career in Europe as an iridologist with special focus on identifying and addressing the root causes of illness. He has also specialized in using fine art as a healing modality. Much of his life's work has been dedicated to understanding and treating the root causes of illness, and helping the

body to naturally heal itself.

In the mid-1990s, he began publishing self-help books on alternative medicine and mind/body/spirit integration. From the age of six, Moritz experienced a number of severe illnesses such as juvenile arthritis, arrhythmia, anemia, abnormally low blood pressure, frequent fainting and irritable bowel syndrome (IBS). Although his main fields of interest were architecture, music and athletics, most of his time was spent in trying to understand the causes of his own illnesses. As an adolescent, Moritz began studying diet, nutrition and various approaches to natural healing and well-being.

In 1970, Moritz began to practice meditation and Yoga to treat low blood pressure. By age 19, he had alleviated his symptoms through his practice.

After completing his iridology training under his uncle, Dr. Harry Kirchofer, a leading iridology physician and naturopath in Germany, in 1980 Moritz proceeded to study and perform research on mind/body medicine at Maharishi European Research University (MERU) in Switzerland.

In 1981, as part of his training at MERU, Moritz began his studies of Ayurvedic medicine. To learn from some of the worlds' most renowned physicians of Ayurveda, including, Dr. V.M. Dwivedi, Dr. Balraj Maharishi and Dr. Brihaspati Dev Triguna, Moritz traveled to New Delhi, India. From 1982-1983 Moritz introduced heads of state and members of governments in Ethiopia and Kenya to more holistic approaches to health care than were available in these impoverished African countries at the time.

In 1988, Moritz graduated in the Japanese healing art of shiatsu at the British School of Shiatsu in London, England. Later in 1991, he finished his Ayurveda training and qualified as a practitioner of Ayurveda (vaidya) in New Zealand.

Moritz lived on the island of Cyprus from 1985-1998. From there he traveled extensively, lecturing and providing alternative healing modalities to governmental leaders who had fallen seriously ill, including the late Prime Minister of Greece, Andreas Papandreou.

In 1998, Moritz immigrated to Minnesota, in the United States, where he married and began to offer his services to the American people. Since taking up residence in the United States in 1999, Andreas has been involved in developing a new and innovative system of healing -- called Ener-Chi Art™ -- which attempts to target the root cause of chronic illnesses.

Moritz's other books include, Lifting the Veil of Duality - Your Guide to Living without Judgment, It's Time to Come Alive; Heart Disease No More!; Simple Steps to Total Health; Diabetes - No More!; Ending the AIDS Myth; Heal Yourself with Sunlight; Feel Great, Lose Weight; Hear the Whispers- Live your Dream; and the newly released title, Vaccine-nation: Poisoning the Population, One Shot at a Time.

Moritz now resides in the Carolinas. More information at [www.ener-chi.com](http://www.ener-chi.com)

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