

Timeless Secrets of Health and Rejuvenation

By Andreas Moritz

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Timeless Secrets of Health and Rejuvenation By 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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Editorial Review

About the Author
Andreas Moritz is a medical intuitive; a practitioner of Ayurveda, Iridology, Shiatsu and Vibrational Medicine; a writer and an artist. Born in Southwest Germany in 1954, Andreas had to deal with several severe illnesses from an early age, which compelled him to study diet, nutrition and various methods of natural healing while still a child. By the age of 20 Andreas had completed his training in Iridology - the diagnostic science of eye interpretation - and Dietetics. In 1981 he began studying Ayurvedic Medicine in India and completed his training as a qualified practitioner of Ayurveda in New Zealand in 1991. Since 1988, he has been practicing the Japanese healing art of Shiatsu, which has given him profound insights into the energy system of the body. In addition, he devoted eight years of active research into consciousness and its important role in the field of mind/body medicine. Andreas Moritz is the author of The Amazing Liver & Gallbladder Flush (formerly, The Amazing Liver Cleanse), Timeless Secrets of Health and Rejuvenation (formerly, The Key to Health and Rejuvenation, Lifting the Veil of Duality (formerly, Freedom from Judgment) and It's Time to Come Alive (formerly, It's Time to Wake Up). After taking up residency in the United States in 1998, Andreas has been involved in developing a new innovative system of healing - Ener-Chi Art - which targets the very root causes of many chronic illnesses. Ener-Chi Art consists of a series of light ray-encoded oil paintings that can instantly restore vital energy flow (Chi) in the organs and systems of the body. Andreas is also the founder of Sacred Santèmony - Divine Chanting for Every Occasion, a powerful system of specially generated frequencies of sound that can transform deep-seated fears, allergies, traumas and mental/emotional blocks into useful opportunities of growth and inspiration within a matter of moments.

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