

Boris Aranovich

10 STEPS

to

REJUVENATION



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10 Practical Steps to Rejuvenation

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FOREWORD

This book is the result of a lifelong pursuit of rejuvenation; more than 40 years of research and inquiry into the nature of life, health, and human nature. During this inspired process, I have developed, tested and applied these truly unique and innovative methods of rejuvenation which I am happy to now be able to share with you.

I know some readers may initially be skeptical. There have been many other works on this subject, and yet there are not many people who have changed their age. Let me assure you that my personal experience and the results of others, who have applied the methods of this program have demonstrated the effect and value of our method. I am confident that those of you who will study and take these 10 steps will in fact achieve the physical rejuvenation and youthfulness that you desire.

Rejuvenation implies a state of excellent health, because without good health it is not possible to grow younger. But having good health, why further pursue youthfulness? After all, good health is its own reward. By emphasizing youthfulness as the objective of this program, I am choosing to direct your mental focus towards a goal connected with positive associations and positive expectations. The focus on improving health brings to mind the health issues we must overcome, such as a problem with the spine, or indigestion, and our mind places the health issue into our subconscious. The subconscious mind is a powerful mechanism, but it works in such a way that focusing in on a problem delays any progress towards a resolution. To tune into and benefit from the powerful subconscious processes that govern our bodies, we must keep our mind filled with positive expectations. Therefore, this book, its language and discussion, will focus only on improvement, revitalization, youth and restoration.

There is no predetermined, physical limit to a human life span as far as we know. But there is conventional expectation. Every person at some point in

early childhood accepts a mental program which permits us a term of 100 years at best to grow up, mature, and die. The limit of 100 years is socially imposed on us by this widespread legend of average life expectancy, and it leads us to believe that 30 is the end of youth, 40 is old, 50 is half way to the grave, then aging brings disease and deterioration. Such thoughts about aging are broadcast throughout the body as electronic signals with frequencies that lower cellular abilities to restore and rejuvenate. This accelerates preliminary aging. Other causes of aging such as disease, ecology, poor diet, and unhealthy habits, are much better known. Obviously, if you eat better and are more physically active, your quality of life will improve, but those are not the main factors of longevity. What allows some people to live beyond 100 years without any health issues, while others succumb? Why are the Tibetan monks almost always in good health and enjoy longevity? Research into these questions lead to a discovery that the primary factor of longevity is the balance in the brain activity, and the resulting balanced nervous system. Another important factor of anti-aging is the reduction of free-radical damage in the body primarily with the help of intermittent hypoxic training (IHT), a breathing method that adapts the organism to reduced oxygen intake. It has been observed that many centenarians inhabit mountainous regions where thin air and hypoxia is naturally induced. Maintaining a mental balance and a balanced nervous system is not an easy task for the modern person, surrounded by so many negative influences and distractions. When it comes to breathing, modern people tend to hyperventilate, which leads to such health problems as poor circulation, free-radical damage, and low oxygen absorption. Can we lead a healthy and long life, despite the stress and complications of modern life? Without a doubt. You can do it even without meditating for 3 hours a day or moving to the mountains.

The development of innovative health technologies allows us to address our health on deeper level, improve cellular function, increase oxygen absorption and significantly improve circulation. The innovative modern approach presented in this book regards a human organism not only as a physiological structure but also as an informational and energetic whole and allows us to communicate with our bodies in the language it understands – through energy and information. It is well known

that physiological systems consist of organs, and the organs are made up of cells. We must supply our cells with everything they need for normal function and that is the main condition of good health, rejuvenation and longevity. Here are the needs of cells that we must meet:

- Cells must exist in a healthy environment of blood, lymph and intercellular liquid. Blood must have low viscosity and good flow; thick blood with red blood cells stuck to each other moves sluggishly. Thinner blood flows easily delivering nutrients and oxygen to the organs. Lymph must flow without stagnation, to easily remove the toxins and waste from the organism. Intercellular liquid must be without stagnations, to conduct the nutrients and oxygen to the cells and allow for transport of wastes away from the cells.

- Cellular membrane must have normal ionic charge to allow nutrient permeation to the cell, while removing metabolic byproducts and keeping toxic substances out. This normal ionic charge is also essential for cell receptors to maintain enough sensitivity to hormones as intercellular and brain communication.

- Cells must be in good communication with each other to exchange information.

- Cells must receive positive information from our thoughts (it has been scientifically proven that cells perceive our thoughts at the simplest level).

Most books on health and antiaging address the questions of nutrition, supplements and physical training, which are of course important, but cellular absorption of nutrients and supplements is an equally important factor. I like to describe the human organism as a factory that is processing raw materials and producing finished goods. The result of production in this analogy is the energy powering our cellular functions, and the raw materials are food, vitamins, minerals, water and oxygen. It is very important HOW the factory is processing the raw material and how efficiently it functions, because if we assure excellent processing along with high quality inputs, then we create the possibility of actual rejuvenation.

The primary concept behind the Quantum Rejuvenation Method is to assist our cells in restoring their functionality to that level that they had in youth. This is the main difference that sets my method apart from many other works on the subject. In this book we will demonstrate a new innovative holistic approach to your organism that will improve its function, health and vitality. We will explore each one of the 10 steps, and even visit the subject of quantum cosmetics – an entirely new direction.

Step 1: Supply your cells with proper information. This is the key to your success. Change your daily thoughts and longstanding beliefs about aging.

Step 2: Let's improve your oxygen absorption at a cellular level. I will teach you the breathing technique to help you better utilize oxygen and improve your physical performance.

Step 3: Let's drink pure, activated water. Water that is activated and structured is better absorbed having a significant health effect.

Step 4: Correct diet and good nutrition should be studied and practiced, and a wealth of information is available in this area of health science.

Step 5: Restoring energy circulation is an essential step. The flow of energy in the body affects all bio-chemical processes and determines the tonus and health of the organism. This step introduces important energy exercises.

Step 6: Let's improve your blood and lymph flow. Stagnation of bodily fluids such as lymph, bile and blood, is one of the main causes for health decline and premature aging. There are many opportunities to regularly cleanse and stimulate the organism with the help of modern technologies and that is key to a successful anti-aging program.

Step 7: Building up good gut flora is the next step towards rejuvenation. Beneficial bacteria has an effect on all major bio-chemical processes in your organism.

Step 8: Let's strengthen the cardiovascular system, including veins, blood vessels and capillaries. A combination of dietary changes, special breathing exercises and the use of modern medical devices introduced in this chapter, will help counter declining vein elasticity and thickening blood, which underlie many cardiovascular illnesses.

Step 9: Improving intercellular communication is possible. Information transfer between cells enables them to work and grow in harmony with other informational structures in the body. Cells have evolved a variety of signaling mechanisms, including low intensity frequencies, to transmit important biological information from one cell to another. Today we have the technology to aid cell-to-cell signaling.

Step 10: Restoring spinal function is the final step. Pinches nerves and spinal problems cause more than just pain and discomfort but also affect organ functions. With the help of special exercises and the use of modern medical devices.

At this point you might be feeling overwhelmed with these steps that lay ahead. Let me assure you that daily tasks that this method translates to are not extremely demanding or time consuming. The essential step is to understand what results in actual rejuvenation.

Allow me to share my experience. Despite a very busy schedule, I have attempted to insert these methods into my day, and they had quickly turned into habitual routines which help my organism maintain well-being, manager stress and handle the demands of life. I am 71 years old, but my physiological parameters match those of a 40-year-old. Your physiological age should be your primary focus. While the chronological age is just a number of the years since your birth, your physiological age is a more accurately representation of your real biological state of well-being. You can and will reduce your physiological age, growing younger, as you take the journey laid out in this book.

One final foreword. In the later chapters I discuss several biomedical devices that my team has developed specifically for the effect of cellular rejuvenation. This is not intended as a product plug. I consider these devices to be the essential innovations in the science of anti-aging, and their invention and development provided inspiration to create this rejuvenation program. The working principle of these devices is based in quantum physics; they emit weak frequency waves which communicate with the organism and restore its proper functions. I'd like to emphasize that their effect is restorative and normalizing, and they do not activate cellular function, unlike other devices of this type. Of course, this 10-step quantum rejuvenation method will be effective only if you apply it, even without the use of the devices, although to a somewhat lesser degree.

And so, let us embark on this amazing journey towards rejuvenation!

Boris Aranovich
Stockholm, Sweden
July 2018

INTRODUCTION

Is it possible to bring back the vitality and vigor of youth? To rewind the clock and regain energy, joy and health? The answer is yes.

The dream of long life and eternal youth is as old as humanity itself. Through the ages people have looked for methods, substances and sources of rejuvenation. The marvel of modern medicine has brought a few innovations that are now widely used. Some methods work better than others, but none are comprehensive. There is no single method of getting our entire physical and mental body to rewind and regain strength, energy and quality of youthfulness. What we need to do is to communicate with the body by using several different methods.

Our health concept addresses the potential of rejuvenation by using new principles of quantum physics and quantum theory combined with several thousand years of experience from Eastern medicine. With the help of the power of thought, the quantum wellness tools we introduce in this book, modern knowledge about nourishment and the important new knowledge about gut bacteria etc., we can affect the entire human body and its structures.

Everything in us and around us, our thoughts and emotions, everything in the entire universe consists of waves in motion, so called frequencies. It is via the frequencies we can control and direct our bodies. Our bodies are constructed by cells. The cells are made of molecules and they in turn consist of atoms. Atomic structure has a nucleus and electrons. Electrons are found in two states: as matter and as waves in motion, or frequencies. When there is a change in our physical bodies, there is also a change in frequency levels and vice versa. In other words, healthy cells have a certain rhythmic frequency. If cells are stressed for longer periods of time, their frequency rhythm is affected and becomes imbalanced and ill health eventually occurs. Thus, a human body made of energy and information, has an information structure that we can optimize and that where the key to rejuvenation lies. Our biological age depends on how well our energy and

information structure work. If we communicate with the correct frequencies, our cells listen and remember. We can help our cells to vibrate and function as they did when we were younger.

Let's begin by understanding the structures of the body. There is our physical structure, the energetic structure and the informational structure. These three structures encompass the entire body, all the way down to the nucleus of each cell. If we suffer from a health problem somewhere in the body, it is a symptom of our structures not being able to work freely. All parts of the body depend on these three structures and that the communication in between them functions as it should. By working with all these structures, we can restore our mental and physical condition. It is therefore important not to only focus on the singular area of ill health, but to also work on the entire system of the body and its three structures. Our concept is built on the knowledge about how we can work with and heal these three structures with the aid of various exercises and devices.

The physical structure

Underneath the process of aging and various health problems often lies mental stressors and genetic factors. We all carry different parasites and bacteria. These are inactive as long as we have a free flow in our three structures. Tension will build up in the organs and turn into stagnation, if we carry fears, negative thoughts, worries, phobias and stress for prolonged period of times. These stagnations cause microorganisms such as parasites and bacteria to activate and multiply. Eventually, we will experience ill health and aging.

You can compare it to a lake: as long as the water in the lake is moving correctly, bacteria and microorganisms are kept in check; but if the lake becomes clogged or stagnant, the balance is disturbed, and microorganisms take control. The lake gets sick. A similar process happens in our bodies. If our structures do not flow freely, stagnations will build up, which may result in inflammations and sickness. These are symptoms of the body's fight for survival and attempt to improve the situation. We need to help the body's physical structure by removing the stagnations, so that it is strengthened

and able to continue fighting the microorganisms. More about this in the next chapter.

The energy structure

The body energy transport is organized into a system of meridians. Negative emotions and thoughts fall into resonance in our energy meridians, our meridian system becomes blocked. And if the meridians are not able to transport the right amount of energy to our cells, the cells cannot perform their functions as they should, and after some time ill health will occur. In order to improve the flow of energy in the body and remove blockages and stagnations, acupuncture has been used for several thousand years. Today we are also able to affect the meridian system with other methodologies.

The informational structure

The most important aspect of our concept is the ability to affect the information structure. All biochemistry in the body is governed by our genes. Earlier, it was believed that our genes (our DNA) are locked by their programs that decide how we grow, develop and age. Until now, we have thought that we cannot affect our DNA. But we can! Epigenetics is part of genetics. New molecular research into epigenetics found that external signals, such as what we eat and think, can activate and affect the expression of our genes. We humans always carry around stereotyped thoughts about aging. We think that our looks will change with, that we will have grey hair, become sick and weak etc. All, or most, of us expect this. All these mental stereotypes about aging cause the neurons in our brain to connect and create a mental program. It becomes a pattern created by neuro-synaptic connections. With these thoughts we signal precisely that information to our genes and their programs. And then the genes listen and of course direct the body in that direction. Thus, if we have a stereotype about aging and ill-health, the genes will activate the programmed pattern and express themselves accordingly. By continuously affecting our genes, we can reprogram them. It might sound difficult to remove strong stereotypes, thoughts and pictures that we find completely logical because we have been brought up

with them. But with the help of exercises that reach the subconscious, we can do this. The subconscious has no logic which hinders and sets boundaries. The subconscious is free, like a blank piece of paper and you can write on it, creating new thought patterns and charting a new course of action.



MAPPING THE REJUVENATION JOURNEY

Step 1: Programming your cells for rejuvenation

Today, we know that our reality and our health greatly depend on how we think. The person we currently are, and how healthy we are, depend on how we think and how we react to all the circumstances in life. Many have understood this and try and change their thoughts and bad stereotypes to improve life, but it is still often difficult to implement the required changes. The problem is that it is hard to affect the subconscious where all our programs are stored. And if we want to affect our rejuvenation, it is particularly important to change our thoughts about aging.

A study by professor Bruce Lipton showed that our cells understand what we are thinking. If you think “I am old”, this information is transferred to the body and affects the cells so that they age faster. In our rejuvenation concept, you will learn mental techniques and receive custom-made animations which you can download to your computer or cell phone. These animation exercises automatically put you in a theta state enabling communication with the subconscious, which not only affects the cells but also your way of thinking about health and rejuvenation. These exercises are quick to do, they only take 3-4 minutes, but can be much more effective than long meditations.

Step 2: Improve the oxygen uptake

The food we eat must be metabolized, but with aging, the oxygen uptake decreases, which weakens the combustion of foods and increases the formation of waste products and free radicals. You will learn breathing exercises which can improve the oxygen uptake. These specific breathing exercises, which do not require extra time to do, may help you reduce the number of breaths per minute, lower your pulse and balance your nervous system. All these improvements can speed up the rejuvenation processes.

Step 3: Drink structured water

Cellular absorption of water decreases with age, and this affects all metabolic processes in the body. By drinking structured and ionized water, we can improve the cells' oxygen uptake. You will learn the difference between ionized and structured water, the correct dosages and how to transfer information to water. You will also learn how to use compresses with salt water and how to use water for cosmetic purposes.

Step 4: Restore the energy flow in the body

For thousands of years in Eastern medicine the focus has been on the energetic structure of the human body. The energy that flows in the body affects all biochemical processes and determines the health status of a person. Energy work in the body encompasses a huge area of knowledge, all of which we will not have time to cover in the course, but you will learn important energetic exercises with the help of specific animations downloadable to your computer or cell. With the aid of these exercises, you will be able to notably affect your rejuvenation and your health.

Step 5: Improve or restore the inner environment of the body (fluids, lymph, blood) and reduce the number of free radicals

Stagnations in the body's fluids, lymph and blood is one of the major reasons for poor health and premature aging. Thanks to the development in quantum physics, it is now possible to reduce or eliminate stagnations and thereby reduce inflammation in the body. Today, we have an amazing opportunity to regularly cleanse the body - which is of crucial importance if you want to succeed with your rejuvenation process.

Free radicals oxidize the cells' membranes and as a result, impair their functions. You will learn how to ionize water and to do breathing exercises and which vitamins that noticeably can reduce the number of free radicals.

Step 6: Eat the right foods

The cells need enough nourishment in correct proportions (fats, carbohydrates, proteins) and vitamins and minerals. You need to know which supplements you need and in which dosages as well as how to combine foods with other health measures to lose weight.

Step 7: Increase the good bacteria in the body

In recent years, we have seen many scientific reports on the great importance of good bacteria, how they have an almost cardinal importance for our health. Good bacteria affect most of the body's biochemical reactions. Too much chemicals in our food, technogenic frequencies, drugs and stress considerably reduce the number of good bacteria and deteriorate health and cause aging. Thanks to the possibility to reduce or eliminate inflammations in the body and take probiotics and probiotics, we can help the body to increase the number of good bacteria.

Step 8: Improve intercellular communication

The human body primarily consist of an information structure, and each structure functions well when cell communication is normal. The communication between cells are conducted by, among other things, super weak waves. As we can improve, i.e. to structure, the body's environment, the cell communication will also work better. The quantum device Triomed creates similar communication waves which improve cell communication.

Step 9: Improve the vascular system

The body has a gigantic net of blood vessels, which function it is to transport and release nourishment, oxygen and all biochemical substances to the cells. Many health problems start with weak blood vessels. They can

become more rigid, less elastic, the blood can become thicker - and all these problems may lead to poor delivery of oxygen and other biochemical substances, which results in a deteriorated cell function. Our breathing exercises, our quantum wellness tools and correct supplements can noticeably improve the blood vessels and keep them healthy - also in old age.

Step 10: Improve or restore the spine

The spine passes through the spinal cord which connects the brain with the body, and all governing signals from the brain pass through the spinal cord. Problems in the spine and squashed nerves often cause, not only pain, but also reduced function in inner organs and body parts. With the aid of custom-made anaerobic exercise and our quantum tools, we can improve or restore the spin.



TEN MENTAL LAWS

At this point I would like to share with you some other principals of correct thinking which I have found to be very beneficial in developing a youthful mind and tapping the power of our conscious and subconscious mind. The ten mental laws as I call them represent a foundation for successful thinking and success in all areas of life, including health.

1. SEE YOURSELF AS A PART OF THE UNIVERSE

Just as each cell in your body contributes to the structure which makes you human, you are also a part of the greater structure of the universe. You are not alone in a vast and ice-cold space - you are part of something bigger. When you understand and can assimilate this fact, it is easier to relax and have faith. No matter if you work as a therapist or a painter, you will be able to create so much more when you realize that the universe has your back. Just trust that you will get help!

Try to live with these kinds of thoughts for a while. Live as if you have access to the power of the universe when you go about your life. How does it feel? You will probably feel more powerful than before - which is not so strange. The power of the universe is a part of your mental capacity, your heritage, if you only dare to believe that you can use it.

2. THE WORLD REFLECTS YOUR THOUGHTS

Your thoughts have a very strong influence on everything inside and outside of you. Everything that happens to you is a result and reflection of your thoughts. Sometimes we become aware of how the outer world controls our life, and we feel pressured by the people around us or by everything we must do. But at the same time, our inner world affects the outer world to a much greater extent than we can imagine. Everything is energy. When we are thinking, we are using large amounts of fast, moving energy. This thought energy is constantly striving to become expressed in

an outer manifestation, in a physical counterpart. The way you interpret your environment, is of course, governed by your experience of it. But your thoughts and your actions also affect the things going on in your world.

3. STOP FIGHTING THE WORLD

The Chinese philosopher Lao Tzu said: “If you do not fight, it is impossible to defeat you.” In our society, fighting has become such a norm that often we do not even notice when we are trying to achieve different things by fighting for them. We fight to achieve success, we fight to be seen and heard, we compete for advantages and we compare our strength with each other in many ways. But to fight the world or your environment is an insane way to try and get anywhere. Each fight means resistance. In the resistance you focus your mental power on the very thing you want to avoid, which costs you a lot of energy. Instead, focus on that which you want to achieve, and you will reach your goals much easier.

4. SEE EACH PROBLEM AS A WAY TO LEARN SOMETHING

Successful people seldom have fewer problems than others - they just handle their adversities better. Every life problem and so-called failure has a meaning. Try to look at every problem as an opportunity to learn something new, an indicator of what you need to change in your behavior to avoid this issue reoccurring in the future.

If you can analyze every event from perspective, you can remain calm and astute even under difficult circumstances. You will be more resilient to stress and self-pity and handle problems in a more constructive manner.

Life is a rocky road - you can't avoid that. But you can choose to see every uphill, not as a failure, but as a challenge and a possibility to learn something that will take you closer to your goal. This is an important part of positive thinking.

5. COOPERATE WITH YOUR SOUL

Your consciousness and soul must align and cooperate to make your goals come through. Your soul is connected to your subconscious, which has all the necessary knowledge you need to make wise decisions in life. Your consciousness, the part of you that has been formed by your upbringing and education, often has a different point of view than your subconscious. It guards your thoughts and often blocks your soul's wisdom from passing through to you. However, sometimes soul knowledge manages to pass through in the form of intuition or, so called, gut feeling.

But problems arise when our conscious and unconscious do not agree. The conscious you might want that meritorious and well-paid job, but the subconscious knows that the tasks are wrong. Or the conscious wants to live in a certain relationship, but the subconscious knows that there is not enough love there. When you find it difficult to make a decision, take your intuition seriously. When you listen to what the soul has to say, you will make the right decision. When the conscious and subconscious are aligned, you will be able to achieve absolutely anything.

6. EXAMINE YOUR THOUGHT PATTERNS

One of the things that stops the consciousness and the soul from agreeing is a stiff pattern of stereotypical thinking, or preconceived thoughts. Our consciousness is full of notions which we have been fed by parents, teachers, other people and the media and have accepted as truth. A common stereotype regarding health is something like "If I am sick, the doctor will heal me". This point of view limits people's ability to take control of their health. You could say that they have been affected by an information virus which has scared them into passivity and makes it difficult for them to know what to do for their own health.

Many people are satisfied by being bio robots. They do not want their image of the world to change, they do not believe in anything they cannot see, and they are certain that a pill is better for headache than any alter-

native methods.

But do you really want to limit your reality so narrowly? An important part of personal development and growth is to increase your mental powers, to see through habitual thought patterns and preconceived ideas. Then you also create room for choosing a new image of the world and self-image, which will increase your power and widen your possibilities instead of shrinking them.

7. WIDEN YOUR MENTAL CIRCLE

There are a lot of limiting beliefs that constraint our thinking, thoughts like “This is hard/impossible,” “I cannot do any more,” “It is not going to work anyway”. Whatever the task, whether finding a job, finding love, or learning a new language, these types of limiting beliefs and thoughts limit the possibilities of your success.

Successful people have a larger mental sphere. They think freely and presume that what they want to achieve is possible. This empowers them and shortens their path to action. When a successful person fails, she seldom complains about the world working against her or that what she wants to accomplish is impossible. Instead, she looks ahead and looks for the problem in her own mentality: “How do I need to think differently in order to succeed next time?”

In the United States, where people are regarded as creators of their own success, there is a saying “If you want to be a millionaire, start thinking like one.” It is not completely wrong. A person who always complains about not being able to afford what he wants to do, will hardly ever have the money to do it. A person who instead firmly believes that everything will work out for the better and approaches his goals in that faith, will have a much greater chance of obtaining what he wants.

8. LET YOUR THOUGHTS REENFORCE YOUR ACTIONS

A person living with shortage of time usually tries to do several things at once - or mechanically does one thing at a time, to get through the list as

quickly as possible. But the power of thought is then lost, and the action is emptied of mindfulness and content.

We must put mindfulness back into our daily actions. For example, if you take a supplement, do not take it mechanically while reading your morning paper or looking at your cell phone. Instead, do it consciously. Infuse your action with a positive message: “Hello body, I am providing you with a lot of vitamins that will help you create energy and thrive”. If you are exercising, do not perform the exercises mechanically while watching TV. Instead, complement your physical activity with positive thoughts like “Now my blood circulation is increasing. Now my arms are getting stronger. Now I am becoming energized”.

Allow your thoughts and intentions to be with you in everything you do in life, and that which you do will become much more effective. While you become present in the moment, your sense of wellbeing will increase, and stress levels will diminish.

This mental law can also be used as a mental preparation for something you are planning to do. Do what many athletes do before a competition: visualize in your mind’s eye the desired sequence of events and your success. Your execution of your plans will be improved.

9. RELAX

While it is important to know what you want, but if you put too great of an emphasis on that which you want to achieve, you will experience an increased physical and psychological tension, a stressor, which in fact limits your potential to reach the goal. A relaxed attitude makes the work and life easier. If your goals are not overloaded with the weight of their importance, it will be easier for you to reach them.

10. HAVE POSITIVE EXPECTATIONS

This is one of the most important mental laws, and in a way also a summary of the other laws. If you believe in what you do and expect things to go well, your brain will be organized according to your positive expectations. It will emit positive and clear signals to the body to perform the job, and the body will easily deal with the task at hand whatever it may be: running, working, baking a cake or restoring health.

The placebo effect is a well-known phenomenon in health care. The patient's expectation on the effect of the medication can produce miraculous results even though he might have gotten just a sugar pill. In allopathic science, the placebo effect is considered when evaluating drugs, but while admitting the power of thoughts it is discarded in the care of patients.

What if instead the doctors consciously applied the power of thought and expectation? What if they dared to give their patients hope and told them that healing is possible. Such an attitude would activate the body's own resources for recovery, and many more people would be healed. Instead, our culture is steeped in skepticism which regarded to be more appropriate than dedication and enthusiasm. But with the fear of harboring "unrealistic hopes", we also loose contact with the enormous inner resources of the body.

I have been working with alternative medical health modalities for a long time and have acquired a lot experience medicine from many different countries. In countries such as Colombia in South America or Taiwan in Asia, people often live in dire circumstances and many are ill. But these people also recover easier. I have witnessed many so-called miracles in these countries, as these people's strong faith facilitate the body's recovery. This is a very different attitude to European and American approach to medicine. The open mindedness which allows for a belief in miracles and undefined possibilities, in turn makes them possible.

Expect positive results. It is the main prerequisite for success in your rejuvenation journey and in all areas of life.

STEP 1: PROGRAMING YOURSELF FOR REJUVENATION

The power of the subconscious

We do not get what want in life. We get what we believe in.

Today we know that our reality and our health greatly depend on how we think. The person we currently are, and how healthy we are, depend on how we think and how we react to all the circumstances in life. Many who have understood this concept make an active effort to change their thoughts and negative stereotypes in order to improve their life. To affect our rejuvenation, it is particularly important to change our thoughts about aging. A scientific study by professor Bruce Lipton proves that our cells understand what we are thinking. If you think “I am old”, this information transferred to the body affects the cells to age faster. The approach of mental rejuvenation is about consciously communicating with your subconscious.

Your own subconscious is your most important partner. It is working seamlessly, beyond the reach of your conscious thoughts and choices.





But the truth is that the subconscious is such a central part of your inner information system that neither medicine nor working with your health can be successful unless your subconscious mind is playing along. While it can be a challenge to access and amend our subconscious mind, and that is exactly where all our mental programs are stored. The subconscious is in constant communication with the external world and your inner world. The world reached out subconscious mind in the process of education, maturation, accumulation of experiences, and under the influence of the messages you are receiving from literature, media and people in your life. Much of the information has been stored since childhood as a form of mental programs which control the way you see yourself and the world, which I call stereotypes. The subconscious operates like a hard drive with thousands of different programs, both positive and negative, affecting how you encounter and handle life. Each experience is like a program: subconscious information stored in the form of a neuro-synaptic connection is activated to direct our actions and experience. When I meet another person, the information I gather during our meeting is creating a pattern of connecting neurons in my brain. If we only meet once, our meeting leaves only a weak pattern behind. But if we meet several times, the information is re-enforced. Each pattern has its own energy, so by repetition, the energy of the patterns increases and then they control us, our physiology, and our behavior with greater regularity. If you create a pattern such as “I am sick, I am already old”, the brain will constantly emit sickness and aging signals to your body so that your health

problems continue, and aging processes are sped up. That is why it is so important to create a new pattern for rejuvenation, where you look upon yourself as being much younger and healthier. You could think this is just fantasy, but it is exactly how the subconscious works. A small child is not receptive to logic, arm-twisting or being yelled at, instead it will only create stubborn resistance. You cannot command a small child to stop crying. Instead, you need to play with it and communicate with it via feelings. If your disease symptoms are really an informational issue which needs correcting and your subconscious is a child that needs to be enticed into cooperation, how should you proceed? The only thing you need to do to get in touch with your subconscious in an easy way, is to repeatedly send it a positive picture of yourself, a picture of when you are young.

But what to do with our genes which constantly emit aging information to our body? Yes, this is a fact. But the new knowledge from epigenetic has reached the conclusion that our genes are also controlled by external factors, including our thoughts. The American professor Bruce Lipton, who performed many studies on the cells, believed that gene activity can also be altered by regular mental training. The most important thing is to become absolutely convinced that it is possible. Cast aside the stereotypes of age, and social definitions of what is old. Begin training your mind, visualizing yourself as a young person, with all the qualities of youthfulness. The fact is: if you believe it, you will have it. If you do not believe it, you will not have it.

As you embark on the journey to youthfulness, your first step is to learn and master the about mental techniques I will now provide and explain in detail. You will learn to enter a theta state enabling communication with the subconscious, which not only affects the cells but also your way of thinking about health and rejuvenation. These exercises are quick and easy to complete in 3-4 minutes, but they can be much more effective than long meditations. Continue doing these simple and short exercises every day for a powerful and lasting effect.

Ideo-motor movements and their effect on anti-aging

I have first formulated the idea of ideo-motor movements about 20 years ago. The word ideo-motor mean “thought initiating movement”. I have found that if you think about a movement, the movement would occur in physiology. The definition of an idea-motor movement is increased muscle tonus or slight contraction of the muscles participating in a movement when a person is thinking about this movement.

Ideo-motoric reactions occur in all people. There are many scientific experiments which prove this. To imagine a movement is stronger and more expressive than any other visualization. The Nobel prize winner professor Pavlov wrote: “It has long been observed and now scientifically proven that when we think about a certain movement, we are in effect executing it, without even noticing it”. Visualizing a movement not only induces a muscle response but also vegetative reactions in blood vessels and changes in pulse and breathing.

Based on these principles and to better understand and study their mechanisms of action, I have developed a training program called “Detoxing the body on a cellular level”. This program was eventually published in a form of an interactive computer software “The power of thought on a cellular level”. The original idea was to find a way to work with inner organs. The program participant would think about a certain inner organ activation its function, while simultaneously listening to rhythmic music. The musical track was written with consideration the biorhythms of the body and was an important part of the process. The visualization was further supported with in an image of the moving organ projected on a computer screen. This made the ideo-motoric exercise twice as useful.

It turned out that when performing the movements, it was easy to fall into a light self-hypnosis, the meditative state which easily can connect you to the subconscious. Because of its conscious/subconscious nature, the human brain can focus on two things at a time. If you focus on activating your liver, this will take up to 70% of your mental capacity. Then you have

30% left, and this space can be used for something else - such as renewing your mental programs.

Thus, the method was useful both for strengthening an organ of choice as well as for mental training. It was perfectly suited for changing one's self-image and thinking yourself into a younger self.

In 1997, Washington University wanted to study my method, and invited me and my wife Iwona to Seattle, Washington. In the process of their week-long study, the scientists scanned us, measuring the activity in our brains, while we were working with our inner organs in line with the program. They observed the activation of theta-rhythm, which among other things balances the two brain hemispheres. They saw that the alpha-rhythm was activated as well, which relaxed us. In the process of this experiment my theory was supported: when we focused on moving our inner organs, we entered a trance, a theta condition, which allowed for a psychologic balance and an open mind.

The Ideo-Motoric Exercises

Let us now learn and attempt these ideo-motoric exercises to help you get in touch with your subconscious. It is important to understand that the power of thought used in creating ideo-motoric movements can be strengthened in three ways: by concentration, by visualization and by emotional charge. This means that the better we can concentrate, the clearer we imagine it and the more emotionally charged we are in our exercise, the stronger the effect will be.

Let's do an ideo-motoric exercise with an organ or body part and try to create pulsations there. For my example, I will take the liver.

Imagine where in the body it is and concentrate on it. This meets two of the conditions – visualization and focus. It is easier to concentrate your attention on pulsating movements. In addition, the method includes musical rhythms as an aid to improve concentration. Or choose another rhythmic music that you like.

Imagine how your liver is contracting and relaxing in one of the three directions: back-forward, or up-down, or right-left. Clearly imagine just the pulsations, nothing else. You can determine the speed and rhythm of the pulsations yourself - slower or faster, for example, the liver could contract once every second or once every 5 seconds. After 30 seconds to a minute, you will notice the sensation of your liver begins slightly moving.



Again, the word *ideo-motor* mean “thought initiating movement”. And our task is to get the movement going as much as possible. Musical rhythms are a great help in this process. The music falls into resonance with the thought and creates a psycho-emotional charge when working with the organ, which increases the effect.

At this point your main task becomes creating a new image of yourself where you look much healthier and younger. During the exercise this new image can successfully enter the subconscious.

When you perform *ideo-motoric* movements, you will automatically fall into a trance like state close to *theta-rhythms* and your subconscious mind will become accessible. During this time, imagine yourself healthy and young. The image in turn helps concentrate even further. Because, as I mentioned earlier, when we are focusing on two things simultaneously,

there is no more space in the brain for deflecting thoughts. It is also important to set a concrete goal and make up your mind to rejuvenate. Your conviction will affect your genes and slow down their aging programs. If you use ideo-motoric movements for various organs 3-5 minutes per day and simultaneously visualize yourself young and healthy with full power of conviction, then in the process of repetition of this exercise you will be creating new patterns of neuron connections, that will begin having a positive effect on your physiology. You will begin to rejuvenate. Naturally, the rejuvenation process will go much faster if you simultaneously apply the other recommendations in this book.

SELF-REGULATION OF PSYCHOLOGICAL CONDITIONS

If you manage to live according to the ten mental laws I have described above, you will also attain a better balanced psychologically state and a deeper inner harmony. When the psyche is balanced, the brain functions in an optimal way. Because the brain governs all physiological processes, your health and energy will be improved as your mental capacities increase. Doesn't that sound just great?! Simply think good thoughts and everything will work out!

But doing this one simple thing can sometimes be the most difficult task. Even when we allow ourselves to be inspired and convinced, new thought patterns can be difficult to root. They must compete with old negative programming. Maybe we succeed in thinking positively for a short moment, but when the going gets tough and we face a challenge, the old distrust pops up with doubt in the mind: "Yes, it may be possible for others, but not for me". Although the subconscious is the voice of the soul and the source of our true knowledge, the programs that life has given us also form an unconscious layer of our beliefs so deeply imbedded in our self-image that they are difficult to reach in other ways than via the subconscious.

Fortunately, it is possible to change the inner programming. It is not done overnight, and it takes both willpower and work, but it is possible.

Learning to open your connection to and communicating with your subconscious mind is the first step. As we discussed in this chapter we must reach a certain state of mind, both relaxed and focused in order to access the subconscious mind. It is a state of non-thinking and emptiness from thought, like one that is achieved in prolonged meditation. In this state, when the usual thoughts quite down for a moment, we can refill the brain with new thought patterns and beliefs. One of the most important purposes of this book is to give you this innovative and effective method of ide-motoric exercises which you can use to cleanse the old negative thought patterns and create space for what you really want.



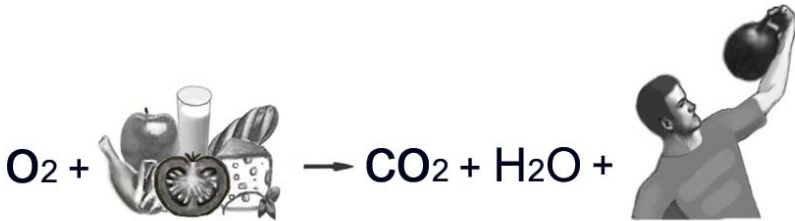
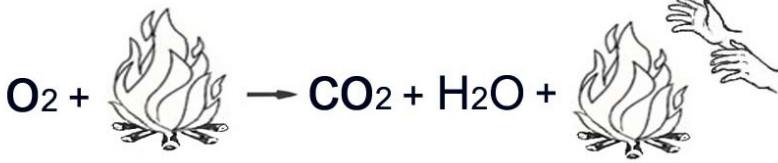
Step 2: IMPROVE OXYGENATION

THE OXYGEN'S PATH TO THE CELLS

In this section we will examine the importance of breathing and proper breath techniques that help stop aging and retain vitality and health. Oxygen is crucial to life. Breathing is semi-automatic - we breathe all the time, throughout the day, even when unconscious. But it is not enough to simply go on automatic, if you want to harness the power of this essential life process you must practice the correct breathing techniques.

You inhale air, preferably through the nose. The air passes through the bronchi and the bronchus before reaching the lungs. There, the oxygen in the air is absorbed by alveoli, pulmonary tiny bladders, on the lung walls. The alveoli are surrounded by capillaries, thin blood vessels. In the capillaries, the oxygen is intercepted by red blood cells which transport the oxygen to all the cells of the body. The oxygen is delivered to the cells where it is transformed to energy, and the residue carbon dioxide is carried back to the lungs to be exhaled. This is the simplified version. If you read only this, it is easy to believe that it is good to have as much oxygen as possible and that carbon dioxide is only a waste product which should be quickly expelled. But reality is much more complex and interesting.

The most important cause of aging in the cells is free radical accumulation and poor oxygenation on the cellular level. It is a complicated mechanism which I will now explain. The air we inhale contains about 21 % oxygen. The cells in the body need a concentration of only 14%. The oxygen surplus is transformed into free radicals. A free radical is a molecule which lacks an electron, which means that it is not neutral or harmonious, but steals an electron from a cell membrane. This initiates a chain reaction: every cell that has lost an electron will seek another electron to regain its balance and it will try to borrow that new electron from other cells. In doing so, free radicals destroy cell membranes, a vitally important structural component. Thus, surplus oxygen creates free radical damage.



A hypothesis which scientists agree on is that we oxidize as we age, in the same way a sliced apple turns brown when exposed to air. The oxygen that gives us life also burns us up from within.

When red blood cells distributed all the oxygen they carry, about 7% of oxygen remains in the blood. This number can be higher as most of us do not absorb oxygen optimally on the cellular level. It is not enough to have oxygen in the blood: if it does not reach the cells, there will still be lack of oxygen in the tissues. This causes lack of energy, leading to functional failure in the cells. Even though the blood contains so much oxygen - hypoxia, lack of oxygen in the tissues, is still very common.

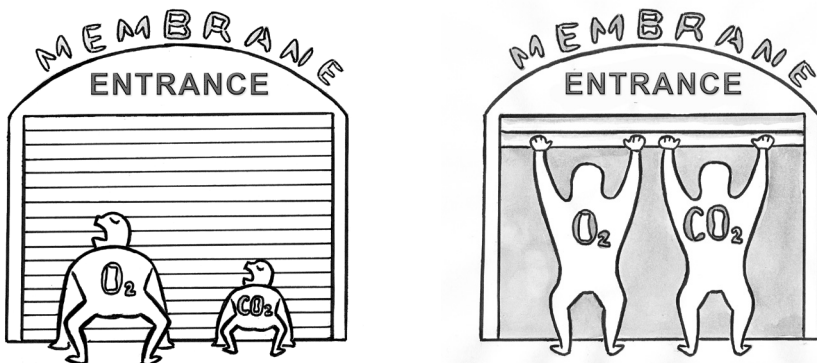
So, in considering proper rejuvenating breathing we need to ask ourselves: How can we absorb the oxygen better on cellular level? how can we oxidize less, reduce the oxygen excess and fight free radicals?

MORE OXYGEN TO THE CELLS

The solution might surprise you: it is likely that you need to become more acidic. This statement goes against the paradigm of creating alkaline cellular environment. But the fact remains that raising blood PH results in improved oxygen uptake by the cells, which produces great health benefits.

The hemoglobin release of oxygen to the cells is improved if the body is slightly acidic. The PH of the blood is 7.35-7.45. The hypothalamus, which governs the balance in the body, sees to it that this PH stays within the correct parameters. But a slightly more acidic blood is healthy, and it is possible to get the hypothalamus used to a value of 7.25, which is optimum.

The easiest way to acidify the body is to use the carbon dioxide it produces. The amount of carbon dioxide is affected by how we breathe. And our breathing is affected by how we live our lives. A stressful lifestyle produces stressed breathing. We rush through life from one challenge to another, we are constantly exposed to stimuli and challenges and without noticing, we begin to breathe faster and shallower. We hyperventilate, begin to inhale more oxygen than the body needs and then exhale more carbon dioxide than we should. A normal and healthy breathing consists of 6-7 breaths, circulating about 6 liters of oxygen per minute. While stressed, it increased to 15 breaths per minute, moving 12 liters of oxygen, which is twice the recommended oxygen amount. No wonder that hyperventilation is connected to premature aging and disease. Learning to take fewer, deeper breaths per minute contributes greatly to your health. The optimum level of carbon dioxide in the blood is 6.5 %. If the carbon dioxide level is lower than that, the cells will receive less oxygen, and, at the same time, there will be more oxygen left in the blood.



Carbon dioxide acidifies the body. Acidity widens the capillaries, allowing better blood flow, and lowering blood pressure. A human body is paved with 100,000 kilometers of capillaries. They are a vital part of our circulatory system, used to transport oxygen, nutrients and hormones to the cells. It is extremely important that the capillaries are in good health. Can you imagine the consequences of capillaries narrowing with fat deposits and arteriosclerosis? For those people who have poor calcium metabolism, it is not unusual to have these kinds of capillary issues by the age of 30-40 years old.

As we age more platelets are formed in the blood. The platelets thicken the blood as the blood vessels simultaneously become narrower, - it is not a good combination. Blood pressure goes up, to make sure that the blood will flow all the way to the periphery. The cells produce less energy and slow down their functions as less oxygen and nourishment is delivered. How do you think this will affect your health and quality of life?

I hope to help you understand how aging, breath and health are interconnected and motivate you to implement long-lasting anti-aging routines in your daily life. Revitalizing daily routines are at the very core of our method.

BREATH AND ENERGY PRODUCTION

Breathing is intimately connected to the nervous system. An inhale stimulates the sympathetic nervous system (guiding out movement and activity). An exhale, - the parasympathetic nervous system (which is connected to rest and recovery). The parasympathetic nervous system and exhaling is also connected to intuition and the right hemisphere in the brain. Breathing exercises focusing on the exhale allow for an easier access to the subconscious. You become more concentrated and more creative. With an understanding of these relationships, you can customize your breathing exercises depending on whether you wish to become more alert or to calm down.

After the age of 60, the body creates less and less energy. With the aid of breathing exercises, you can increase the energy and activate the catecholamines of adrenalin and noradrenalin, the most important hormones, when it comes to energy creation. Adrenaline production increases under stress. It is the body's way of giving you an extra energy boost when you need it. But with age, the production of catecholamines decreases, which causes people to feel tired and sluggish. The good news is that adrenalin production is activated with the aid of regular breathing exercises, by holding your breath and create hypoxia - lack of oxygen - you will become more alert.

This book is breaking many stereotypes, and at this point I expect that many readers might be asking in confusion: "Why do we want more adrenalin? Does you mean that stress is a good thing?"

Well, stress does not need to be bad. It is a hypothalamus response that prepares the body for a challenge. Stress can be a positive trigger, like when I am teaching a class to a large auditorium, my strengths and resources are mobilized, and I feel better than usual. Many people testify that this kind of stress gives them a sense of well-being, a natural "high". Moderate adrenalin boosts produce that kind of focus, energy and well-being. However, very high ongoing levels of adrenalin wears on the body. Burnout is a result of high level of stress and high adrenalin marks experienced without sufficient recovery in between.

A balanced life has periods of both activity and rest. While we can consciously steer ourselves towards finding that greater balance, the body has internal mechanism as well. Reports show that the adrenalin mark after a joyous message peaks for 20 minutes, then the curve levels out. It is the same with grief: the first 20 minutes are extremely stressful, but the emotional reaction fades after that. Your entire physical and psychological system is built to maintain and restore a balance at any cost.

HYPOXIA TRAINING FOR LIFE

Hypoxia training is the most powerful set of exercises you can do to strengthen your body. While they do not require as much investment as cardio for example, hypoxia exercises create explosive energy levels.

One way of doing hypoxia training is using our breathing device called Smart-Breathe™. (We jokingly refer to it as the “pacifier”.) You inhale through the nose and exhale through the mouth via an adjustable built-in resistance valve. The focus should be on the exhale, which activates the parasympathetic system. On the other hand, the breathing resistance during the inhale itself is activating. When training with Smart Breathe™ you can



become both relaxed and energized. Smart Breathe™ is easy and comfortable to use and its advantages are many compared to other similar aids: it is handsfree and you can do other things while breathing with the device, such as driving, reading or working at your computer. You can use Smart-Breathe™ for about 10 minutes at a time and increase to 15-20 minutes when you have been accustomed.

What makes for effective breathing is to reduce the number of breaths per minute. There are several methods that will help you achieve effective breathing. First, is practicing diaphragmatic breathing: inhale deeply and feel the stomach going out, then exhale and let the stomach fall back in. Another is exhaling with resistance. When you exhale through the nose it will give you an automatic resistance. Long pauses and long exhalations is another way of practicing effective breathing.

Train for learning to breath effectively, all in all, one hour a day. When you are fit, you will accomplish more, - I use SmartBreathe two hours a day doing breathing exercises with long pauses after exhaling.

During studies we used a device called Alfa to measure the immediate effects the breathing exercises. Alfa measures the adaptation capacity in organs and systems. It shows you how charged your body's battery is, the balance between the sympathetic and the parasympathetic nervous systems etc. It is powerful to see the immediate effects of a few minutes of breathing with SmartBreathe™! The concrete and measurable result strengthens your motivation and affects at the same time your subconscious, so that your thought power can additionally increase the effect.

Remember: in life you will not get what you want, but you will get what you believe in. To reach your full potential, you need to connect that which you want to that which you believe.

SUMMARY: Effective breathing creates a lack of oxygen, hypoxia, in the body. It creates a surplus of carbon dioxide, hypercapnia, which produces many health benefits. Cellular oxygen absorption is improved, and at the same time, less oxygen in the blood results in fewer free radicals which oxidize and age the body. The blood circulation is improved. Adaptability increases. The number of breaths per minutes decrease, which in turn saves the body energy - as breathing is a great energy consumer. More carbon dioxide in the blood activates the enzymes in the body, which improves your fat metabolism. I have been working with my own respiration for a long time, and I now only breathe six breaths per minute. My body gets all the oxygen it needs, but the number of free radicals has been halved.

ANAEROBIC RESPIRATION

Adding anaerobic respiration to your usual aerobic respiration becomes a great idea when you want to stop aging! The body has two ways of creating energy. The first is to metabolize glucose with the aid of oxygen - the aerobic way. The other way is when glucose is metabolized without the aid of oxygen - the anaerobic way. In the aerobic process of oxidation, the

waste products carbon dioxide (CO₂) and water (H₂O) are produced. In the anaerobic process of fermentation, lactic acid and water are produced instead. 90% of the time, the body uses the aerobic way to create energy in the cells. And 10% of the time, it uses the anaerobic way. It works like a reserve system when there is some sort of shortage of oxygen. The anaerobic process to convert glucose to energy is actually a very old process - a remnant from the ancient time when oxygen levels in the atmosphere were much lower.

At a first glance, aerobic energy production might appear more effective: the body creates 38 energy holding ATP molecules from one single molecule of glucose. Anaerobic energy production renders only 2 ATP molecules from one glucose. But anaerobic fermentation is much quicker than breathing and is therefore faster than the aerobic process. Additionally, lactic acid residue is transformed to new glucose in the liver and can be used to create more energy. The aerobic energy production requires less work from the body: we simply must breathe to refill our energy supplies. But it has significant disadvantages. Oxygenation creates free radicals. We have 21% of oxygen in the air we breathe, but the cells only require 14%. All the surplus oxygen will be transformed to free radicals - which are one of the major causes of ill health and aging. The life-giving oxygen also burns us up from within.

The less oxygen we inhale from the air, the larger the proportion of the anaerobic energy production will be and the fewer free radicals will be produced. That is the reason it is beneficial to create a larger portion of energy in anaerobic process, using the surplus oxygen in the body's tissue. That is the secret to the longevity of high mountain dwellers. It is also the reason that animals living anaerobically have longer life expectancy than humans. A turtle grows up to 300 years old! Whales and sharks also have a longer life span. Let us be inspired by these creates and activate our anaerobic energy production with the aid of hypoxia training!

ANAEROBICS

While flashy group workouts to music might come to mind, aerobic exercise simply means exercise with access to oxygen. It builds the heart as a muscle and improves its ability to pump blood and distribute it throughout the body. Anaerobic exercise means that you perform physical exercise while holding your breath. This is the best and most effective form of hypoxia training. Physical activity requires more oxygen than usual, which produces hypoxia and leads to faster adaptation. The local lack of oxygen improves circulation, widens the capillaries and opens sleeping reserve capillaries in the very body part you have chosen to work with. By creating hypoxia in different body parts, you can choose where you want to activate your reserve resources.

Let us say that you have an inflammatory process in your shoulders. Inhale, then hold your breath and work with the shoulders as instructed below. Are you suffering from cold or stiff hands? Hold your breath and work with the arms by tightening and relaxing your stretched arms and tightened fists. Are you suffering from menopausal issues or want to prevent stagnations in the genital area? Work with your pelvis according to the instructions below. Carbon dioxide levels, blood flow and oxygen uptake will increase at the focused location, giving the body increased ability to heal itself.

BASIC ANAEROBIC EXERCISES

Begin by just holding your breath during the first week. Depending on the condition you are in right now, begin by inhaling and thereafter hold your breath 5-30 seconds, pausing for 10 – 60 seconds between breaths. Successively increase the time you hold your breath by 1-2 seconds per day.

When you have done these breathing exercises for one week, begin the anaerobic exercises.

Perform anaerobic exercises every morning and repeat at a convenient time during the day. Perform each exercise for as long as you can hold

our breath and repeat for 3-4 breaths. Successively increase the number of repetitions as you can hold your breath longer. If you want to exercise a specific body part, repeat for 7-8 breaths.

IMPORTANT NOTE: *If you have had a coronary disease, consult a physician before starting. Contraindications for anaerobic exercises are fever, acute health problems or history of stroke or heart attack the past 6 months.*

Exercises for the shoulder

Inhale and hold your breath. Tense the shoulders 1 second and release 1 second. Repeat as you simultaneously hold your breath for as long as you can. Repeat 3-4 times. This exercise improves the blood circulation in the shoulders by opening the reserve capillaries, which strengthens and relaxes the muscles.



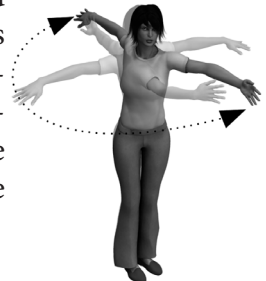
Exercises for the neck

Inhale and hold your breath for as long as you can. At the same time tense the neck 1 second and relax 1 second. Repeat the entire time you are holding your breath. This exercise improves the blood circulation in the neck, which reduces tensions. Repeat 3-4 times.



Exercises for the torso

Inhale and hold your breath. Lift your arms to the side and turn them 90 degrees to the right and thereafter 90 degrees to the left. Repeat this movement several times while holding your breath for as long as you can. This exercise strengthens the blood circulation in the torso as the reserve capillaries are opened, which strengthens and relaxes the muscles. Repeat 3-4 times.



Exercises for the arms

Inhale and hold your breath. Tense the arms 1 second and then release 1 second. Repeat this simultaneously as holding your breath for as long as you can. The blood circulation in the arms will improve thanks to the opening of the reserve capillaries. Repeat 3-4 times.



Exercises to lose weight

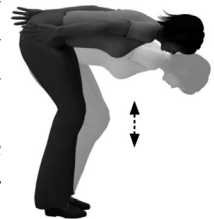
Contrary to popular belief, it is possible to burn fat locally. By combining for example sit-ups with hypoxia exercises, you force the body to use anaerobic energy production, which increases fat burning in the stomach region. This is a two-part set. First, inhale and hold your breath. Tense the abdomen 1 second and then release 1 second. Repeat as you simultaneously hold your breath for as long as you can. Repeat 5-6 times. For the second part of the exercise, inhale and hold your breath. At the same time, bend your knees and hold your breath for as many squats as you can. These exercises increase fat burning as the body during hypoxia training is forced to use fat as an energy source. Repeat 3-4 times.



Exercise to improve the blood circulation in the brain.

This is the most important exercise for stopping the aging processes! From the onset of aging at 16 to 50, the blood flow in the brain is halved. As the entire body is controlled by the brain, your health will be greatly improved as you focus on increasing circulation in this vital organ.

Inhale and close your eyes. Bend forward as a jackknife with facing the floor and with your hands clasped on your back. Now, bend and stretch the knees while holding your breath for as long as you can. This exercise can be repeated



ted many times for someone who wants to work actively with rejuvenating the body. For example, begin with 7 bends per breath for 5 breaths, and increase with one bend per breath every third day. 5 x 20 bends are enough for most people, but you can train yourself to manage up to 40 bends per breath. This exercise greatly improves the blood circulation in the brain, which normalizes many of the brain functions.

CAUTIONARY NOTE: Do not do this exercise if you have high blood pressure or if you have had a stroke in the past 12 months.

Pelvic exercises for men and women

Inhale and hold your breath. Tense the muscles of the pelvis for 1 second and release 1 second. Repeat at the same time as you are holding your breath for as long as you can. Repeat this 3-4 times. The blood circulation in the area will be improved as the reserve capillaries are opened, which has a beneficial effect on the uterus, ovaries and the prostate. You can also choose to exercise a weak body part. For example, the gastro-intestinal tract, by holding your breath and at the same time push the hand into the stomach and repeat the procedure while moving the hand along the intestines each time you need to inhale. You do the same thing for chronic pain: hold your breath, push your hand into the painful area and hold it there for as long as you can hold your breath. The nerve endings are blocked, and when you let go, the blood will flow to the area. The increased carbon dioxide level will improve the oxygenation and thus increase the potential to create energy and healing. When working with the organs, it can be difficult to locate them precisely. But even if you only get close or near the desired place, it is better than nothing at all. As the blood circulation and oxygenation is improved, the energy level in the nearby area will also be increased. Yes, the possibilities are endless when it comes to this free and effective medicine!



Anaerobic exercises for the face

Anaerobic exercises for the face have a very pronounced cosmetic effect in the form of increased luster, plumper skin and diminished wrinkles. Blood circulation in the facial skin and muscles increases as the reserve capillaries are opened and oxygen absorption is increased on the cellular level. Working with the face renders more benefits than those visible to the naked eye. The impulses from the facial muscles go directly to the brain and activate it. The muscles used for facial expression are connected to the structures of the brain. It is no coincidence that our emotions are reflected in the face, or that we can see a person's psycho-emotional state in her facial expressions. In the same way, the brain is affected by what happens in the face.

This is how you do anaerobic exercises for the face.

1. Inhale and hold your breath as you simultaneously place your hands on the face. Push on your face with your hands and hold 2 seconds, then release. Push again and hold 2 seconds and release. Repeat 7-8 times as long as you are holding your breath. Pause 10-20 seconds and repeat. Repeat the exercise 5-6 times.

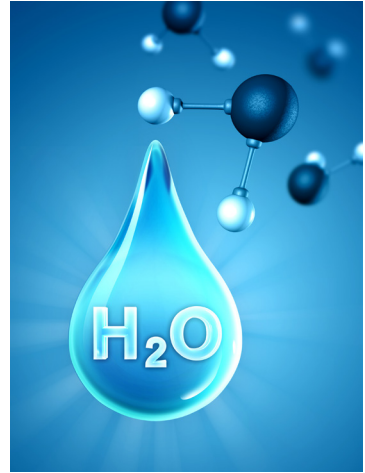
2. Do the same exercise, but with your hands on the eyes. Push on the muscles around your eyes and eye brows and on the forehead to strengthen the muscles in these parts of the face.

3. Inhale and hold your breath. Imagine simultaneously that your face is expanding and contracting. Repeat 7-8 times while holding your breath. Repeat the entire exercise 5-6 times.

The purpose of anaerobic exercises is to stay fit, improve your health, increase the energy levels and slow down the aging processes. The above exercises give you an idea about how it works. Once you have grasped the principle behind these guided exercises, you can create your own exercise program. Set aside 10 minutes every day for your anaerobic program – it is a great start for a day full of energy!

STEP 3: DRINK PURE AND ACTIVE WATER

We know that drinking water is vitally important, but as it is such common habit that we do not pay it much attention. We drink when we are thirsty, with meals, and try to drink the 8 glasses of water daily as recommended. But there is so much more to it! There is water and then there is living water. In this chapter I will discuss type of water and differentiate between structured, acid and ionized water. I will show that by drinking active water, you can improve your health and slow down the aging processes.



WHAT IS STRUCTURED WATER

Many know the work of the Japanese scientist Masaru Emoto. His groundbreaking experiment with water and ice structures revealed how water structures change when exposed to different words and sentences. In his book “Hidden messages in Water”, he shows us in words and pictures how the structure is improved by loving words and positive expressions but is damaged by destructive words and statements. His work revealed scientific proof of the power of thought and prayer in their physical manifesta-



tion. When you start to understand that that water can absorb and store information, we will understand why drinking structured water is so important.

The same organizational principle applies to the fluids in the body. Our thoughts about life and health and our attitude toward ourselves are stored in our fluids. That is why it is so important break free

from negative thinking. Our thinking is absorbed and stored in the bodily fluids. If the structure in our fluids is well-organized and we also think empowering thoughts then we utilize another important innate resource which can restore or strengthen our health.

A lot of scientific research has been done on the structure of fluids in the recent years. It has been discovered that fluids play a much bigger role in metabolic processes than has been previously thought. The biochemical processes take place in the body within the fluids such lymph, blood, mucus, plasma etc., all of which each have their own cellular structure. Intercellular communication in each fluid depends greatly on the nature and condition of that structure. When we are born, all our fluids are well-structured and the biochemical processes in the body work perfectly. In our thirties, one third of our fluids are unstructured, and it continues to decrease as we age. In the process of aging our fluid structures deteriorate, which wakens cellular communication and health problems.

Structured water has a significant effect on the cellular integrity and structure of the bodily fluids. The structured consists of clusters of water molecules which function as magnets storing information. By drinking structured water, which is easily absorbed by the cells, we can strengthen the structure in our bodily fluids and improve our health.

The water molecules in structured water form hexagons, six-pointed crystals, which further organize in groups. Water is structured naturally when it freezes: the tiny hexagons are easy to detect in snow- and ice crystals. But continually freezing tap water and thawing it when we become thirsty is difficult in the long run, so we need technical solutions.

Later in this book I will introduce a device called “Aquatone” which can structure both water and the fluids in the body, using weak radio waves. I personally use this device daily, holding it to a glass of water for 20 seconds to receive naturally structured water. It can be used to structure tap water, ionized water and acid water.

WHY ACIDIC WATER

Our cells absorb minerals in their ionized form. For example, calcium dissolves in an ionized and acid environment and most people have no problem with calcium absorption when their digestion works as it should. But as we age, the gastric acid becomes weaker. By the time they reach 50, most people have half the amount of gastric juice they used to have, which is not enough to ionize calcium and other minerals. In many countries, people solve this problem by eating foods which improve the gastric juice, such as spices or fermented/sour products like mustard or sauerkraut. But we can also drink sour liquids to aid digestion.

Acid fluids contain protons which are the ones responsible for the acidity. The number of protons the acid can emit determines how strong the acid is. Citric acid is a weak acid as it does not emit so many protons; while hydrochloric acid produced in the stomach emits all its protons and is a strong acid. Protons are important in the energy producing process, they also increase the oxygen uptake of the cells and widen the capillaries. Acidity offers so many advantages that I will constantly come back to it in this book.

One of the popular health dogmas which I want to dispel is the belief that we are lacking calcium and need to have more calcium to strengthen our bones. The fact is quite the opposite: adding more calcium is disastrous for the body, if it cannot be assimilated.

Drinking water usually contains some amount of calcium and it is important to understand the significance of that. The optimal amount is 10–20 mg. Always check the amount of calcium when you buy mineral water. Do not drink water with calcium content of over 20 mg. Research shows that people live longer in the areas where there is less calcium in the water.

The calcium in the drinking water is non-organic. That presents a problem because it cannot be absorbed by your cells. Instead it's stored in the blood vessels in the form of hard plaque, forming arteriosclerosis.

This causes blood vessels to become tighter, less elastic, which may lead to serious health problems. Large amounts of calcium plugging the vessels is regularly observed in autopsies. Therefore, it is not recommended to add calcium supplementation unless you are able properly digest and absorb it.

The various methods in our project "10 Practical Steps to Rejuvenation" work together and strengthen one another so that you will reap as much benefits as possible from your rejuvenation work. They are part of an interconnected whole, just like the body works as a whole, with various processes connected with each other and the whole benefiting from a small improvement to just one of its parts.

Different functions in the body need different acidity levels to function optimally. In general, most of us need more acidity in our bodies. Most people have too little acid in their stomach. PH 1 is the optimal level for digesting food and metabolizing calcium. In the intestines, however, the environment should be alkaline, and pancreatic juice is very alkaline. The blood, which transports oxygen and nourishment to all tissues in the body, can preferably be slightly more acidified. Our task with working on our health is to eventually accustom the body to the fact that the blood is a bit more acidic and fully take advantage of its potential. Then, the body will take care of the different organs' needs and balance itself, by itself.

It has been observed that women after menopause often are affected by osteoporosis. That is because parathyroid which regulates the calcium level, and this in turn is connected to the female sex hormone estrogen. Another common symptom of aging is obesity, not just the extra weight, but fat deposited on the organs. Fat deposits can build up in the bone marrow, where unnoticed they can block the bone marrow functions. Fat burning also depends on the condition of the hormone system. The hormone condition can be improved by activating and oxygenating the brain. By drinking acid or sour liquids, we can improve fat burning. The reason is that a more acid blood improves the fat cells' oxygen uptake, which results in that the fat cells emit more fatty acids as the body is using this as fuel. The body needs protons to produce energy, and when the

cells extract protons from the body's fluids, we lose fluids. When we add acid liquids to the cells, we give them the protons they need, and we avoid becoming dehydrated.



There are several devices on the market which produce proton water. With the aid of electrolysis, both acid and ionized water is produced. These devices create water with a PH of between 2,5-4.

Add 1 tbsp of proton water in a glass of water.

Drink 2-3 glasses of this proton water each day before meals.

If you do not have access to proton water, you can drink other acid beverages such as apple cider vinegar, lemon juice or rose hip tea. Drink 2-3 glasses before meals. The body loses fluids during sleep. Therefore, always begin your day with replenishing your fluids, preferably by drinking something acidic, like 1 tbsp of apple cider vinegar in a glass of water. This is a good way to strengthen your digestion.

Acid liquids are not only useful internally, they can also be used for improving the oxygen uptake externally on the body with the help of compresses saturated with acid liquid. Are you experiencing pain in a knee or a shoulder? Put a compress on your forehead.

Acid water is bactericidal. Why not have small bottle of acid water for antiseptic hand wash in your purse? Or use it as a vitalizing and beautifying facial shower (PH 5.5) now and then. You can also heat acid water and inhale the vapor if you feel a cold is coming on.

This kind of acid medication, in the form of proton water or other acid liquids, can be used in many ways. A warm compress saturated with acid liquid eases back pain, knee pain etc. An old household remedy to lower the temperature in sick children is to put on socks saturated with apple

cider vinegar. If you want to reduce your waistline, do a treatment course with acidic compresses on your stomach to activate that body part. Lubricate your body with acid water after the shower to activate blood circulation and keep the skin youthful and resilient. Then pause 2 minutes and repeat the procedure with ionized water for optimal effect. Acid and ionized water complement each other as yin and yang - we need both.

THE IONIZED WATER

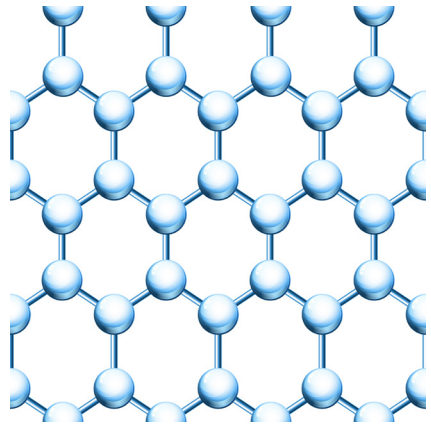
Consider the body as an electrical system: all cell membranes have electric potential, all fluids are electrically charged, the nervous system, the brain and all organs and tissues carry electricity. This system must be balanced but all too often the human electrical system does not operate as it should. We lose negative (-) ions and become charged with positive (+) ions. We are constantly bombarded with positive ions via electricity, cell phones and computers. This affects our entire biochemical system and our health in negative ways.

One way to recharge is to spend time in nature. When the air is fresh, like after a thunder storm, or out in the woods or close to the ocean or running water, the air is filled with minus ions and we feel refreshed. Walk barefoot on the ground, breathe and enjoy nature when you can! Unfortunately, most of us cannot spend our days out in nature very often. Instead, we can strengthen our electrical charge by drinking ionized water.

The body's charge is - 70. Ordinary tap water is positively charged at + 250 to + 350. This means that we must use a lot of energy to convert the tap water's electrical charge, so it is suitable for the body. Ionized water is water with an electrical minus (-) charge, or minus redox potential. In ionized water, the water crystals become 6-pointed instead of 5-pointed. They create smaller clusters and are easier absorbed by the cells. Ionized water strengthens the electrical system of the organism and provides a natural protection against radioactivity. It allows for a better uptake of nourishment and is an excellent way of strengthening the effect of foods and supplements.

Many health-oriented people use water purifiers which cleanse the tap water from metals and chloride. There is also osmotic water which removes minerals. The greatest advantage of osmotic water is that it does not contain calcium. But at the same time, other good minerals, such as magnesium, disappear.

Instead of these purifiers, we recommend that you use a device called “Ionizer”, which both purifies and ionizes water. You can find more information about “Ionizer” on our website <https://beyounger10steps.com/>.



Ionized water is hugely important for your health and you should drink it regularly. Ionized water is the best antioxidant there is. Drinking water with the same charge as the body radically improves intercellular fluid environment. As we add electrons via the water free radicals are neutralized, they no longer need to rob the cellular membranes. We can be generous: “You are welcome, we have more!”

Practice drinking structure, acidic and ionized water for rejuvenation. Start slowly and build up to drinking 500 –750 ml acid liquid and 1–1,5 L ionized water daily.

Step 4 CORRECT NUTRITION FOR REJUVENATION

Food is Energy

In this chapter I will illustrate some of the most important aspects of food and nutrition as it affects the rejuvenation process. I will not discuss nutrition or nutrients details as there have been many books written about foods, with changing recommendations because the idea of what is nutritious often changes. The human body is an intricate and complex system that requires energy to maintain life and health. We receive this energy from the oxygen we inhale and the food we eat. Too little oxygen reduces your energy. Too much food leads to obesity and too little food leads to fatigue. Yes, food is important, but it is only a part of a greater whole.



Lack of energy is a common problem that many of us solve by eating more. The average calorie intake of a person is 2500 calories per day but only some need that amount. Reducing food intake as any other excess, makes us healthier and extends out live lifespan. Of course, it is not disastrous to eat and drink too much occasionally. The important thing is to find a balanced daily level that works for you.

If you train yourself in proper breathing and improve your oxygen uptake, you can generate energy in the body from its internal resources and cut down on your food intake. The excessive need for food and cravings will be reduced. We can also teach the body to use energy reserves in the form of glucose by slightly acidifying the body.

As you already know, food is divided into three types of energy sources: carbohydrates, fats and proteins. When we talk about the body and food,

we can look at the body as a factory. We need raw material which the body can process to create energy, which is its final product. That is why it is important to supply your body with the right kind of raw material, in the correct combinations and proportions.

FAT Previously, fat was regarded as dangerous, and we were recommended to eat 60% carbohydrates, 30% protein and 10% fat, but with time, the way we think about fat has changed. Today, science tells us that fat is of crucial importance for our health. The lungs for example, uses fat almost exclusively. The lung's surface is also constructed by fat. Our nervous system consists of 75% fat. The bone marrow is practically fat. The liver requires fat to function, the pancreas, kidneys, visual functions and the cell membranes need fat.

CARBS Carbohydrates are divided into simple (fast) and complex (slow) carbohydrates, depending on their chemical composition and velocity, which are affected by the sugar content in the blood. The golden rule is to eat fewer fast carbohydrates which are found in sweets and white bread. Fast carbohydrates have an immediate effect as increase energy. But when the blood sugar level rises rapidly, the insulin production also increases to restore balance. This reduces fat burning and immunity. Be careful to avoid sugary and white flour products and counteract the rise of sugar by eating fiber rich foods like sauerkraut.

After a meal, the body will use the amount of glucose it needs and leave any surplus of energy, glucose, in the fatty tissues. This is the reason why some people are prone to being overweight and others are not. When people of normal weight experience hunger, their storage of glycogen is mobilized, and their body uses these reserves as the energy source. The body of overweight people does not have the ability to adjust its reserves when hungry, instead, these people eat more. You can read more about overweight in the chapter dedicated to weight issues.

CREATING BALANCE WITH VITAMINS AND MINERALS

Should we or should we not take supplements? Expert opinions differ. “Everything we need is on our food” some say. But food has changed. Majority of produce we consume is non-organic, grown in depleted soils, with use of industrial fertilizers and it lacks in nutrients. Nutrition of conventionally grown foods has diminished, for example just between 1985 to 2002:

- The amount of vitamin B6 in bananas has shrunk from 330 mg to 18 mg per kilo.
- The amount of magnesium in carrots has shrunk from 21 mg to 6 mg.
- The amount of calcium in broccoli has shrunk from 103 mg to 28 mg.

So, do we still get the nutrition we need from foods? Organic food is better but eating correctly is not always easy. The recommended daily levels of vitamins and minerals that you can often find on supplement containers are based on the absolute smallest dose a person must receive to avoid immediate deficiency. The more depleted our soils become, and the older we get, the greater is our need for supplementation. Find out what a person your age and with your life style requires. A stressful lifestyle challenges the organism. During one stressful hour you might consume your entire recommended daily dose of that or the other mineral. If your supplement bottle reads “500% of recommended daily intake” this may be a great supplement to carry you through stressful periods. Preferably, choose a strong supplement, and take it separately twice a week. The kind of supplement you need also varies by your location. Vitamin D is particularly important in the Nordic countries, that do not get adequate sunlight for long periods of time.

When choosing supplements it is important consider nutrient interactions. Some supplements should not be taken jointly, such as vitamin C and vitamin D. While others need to be combined: selenium and vitamin C both need to be present for optimal absorption. It is a good idea to purchase all your supplements from a single manufacturer. They should

preferably originate from natural sources. Different sources will vary in contents. Super fruits such as blueberries, raspberries, grapes, pomegranate, noni and goji berries, and super foods like bee pollen, Aloe Vera and chia seeds contain ample of antioxidants, but wild blueberries from Alaska will contain 10 times more antioxidants than farmed ones. Carefully read the labels.

Vitamin C is a vitamin which the body cannot produce itself, so we need to add vitamin C regularly. It adds acidifying effects, which is great for your health.

Supplementing with a capsule of 200 mg selenium each 3-4 per day is a good idea. Minerals affect the metabolism and are important for the body's biochemical functions.

We need to supplement with Omega 3, cellular membranes consist of this essential fat. It is important to have the correct balance between omega 3 and 6, otherwise inflammation may arise in the body. Science shows that the risk of developing dementia is 37% higher if we lack omega 3. You can find omega 3 in fatty fish, nuts, olive oil and linseed oil. If you cannot regularly consume these foods, then it is recommended to take them as supplements.

We need vitamin D for our biochemical reactions. Vitamin D also prevents colds. We get vitamin D from the sunlight, but if you live in areas with fewer sunny days, take a supplement.

All B-vitamins should be added via supplements regularly, they are an important component of metabolism.

A FEW WORDS ON GASTRIC ACID

Minerals must reach the cells in an ionized form. As metabolism declines with age we are not capable to convert the calcium to its ionized form which the cells can use. An adequate amount of gastric juice improves the

uptake of both calcium and other minerals. It also affects your health in other positive ways, such as eliminating bacteria and dead cells which are burdening the body. If you suffer from lack of calcium, reduce your intake of calcium and instead, improve the absorption!

But the amount of gastric juice also decreases with age. Gastric juice production by the mucous membrane of the stomach lining is affected by the vagus nerve. Many people experience health problems with their vagus nerve as they age, but it can also be weakened by stress and burnout. How do you know if your gastric acid is ok? We suggest using a litmus test. An adequate measure of a healthy gastric acid is the PH of 6.5 in the morning urine.

My advice to those who are taking hydrochloric acid lowering medication is to gradually cut down on it. Gastric catarrh is rather a reaction of the body to a reduced production of gastric juice: an attempt to restore the balance which leads to over dosage. I am also not fond of hydrochloric acid pills - they are a replacement which can affect the body's own production of hydrochloric acid. You can naturally strengthen the production of stomach acids in other ways that heal your digestive system in the long term. Instead of using medication, try adding sour or acid liquids such as proton water, rose hip tea, lemon water or apple cider vinegar in water, drinking plenty, and balancing the nervous system by doing breathing exercises. You can also put some sea salt or Himalayan salt under your tongue 5-10 minutes before meals, let the salt melt and swallow it with the saliva.

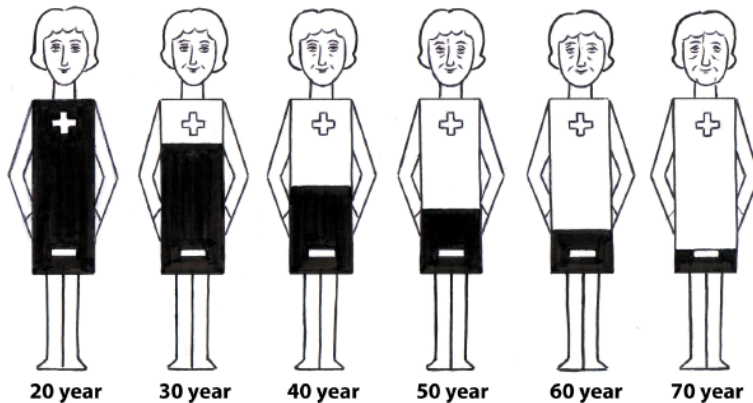
Another approach is quantum acupuncture. By treating the acupuncture point VG 14, (just underneath the 7th vertebra), which is one of the most powerful acupunctural points of the entire body, with our quantum wellness tools, can significantly improve the communication between the brain and the body and increase your gastric juice production.

Step 5: RESTORE THE ENERGY FLOW IN THE BODY

ENERGY STRUCTURE

Imagine that your body is propelled by a battery. When you are young and healthy, the battery is fully charged. You go to school, work, and can still dance all night long. But all of this activity uses up your energy resources, and soon enough you are not able to perform as before. You become tired easier and your weaknesses begin to show up: a stomach aches here, some stiffness there... At 50, half of your battery is used up, and by 70, there is very little energy left. Age-related issues pile up. Is that normal?

We conditioned to think of aging as a time of disease. But I will tell you - it does not have to be like that. I know for a fact that we can remain healthy

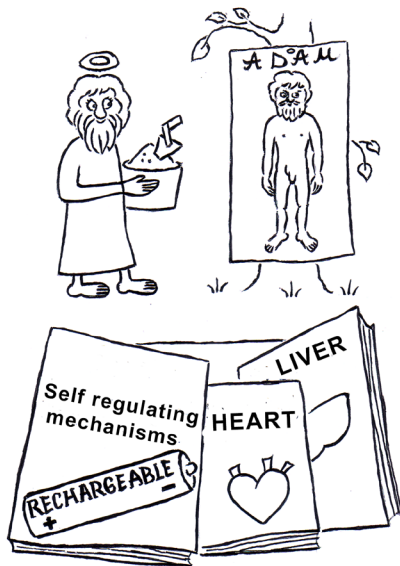


as we age, and I know that it is possible to recover from chronic illness also.

Of course, for a young person healing is a faster process. And it takes a bit more work to maintain or restore health in older age. But it is possible to recharge your battery at any age, whether you are 30, 50 or 80 years old. A person whose battery is fully charged has access to an entirely new level of internal resources.

We are born with very strong self-healing mechanisms and an entire set of regulating functions which govern the body's biochemistry every second of every day and night. The regulating mechanisms are the brain with the pituitary and the hypothalamus, the nervous system, the immune system and the hormone system. Their job is to maintain your body in balance in every situation. A healthy body can adapt to all changes and challenges that life might present.

The key to health is in your body's ability to produce energy. Your body is an energy system which organizes biochemical reactions on cellular level to produce energy. Much of our energy comes from the food we eat. The food is processed in the digestive tract, and oxygen and nutrients are transported to the cells, which create energy for all other physiological processes occurring during activity and rest.



The chief executive, or if you prefer, the conductor of this organization is the brain with its right and left hemisphere, it regulates everything that happens in the body. Here we also generate new thoughts, feelings, emotions which govern our entire existence and experience and to a much larger degree than most people realize. The brain's assistant is the hypothalamus, which emits control signals and receives the signals from the body. Then we have the pituitary gland, which governs all glandular activity, hormones as well as the sympathetic and parasympathetic nervous system. Together the brain, the hypothalamus and the pituitary control, regulate and govern all physiological functions and biochemical reactions which constantly occur in our cells. They see to it that the cells get enough oxygen to create the energy they need to do their job. When something changes in our internal or external environment these regulating mechanisms adapt the body to the change. They do so by directing more, or less oxygen to the cells.

Let us imagine that you are sitting calmly in your chair. You are relaxed and doing nothing in particular. This resting position does not demand much from your body, and the regulating mechanisms adapt the oxygen delivery accordingly. Suddenly, you need to go to the third floor, and the elevator is broken. The strain of taking the stairs demands more of your body, and the regulating mechanisms emit some signals to the lungs, the blood and other organs: cells need more oxygen now! If the body is healthy and strong, this is easy. The process operates as it should, and you reach the third floor without even thinking about it. But if you become winded, it is a sign of the regulating mechanisms not having enough power to adapt your body to the strain and deliver the needed amount of oxygen.

It works in the same way with internal changes. An inflammatory process requires more oxygen to activate the immune defense. If you have ingested something toxic, the regulating mechanisms will instruct the body to dispose of it by making you throw up or cause a diarrhea. Even carcinogenic tumors are merely a way limiting the proliferation of cancer cells in the body.

Our organism is in the state of constant communication within itself, a sort of inner dialogue. Biochemical changes - such as varying temperatures, lack of oxygen or hunger - are immediately reported to the brain via the nervous system. The brain reacts by emitting signals to the other regulating systems, the hormone system, the metabolism and these change their biochemistry in accordance to the given signals. This adaptability is a sign of how healthy you are. And it is your regulating mechanisms that do the job, their results are always apparent, they maintain your homeostasis, keeping you alive.

The regulating mechanisms are the battery of the human being. Without them, there is no energy.

The brain, the nervous system and the hormone system also require energy to run. But precisely as a car battery is charged when driving, the body's battery is recharging itself in the process of activity, as long as the battery

remains in good condition. With age, the battery is emptied quicker, and it takes longer to re- recharge. A weaker battery requires greater effort to access the energy it stores. True to the analogy with a portable radio, when the batteries run low, the music is not so audible, so you crank up the volume to hear it. Then the batteries are strained even more and will discharge even quicker. The body works the same way. When the battery or the energy begins to peter out, the body needs to work harder to maintain the balance. The cost of maintaining the balance increases and the regulating mechanisms become more strained. It turns into a vicious circle as the tension itself impacts the aging processes negatively. The nervous system becomes over-activated, the tension wares on the body and we become more susceptible to disease and health problems.

As long as the body is able to maintain its inner balance, its homeostasis, you are healthy. When it no longer has the strength to adapt to changes, stress and physical strain, you become sick.

Life is biochemistry. Even joy is biochemistry, as we are unable to feel joy unless the body can release the feel-good hormone serotonin when life is good. In the same manner, we can explain disease as being problems in the body's biochemical balance.

While conventional medicine focuses on the biochemistry and with the aid of medicines try to bring a sick organ back to health, our method of rejuvenations approaches the problem from a different angle. We work to stimulate and strengthen the regulating mechanisms, so they can restore a healthy balance in the body. Therapy and medication result in temporary improvements and symptom will soon reappear, unless the regulating mechanisms are restored and able to perform their functions.

TWO TYPES OF ENERGY

There are two types of energy: the energy produced by the cells and the universal energy. We mentioned earlier that the body is an energetic system, where that produces energy on the cellular level with the help of bioche-

mical reactions. That energy governs all biochemical processes and self-regulating functions. The other kind of energy is the universal energy, which we receive directly from the universe. In Eastern medicine it is called Qi.

Qi is a life force energy which permeates the entire universe, the humans and everything else alive. Qi makes seeds germinate and grow. It is this energy which makes us develop from the moment of conception. The task of Qi is to supply our bodies with energy, to direct and distribute it to all the cells, so that the cells can perform their work.

The universal energy has subtle energies - electrons. The energy created in the cells has slightly coarser frequencies. Without the subtler energy from the universe, the cells cannot do anything. The subtle energy governs the coarser. You can look at the body as a model plane. With the finer frequencies we can steer the model plane with a remote control. The finer frequencies cause the model plane's coarser vibrations to start working.

How then, can we absorb more Qi into our bodies? The skin contains approximately 700 electrically active measurable points, so called acupuncture points. They are 0,5-1 cm large in size. These points have a lower bio-electrical resistance than the surrounding tissue, which allows energy to be directly absorbed into the body from space. From there, the energy is transported in a complex network of channels, so called meridians. The meridians permeate our entire body, reaching all the way into our cells and molecules. There, the correct amount of energy is distributed, so that the cells can do their job as well as possible. Just as the vessels transport blood and the nerves transport nerve signals, the meridians transport energy. If Qi is not able to be transported freely in the meridians, blockages and stagnations form. Then imbalances will occur in the body as Qi loses its steering capacity, so the cells cannot work as intended. This is when ill health appears in our bodies.

Qi also carries information. And as our thoughts and feelings consist of frequencies, they turn into information which the meridians transport to the cells in our bodies. The cells receive the frequencies and understand what we are thinking. Positive thoughts have higher, finer frequencies.

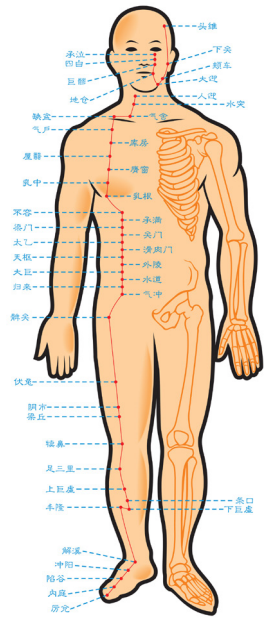
How does Qi affect aging?

Negative thoughts, worries about aging, stress and life challenges can stagnate and block the flow of Qi. If Qi is not able to regulate and steer a necessary energy amount to the cells, the cells will either have a surplus or a lack of energy, which makes them age much faster.

What can we do to keep the energy flowing freely in our meridians and provide our cells with the energy they need? For approximately 5000 years, Eastern medicine has used acupuncture. In acupuncture you stimulate acupuncture points with thin needles which either increase or reduce the energy. You can also use acupressure, where you stimulate acupressure points with pressure. Because the meridians are connected with the organs, the pituitary, hypothalamus, the self-regulating system and the endocrine system, restoring energy flow positively affects the entire body.

Young people have enough resources to cope with various challenges. Older people have fewer resources and their “battery” discharges quicker. Every effort, mental or physical strain, food containing chemicals, stress, change in the weather, cold, heat etc. wear on our battery. Even digesting a meal or thinking requires energy.

The energy production is dependent on how the body’s environment is doing: the fluids, the blood, the lymph etc. - in other words, the entire biochemistry of the body is involved in the energy creating process. The energy from the cosmos is absorbed according to our psycho-emotional condition and our thoughts. If we take care of our health and create a well-functioning metabolism, and if we have positive thoughts and feelings, our battery can be recharged quickly after challenges. If the balance between creating and consuming energy remains



positive, it means that the body's resources are not reduced noticeably even though we face major challenges. But if the body uses more energy than we are creating, and this is repeated continuously for a longer period, it can lead to serious health problems. We also need to understand that the body has an immense capability to heal and restore itself, all you need to do is to maintain the positive balance between creating and consuming energy.

The older we get, the poorer the distribution of energy in the body. If we restore the energy, we help our body to rejuvenate. Creating free passage for the energy to flow in the meridians is one of the most important parts of the rejuvenation process.

The purpose of Step 5 is for you to learn to improve and regulate your own energy levels. We can affect the body via our thoughts, both mentally and physically. If we attach a positive feeling, which is a subtle frequency, to a thought, it will vibrate stronger as feelings have a strong influence on our thoughts. We can send energy to the whole body by focusing on a thought and adding a positive emotion such as joy, love or gratitude. In this way, we can improve the energy flow and the energy distribution. But the precondition is that we keep our focus. And that we create the right feelings to go with our thoughts.

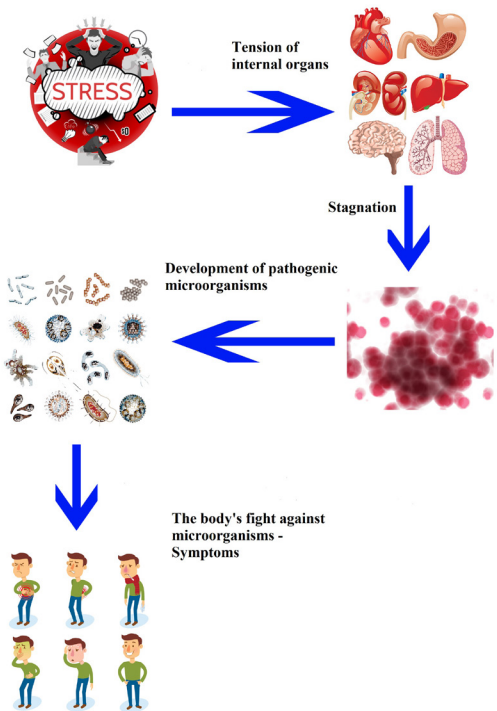
On our website, you will find helpful animations to work with:
<https://beyounger10steps.com/> There, you can also find other exercises about how to move energy in the body with your thoughts with the aid of visualizations and music.

In addition to inspired visualizations, we can use modern technology in energy work. A device that I use and recommend is called Monicor, which after a few minutes of scanning can detect and measure the energy flow of Qi in our bodies. It registers which acupoints and meridians are blocked and stagnant and treats these points.

Step 6: IMPROVE AND RESTORE BODILY FLUIDS

Stagnation of the blood and lymph is one of the most important reasons for deteriorating health and premature aging. Health problems usually develop like this: First, we experience mental challenges and stress, which cause stress reactions in inner organs and body parts, and this stress leads to stagnations in the body's fluids. The fluid media - the intra cellular fluids, lymph and blood permeates all organs and tissues, and stagnations usually activate microorganisms, parasites, bacteria and cancer cells. When the body starts to fight these by inflammation, tumors (to limit the distribution of microorganisms) and other reactions it exhibits what we call symptoms of disease.

These symptoms are the body's fight for survival. Most people fight the symptoms, but I think you already understand that this is not the solution, only a temporary evasion technique. When it comes to rejuvenation, it is of greatest importance to eliminate the cause, in this case, the stagnations in all fluids (blood, lymph and the fluids in between cells). Stagnation blocks a movement, and life is movement. If the amount of stagnation is great, aging will happen quickly. Stagnation, inflammatory processes and development of tumors, adenoma etc. are contaminations in the body. Add the dead cells to the picture (which increase by the million every day), and I am sure you can see what an enormous positive impact that moving fluids can have on your body.



Thanks to the development in modern quantum physics, we now have an excellent technology to regularly detox the body and remove fluid stagnations which are a prerequisite to any successful rejuvenation protocol. Quantum physics developed the idea that our entire world, all objects and all living creatures has double nature. Everything exists simultaneously as matter and wave, or frequencies and oscillations, which form magnetic fields.

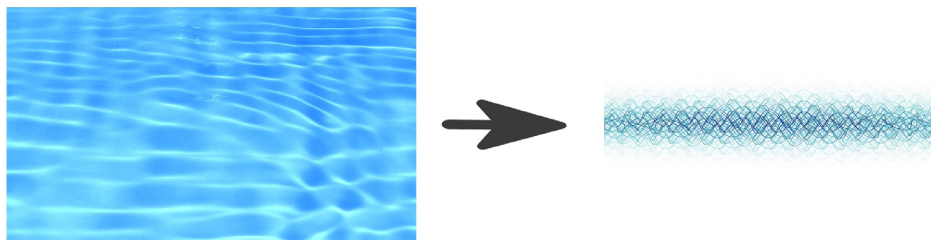
The quantum physics experiments and the interconnection of the energy behavior of atoms, have successfully been transferred to the medical arena as quantum medicine. Every cell in the human body contains information. This information forms frequency structures in and around us. The cells emit weak waves, because the particles of which they are composed have electrical charges. Each molecule has its own magnetic field. Movement of blood and lymph also moves charged particles. These interact with each other as they are attracted and repelled. Each of these complex and cooperating processes contributes to the creation of a network of electromagnetic waves. This electromagnetic network takes a form of a wave pattern of the material body and contains information about the condition and development of the organism. All positive or negative changes begin within this wave structure.

This way of thinking completely alters the way we look upon medicine and medication. Quantum medicine does not focus on the disease's symptom. Instead, we work with the information structure, with restoring the body's regulating functions. The cell membranes' water structure in the body's different organs have their own wave processes. To affect these organs or processes, you need to communicate with the organism in a language it understands.

All body structures, including organs and fluids, consist in average of between 70-75% of water, and it is not regular water, it has a specific structure, and stagnations in an organism will destroy this structure. By restoring the structure, we can remove stagnation and rejuvenate the sys-

Quantum Rejuvenation Method

tem. In 1995, a group of Russian scientists discovered the resonance frequency of water, i.e. the frequency with which you can communicate with the body's water and restore its structure. This frequency can be created by the device called Aquatone Advanced. It works in the same way a tuning fork is used to tune a piano. Aquatone serves as a tuning fork for the body's fluids by resonating on the frequency of water. The power density Aquatone creates is ten thousand times lower than the power density of a mobile phone. Such a low frequency emission, which corresponds to the emission of the body itself, cannot cause any damage. On the contrary, it is a natural state for the body in which it can detox, remove inflammatory processes and improve on causes of stagnation.



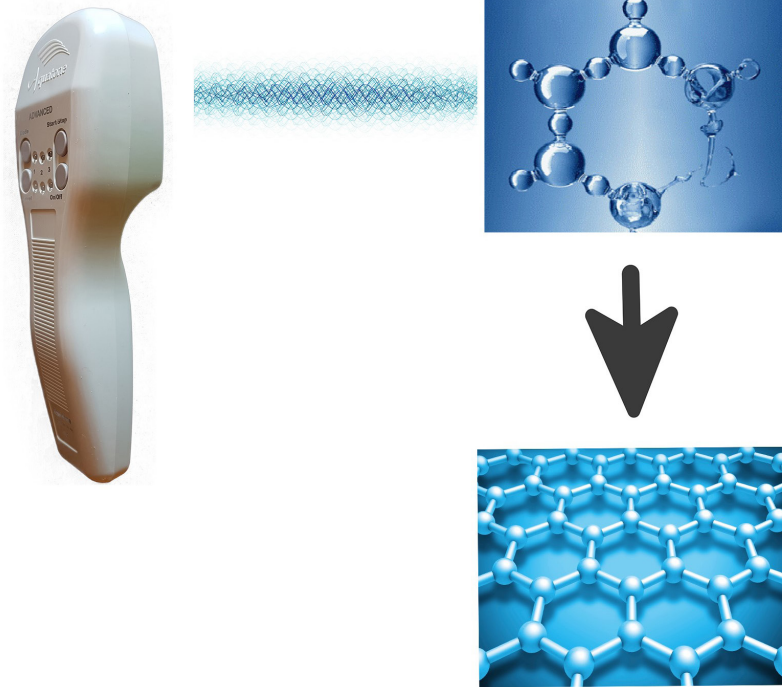
Aquatone is truly a revolutionary discovery and has proven to be very efficient in a dozen of scientific experiments. You can read the scientific reports on www.aquatone.se. In Sweden where the device is popular hundreds of people achieved amazing results from using Aquatone, improving almost every single function of the body due to its unique ability to resonate with and restore the bodily fluids.

Thanks to this wellness tool, we can prolong our youth. You can find more information about Aquatone on these websites: www.aquatone.se and <https://beyounger10steps.com>

This technology, connected with the other steps of our rejuvenation method, delivers powerful results. Ionized water,



which you read about in the chapter about water, has an electric potential similar to that of the body's fluids. By regularly drinking ionized water, we can improve the quality of the body's fluids. The uptake of vitamins and minerals becomes more efficient as they can pass through a mobile flowing fluid and are able to penetrate the cells' membranes and reach the cell nucleus. Breathing exercises can also improve the environment of the body as they result in an extra production of carbon dioxide which is transformed to carbonic acid, which like other acids dilutes the blood.



Aquatone Advanced emits waves that are equivalent to the waves of the body's water and, via resonance, restores the structure of the bodily water.

STEP 7: INCREASING THE AMOUNT OF GOOD BACTERIA

Microbiota

The sum of bacteria present in the human body is called microbiota. The important role that the bacteria play in the human health is well researched and understood. Scientific research of the past few years determined that healthy microbiota bacteria is one of the most important health factors. It affects almost every biochemical process, brain performance, mood and even DNA.



Bacteria can be healthy or pathogenic. Normally, the body contains both healthy and pathogenic microflora. Healthy bacteria are predominant, making up 99% of all microorganisms. The good bacteria is found on the skin, in the intestines and on the mucous membranes. When healthy bacteria are decreased or lacking, the person can get sick, digestive and respiratory systems are disrupted.

Lactobacillus

This group of microorganisms is involved in the production of lactic acid, lysozyme and bacteriocins and is important to human health. Thanks to its interaction with other healthy microorganisms in the intestines, growth and development of pathogenic microorganisms are blocked and intestinal infections prevented. This greatly helps the immune system. If there is a lack of these bacteria in the intestines, dysbacteriosis can form very quickly. Lactobacillus colonizes the intestines and mucous membranes.

Bifidobacterium

This is the most common microorganism, responsible for production of lactic acid and acetate. Its activity creates acidic environment which neutralizes most pathogenic microbes. Bifidobacterium are responsible for food allergies. They also have antioxidant effects, preventing development of tumors. Vitamin C supplementation is not complete without effects of Bifidobacterium, it also contributes to the absorption of vitamins D and B. Supplementation with synthetic vitamins will be useless in the deficit of Bifidobacterium. Decreasing the putrefactive- and fermenting processes is one of the most important tasks of the Bifidobacterium. These microorganisms develop a symbiosis with pathogens in order to control them. The micro flora contributes to the creation of local immunity in the intestines where pathogenic organisms are eliminated, and harmful microbes are blocked (this activity is symptomatic of bloating and flatulence.) The peristalsis of the intestine is largely dependent on the kind of microorganisms that colonize it. Healthy microorganisms have a positive effect on the walls of the small intestines and the colon. Without their presence, vitamin B is not absorbed in the intestines, which leads to problems in the nervous system, skin diseases and a reduction of hemoglobin. More than half of the micro flora is involved in the regulation of absorption of fatty acids and hormones.

E. coli (Escherichia coli)

Not all types of E-coli are pathogenic, some serve a protective function. These bacteria contribute to the synthesis in various groups of vitamins, folic acid and nicotinic acid. Their role in health cannot be underestimated. For example, folic acid is necessary to produce red blood cells and for maintaining normal hemoglobin levels. The human body functions normally when there is a balance between bacteria in the intestines and the mucous membranes. The larger part of foods which have not been metabolized by the digestive system are broken down by these bacteria when the foods reach the colon. In addition, these microorganisms ensure the permanence of the water-salt metabolism.

Dysbiosis is a change of the quantitative and qualitative composition of bacteria in the human body when healthy organisms are diminished, and the pathogenic bacteria aggressively reproduces. Dysbiosis affects the intestines and the mucous membranes (such as oral and vaginal mucous). In its analysis, you can find streptococci, staphylococci and micrococci. Normally the healthy bacteria will suppress the development of pathogenic microflora. But if the balance is interrupted, a person can experience flatulence, bloating, abdominal pain and digestive problems, skin irritation and chaps can appear.

Healthy microbiota is an essential ally in our rejuvenation process. Increasing the healthy bacteria in our intestines with the use of prebiotics and probiotics is one of the most important steps to rejuvenation.

Probiotics are bio-additives containing living microorganisms and/or metabolites (metabolic products) which have a normalizing effect on the biological activity and composition of the microflora in the intestinal tract.

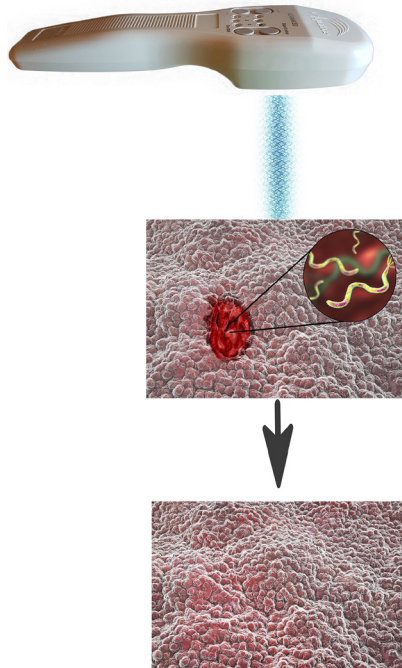
Prebiotics – These are indigestible products which stimulate the activity of the bacteria in the colon, usually it is a fiber. One of the best prebiotic foods are sauerkraut and kimchi, both are an excellent food for bacteria. To reap full benefit of prebiotics you need to eat them regularly.

Do we need probiotics? Absolutely, and the older you get, the more essential it is. But as we age we also run into a problem with probiotic absorption. After 40 years of age, many people have inflammation in the intestinal tract. As probiotics pass through the intestinal tract they should stick to the mucous membrane in the intestine, but any inflammatory processes on the mucous membrane make the absorption of bacteria difficult. Reducing inflammation in the intestine is an important step towards rejuvenation.

To help with this, I personally use the Aquatone Advanced device. I have already introduced it in the previous chapters. In addition to clearing fluid

stagnation, it can effectively calm inflammatory processes. Apply Aquatone to the area right under the navel, moving it left to right across the belly. Use it twice a day for 10 minutes at least twice a week and you can achieve the desired results within 2 weeks. But to maintain a lasting effect Aquatone should be as an ongoing regular treatment. Restoring gut microflora is not a quick process, it takes 3 months of regular supplementation with probiotics. To maintain the health effect, I recommend that you continue taking for one week every month while using Aquatone.

The restoration of the microflora is necessary both for rejuvenation of the body and for restoring your health.



By structuring the water in the tissues, Aquatone Advanced activates the immune defense cells and is in this way able to reduce or remove inflammation.

Step 8: IMPROVE INTER-CELL COMMUNICATION

How do the cells communicate with each other? Which language do they speak?

One way that cells exchange information is via low-intensity waves. Many scientific studies have showed that internal systems of organs and cells exchange information with each other at high frequencies via millimeter waves. This information exchange, or inter-cellular communication, takes place in the resonance of ultra-high frequencies of 42-63 GHz at fitting intervals.

This information exchange is very important for health. The body has an amazing ability of maintaining health on its own – but this is possible only when the functioning systems cooperate. Imbalances and interruption in cell communication lead to depletion and disease.

If you want to influence your cells and restore their connections, it is necessary to communicate with the cells in their own language, in frequencies. By creating resonance at these frequencies, it is possible to help the body restore its internal structure.

Scientific research on millimeter waves for therapeutic use has been performed in Russia for over 60 years. It is an area which is constantly developing. By learning the language of the cells, we can restore the damaged connections in the body, solve the problems in the information structure and restore the body's innate ability to self-regulate and self-heal. Millimeter wave therapy has been developed with this purpose. Millimeter wave therapy is completely safe and can be used on anyone.

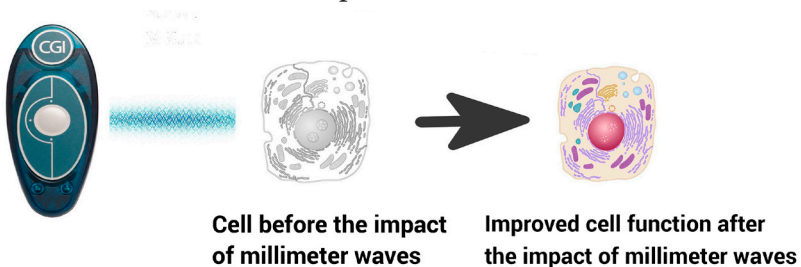
The most recent innovation has been a device called Triomed CGI. It is a miniature personal bio-medical device, which is customized for home users. Triomed CGI emits weak electromagnetic waves similar to the electromagnetic waves emitted by the cells. This resonance frequency operates like a tuning fork, it restores and improves inter-cellular

communication and restores the information exchange between cells. This reinforces the body's natural ability to heal itself. Triomed CGI also works on cellular membranes restoring the cell membranes' capacity to absorb oxygen and nutrients so that they can perform their functions better. If you have a Triomed CGI at hand, you can clearly observe the effects of the treatment.

Consider conducting this experiment on your own. Check how long you can hold your breath before, and then after a short exposure to millimeter waves. Find your pulse on the wrist or on your throat. Hold your breath and try not to breathe for as long as possible - maybe 30 seconds. Then place the device on your pulse for 3-5 minutes. Hold your breath again and time it. How long can you hold your breath this time? Probably 1,5-2 times longer than before. This happens as millimeter waves increase your capacity to absorb oxygen.



The sensitive cells of the nervous system are particularly receptive to the radio waves of Triomed CGI. With this device, it is easy to effectively balance the nervous system and reduce stress. Triomed CGI also has the important ability to increase sensitivity of cellular receptors on the cell membranes. Each cell has a receptor which receives information from the



The waves of Triomed improves the cell membranes and is in this way able to improve the cells' functions.

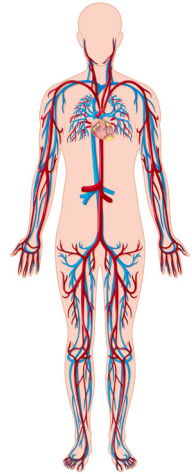
outside. If the receptors' sensitivity to hormones or mediators is reduced, cellular functions will deteriorate. Millimeter waves activate these receptors increasing their ability to receive information.

It is a well-known that one of the major reasons for aging is hypothalamus' diminished control over bodily cells. This control takes place via the receptors that surround the cell membranes. When Triomed CGI improves the sensitivity of the receptors, it can help increase hypothalamus' control of the body, which can result in rejuvenating effects: thinner blood, expanded blood capillaries and a restored balance in the nervous system. Another way of working with millimeter wave therapy is to treat acupuncture points. In this case, the vibrations are transported to the cells via meridians - the body's energy channels. When working with millimeter waves directly on acupuncture points, take caution as the effect is stronger than when working on separate body parts. It is enough to treat each point for the duration of just 1-2 minutes.

The quantum waves Triomed CGI's produced are identical to the waves with which the cells talk to each. This strengthens the body's structure and improves the biochemical processes in the body, which contributes to the rejuvenation of the body.

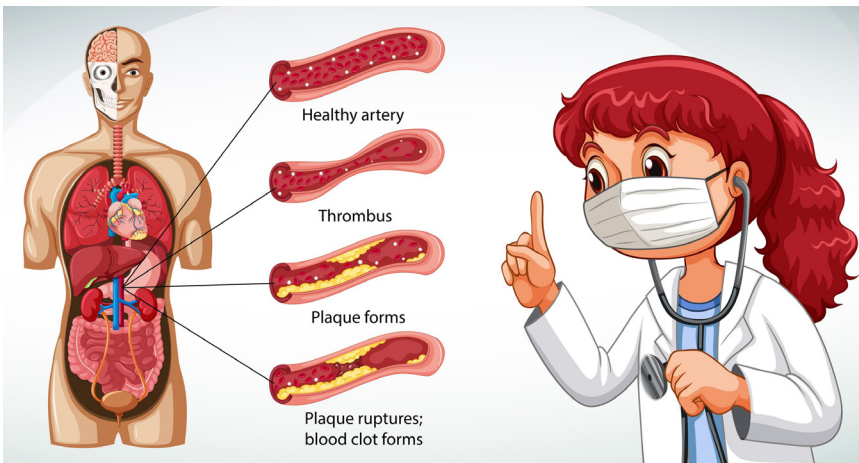
Step 9: IMPROVE THE CARDIOVASCULAR SYSTEM

All physiological functions depend on the circulatory system of blood vessels, responsible for the transport of nutrients and oxygen organs, glands and limbs. We have over 96 560 km of blood vessels in our bodies! Blood streams through all tissues in the body via arteries extending from the heart. The arteries branch out into a network of progressively smaller vessels eventually terminating in very fine hair-like capillaries. They deliver nutrients and oxygen to the cells and dispose of cellular waste by-products. The blood vessels permeate all our organs and tissues. The capillaries are so many that it is impossible to pierce through tissue at any given point in the body without hitting one or more of them.



Poor circulation and functional failure of the cardiovascular system is the beginning of many health problems. Let us examine four causes of cardiovascular dysfunction to determine what we can do to avoid them.

The four reasons the blood and the blood vessels cannot function optimally are:



- 1) Plaque formation in the blood vessels; 2) Narrowed blood vessels;
- 3) Loss of elasticity of blood vessels; 4) Thick blood or hypercoagulability.

1) Plaque formation in the blood vessels

The main reasons plaque is formed in our blood are:

- Poor metabolism of blood fats such as cholesterol and triglycerides. If your liver is under-functioning, it might over-produce cholesterol.
- Contamination in the body. If we have contaminations in the body which cannot be removed, it will cause formation of plaque.
- Lack of carbon dioxide. In the chapter on breathing, we mentioned that the lack of carbon dioxide may lead to contraction of the capillaries and to the promotion of plaque formation.
- Thicker blood. Insufficient hydration causes blood thickening.

We need physical activity to support our blood circulation. Over active kidneys trigger an over production of bicarbonate which in turn thickens the blood.

To reduce plaque formation:

- Reduce the intake of carbohydrates and fast carbohydrates in particular and improve the functions of the liver and the pancreas.
- Detox the body.
- Dilute the blood.

To our aid we have:

- Aquatone which detoxes the body and improves the function of the liver and the pancreas. Aquatone reduces inflammation and dilutes the blood.
- Triomed also reduces inflammation and dilutes the blood. On our website <https://beyounger10steps.com/> you can read about how to use the Aquatone and Triomed devices.

2) Constricted blood vessels

The main causes of narrowed blood vessels are:

- An over active sympathetic nervous system. The sympathetic nervous system causes our vessels to contract. This often happens during stress. The parasympathetic nervous system makes our vessels expand and relax.

- Plaque on the inside of the vessels.

- Contamination in the body. If we have contaminations in the body that are not disposed of, blood vessels become more constricted.

- Carbon dioxide transforms to carbonic acid which dilutes the blood and expands the vessels. If we have a lack of carbon dioxide, blood vessels will be constricted.

- Over active kidneys. If the kidneys are over active, they are triggered to produce more bicarbonate which in turn makes the blood alkaline so that the vessels contract.

- Lack of NOx. The body produces NOx on the inside of our vessels. NOx widens the vessels and make them more elastic.

In order to reduce or remove constrictions in the blood vessels, we need to:

- Balance the nervous system.

- Detox the body.

- Increase the production of NOx.

- Improve the function of the kidneys.

- Restore the carbon dioxide level in the blood.

- Reduce the amount of plaque on the inside of the blood vessels.

To our aid we have:

- Meditation which balances the nervous system.

- Breathing exercises with SmartBreathe which balances the nervous system, restores the carbon dioxide level in the blood and reduces the amount of plaque on the inside of the blood vessels.

- Aquatone which detoxes the body, reduces plaque on the inside of the blood vessels, balances the nervous system and improves the functions of the kidneys.

- Triomed which balances the nervous system and detoxes the body.
- Vitamin C, E and L-arginine which, in combination, improve the production of NOx.

3) Poor elasticity in the walls of the blood vessels

The main causes of rigid blood vessels are:

- Poor metabolism of calcium. Our gastric juice aids the body to assimilate calcium. If we produce too little gastric juice, the calcium is stored in the blood vessels which will harden the vessel walls.
- Lack of NOx. The body produces NOx on the inside of our vessels. NOx widens the vessels and makes them more elastic.
- Poor production of collagen and elastin in the walls of the blood vessels. The inner walls of the blood vessels produce and consist of collagen and elastin. If this production is reduced, the vessel walls lose their elasticity.

This is how can we make our blood vessels more elastic:

- By improving the uptake of calcium.
- By increasing the production NOx.
- By increasing the production of collagen.

To our aid we have:

- Aquatone, which is able to improve the body's capacity to increase collagen production. Vitamin C, E and L-arginine, which together improve the production of NOx, which makes the vessel walls elastic.
- Triomed, which improves the uptake of calcium by strengthening the cell membranes.
- Vitamin D and magnesium, which together, can increase the uptake of calcium.
- Acid water drunk before meals can increase the acidity level in the stomach which will support the calcium uptake. However, this is not suitable for people with ulcers or gastric problems.

4) Thicker blood

These are the main reasons the blood thickens:

- Over active kidneys producing more bicarbonate than they should.
- Poor eating habits causing the body to become unable to process food correctly: particularly sugar, alcohol and smoked foods.
- Too little physical activity which results in a poorer blood circulation.
- Drinking too little water, which will concentrate and thicken the blood.
- Poorly functioning cell membranes in blood cells, which cause thrombocytes and erythrocytes to glue together.
- Lack of carbon dioxide, which dilutes the blood, will cause a thicker blood.
- If our liver is under functioning, it may increase its production of thrombocytes, which will result in too many thrombocytes in the blood so that it thickens.

We can dilute the blood by:

- Drinking more water, especially structured water.
- Improve the function of the kidneys.
- Improve the function of the liver.
- Perform more physical activity.
- Do breathing exercises with SmartBreathe.
- Maintain a well-balanced diet.

To our aid we have:

- Aquatone which structures our drinking water, structures the water in our body, improve the functions of the kidneys and the liver.
- Triomed which dilutes the blood by improving the blood cells' membranes.
- Breathing exercises with SmartBreathe, which will increase the carbon dioxide level in the blood and in this way dilute it.



Aquatone - is able to detox the body, reduce plaque on the inside of blood vessels, improve the functions of the kidneys, improve the body's ability to produce collagen.

Triomed – is able to dilute the blood naturally, balance the nervous system and detox the body as well as improve the uptake of calcium.

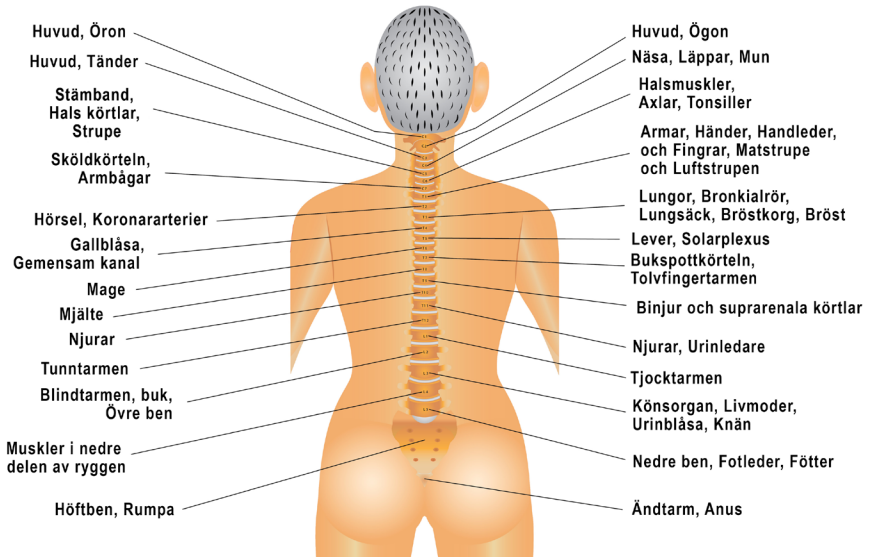
SmartBreathe™ widens the vessels and make them more elastic. Breathing exercises can increase the level of carbon dioxide in the blood and thus improve the oxygen uptake.

Vitamin C, E and L-arginine can, in combination, improve the production of NOx, which makes the vessel walls more elastic.

Lemon water increases the acidity level in the stomach, which aids the uptake of calcium.

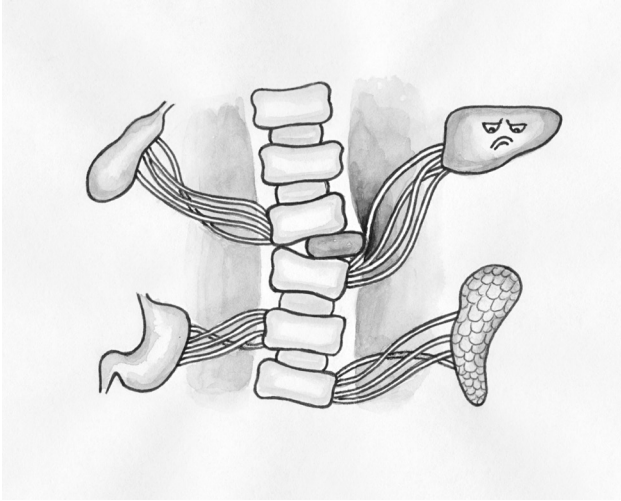
Step 10: REJUVENATING THE SPINE

This is the final and indispensable step on your journey of rejuvenation. The spine holds a very important role in our overall health. The spinal cord passes through the spine. Together with the brain it forms the central nervous system. The spinal cord is connected to all organs in our body via the nerve circuits which carry nerve impulses from the brain to the body, and from the body back to the brain. If a nerve is squashed, by tensions in muscles pressing on nerves, dislocations of vertebrae the nerve impulses to the connected organ do not work, and ill health results. People usually treat the areas where symptoms manifest, so it is easy to miss the cause of the problem, which could be in the spine. If health problems arise, it is important to exclude problems in the spine and potential squashed nerves. One of the causes of spinal problems is incorrect posture and sitting incorrectly.



The vertebrae and their connections in the body:

The vertebrae 1-7 of the upper part of the neck are connected to hearing, vision, speech and the brain. If we have tension in this area, it may result



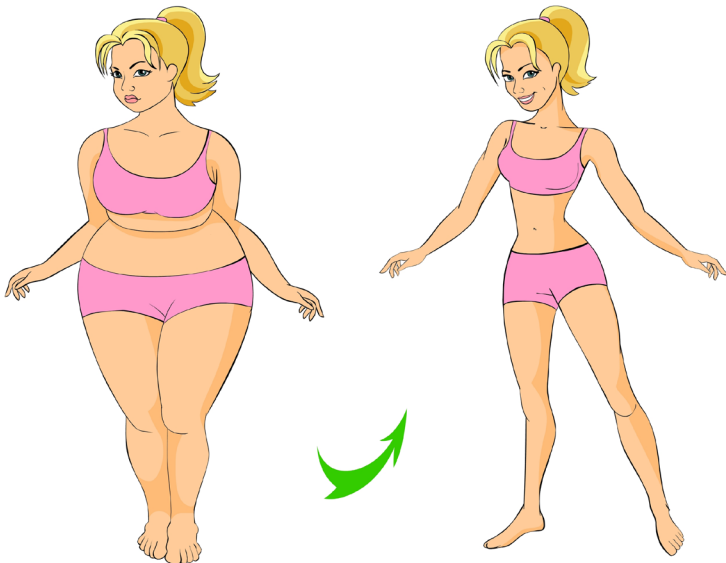
in headaches. If we treat the spine, the headache will disappear. Vertebra 7 contains an important nerve cluster responsible for the thyroid function. It is also connected to the heart. If we have tension in or around this vertebra, it could lead to hypertension, arrhythmias etc. The vertebrae 4 and 5 are also connected to the heart. Vertebra 3 in the thoracic part of the spine is connected to the lungs and bronchi. The 4, 5, 6, 7 and 8th vertebrae in the thoracic region handle the communication with the stomach and the intestinal tract. The 9, 10, 11 and 12th vertebrae in the thoracic part are responsible for the urinary system and the work of the kidneys. Thoracic vertebrae 9 and 10 are also connected to the liver and the gall bladder. The 11th vertebra is connected to the spleen.



In the loin we have the vertebrae which are connected to the colon. If we have squashed nerves in this area, it may result in dysbacteriosis, and a reduction of the healthy gut bacteria in our intestines. At the coccyx, we have nerves that are connected to our genitals, prostate, and bladder.

Our spine performs an amazing job keeping us upright. But all too often we neglect it. To give nurturing attention and to aid potentially squashed nerves we can address the spine by gently pressing on the muscles next to the spine. Where there is tenderness, there is tension. We can massage the muscles that support the spine so that they soften and release the tension. Or visit a chiropractor to manipulate the vertebrae back to their correct location, visit a holistic practitioner or an acupuncturist. But we can also treat ourselves with the frequency device Aquatone, which structures the fluids in the body so that the tensions are released. The time of treatment with Aquatone varies between 3 days to 3 weeks depending on your age and how long the problem has existed.

Solving the problem of excessive weight

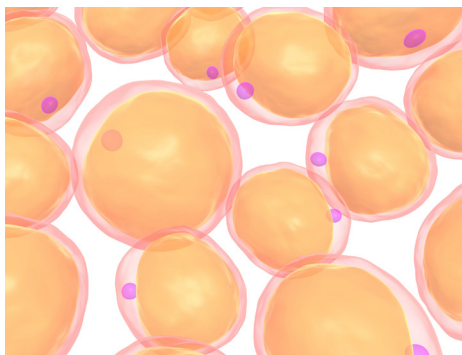


The 10 steps that I have described in this book can be used to solve many different health problems. So far, I have focused on the revitalizing and rejuvenating aspects. But the methods can also be used to resolve specific health issues such as weight issues.

Let us first examine the main causes of being overweight. The commonly known reasons are improper nutrition, overeating, insufficient exercise, genetic predisposition and usually various diets and exercises programs are recommended. All which is of course correct, but to lose weight, you need background knowledge about the issue.

It is a well-known fact that the body uses its own fat as energy only as last resort. First, the blood sugar from our foods will be consumed, then carbohydrates will accumulate in the form of glycogen in the liver and in the muscles. Then the body will consume the fat and the fibers we eat and only thereafter will the body consume its fat storages. How can we turn this order around?

Fat cells can increase or reduce in size, sometimes growing 40 times their original size! There are two types of receptors in the fat cell membrane: A- receptors and B-receptors. When A-receptors are activated, fat is accumulated in the cell, when B-receptors are activated, the cell will release fat instead (in a process called lipolysis).



To lose fat, we need to activate the B-receptors. Its primary activators are the adrenalin and noradrenalin hormones, but these also activate A-receptors. The same hormones can both stimulate lipolysis (communicate with beta-receptors) and inhibit lipolysis (communicating with alpha-receptors). It comes down to whether the fat cell has more A-receptors, which will make fat accumulate or if it has more B-receptors, which will help release fat. If the surface of the fat cell (liposomes) contains more

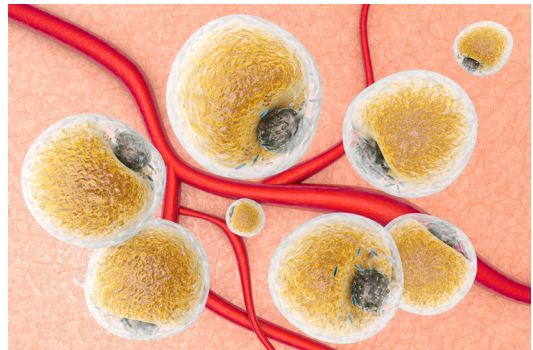


Adrenaline hormone

beta-receptors than alpha-receptors, adrenalin and noradrenalin will reduce the volume of the fat cell. The activation of B-receptors is also affected by the male hormone testosterone, and activation of A-receptors are affected by the female hormone estrogen.

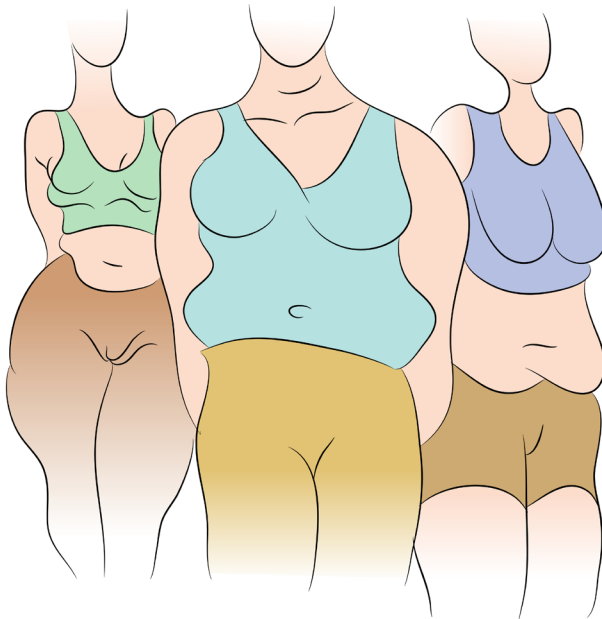
If we manage to activate beta-receptors, we have half the solution. The fact is that when fatty acids leave the fat cell, other cells in the body must receive these fatty acids to create energy. But here another problem may arise. The receptors of the cell membranes often have a reduced sensitivity to fatty acids, but an excellent sensitivity to glucose. That is why the cells prefer carbohydrates. But if we manage to release fatty acids from the fat cells, and at the same time increase the receptors' sensitivity in other bodily cells, we not only solve the problem of overweight but also increase the general energy in the body. Burning fat is twice as energy demanding than burning carbohydrates. There is also another aspect.

Fat cells release fatty acids in places where there is an increased blood supply. It is no coincident that women have more fat deposits around hips and stomach and men a



higher fat concentration around the abdomen. It is in these areas that men and women have an increased number of alpha-receptors and a weaker blood supply.

Our task at hand is then to both activate beta-receptors and increase the sensitivity to fatty acids in the cell membranes' receptors in order to improve the blood supply in overweight body parts. This is the most important thing we can do with the aid of our wellness tools as described in this book. Any other reasons for being overweight, such as a reduced thyroid function, weak production of growth hormone, too little healthy gut bacteria - which may affect weight and the intake of carbohydrates - are solved automatically just by applying the suggested methods in this book.



Solving the problem

I have just explained the main reasons why people gain weight, but there are people who do not gain weight even though they do nothing to affect it. Why is that? We can divide people into two categories, the sympathetic and the parasympathetic ones, in which the sympathetic people are dominated by the sympathetic nervous system and the parasympathetic people are dominated by the parasympathetic nervous system. The sympathetic people are more mobile and have a sympathetic nervous system which stimulates the production of adrenalin and noradrenalin, which is crucial for the activation of B-receptors, improved blood circulation and faster metabolism.

An increased weight loss is mainly due to a faster metabolic rate. Physiologists know that the metabolism increases during physical activities. But the accelerated metabolism as a result of physical activity is a temporary phenomenon. Within 2-3 hours after the workout, metabolism returns to previous levels. In order to maintain the metabolism on higher levels, it is necessary to perform physical activities often during the day, which can be unrealistic for many people.

This is when we can use anaerobic exercises. As you might remember, anaerobic exercises have to do with holding your breath. It is about performing our usual physical exercises but with holding your breath. When the body does not access an increased amount of oxygen during physical exercise, the body begins to adapt to the lack of oxygen by increasing adrenalin and noradrenalin. And we already know that this leads to a release of fats in the fat cells and an increased metabolism.

Anaerobic exercises' effectiveness is superior to regular exercise, 5-7 minutes corresponds to approximately 30 minutes of regular exercise without breath holding. Therefore, if you perform anaerobic exercises 5 times a day, pausing 2-3 hours, you will be able to maintain the metabolism on a satisfactory level. The lack of oxygen in the body is called hypoxia, and the body adapts to hypoxia by, not only by increasing the production of adrenalin and noradrenalin, but also by increasing the sen-

sitivity to fatty acids in the cell membranes' receptors. Anaerobic exercises allow us to burn fat in three different ways.

On the one hand, B-receptors are activated which increases metabolism, on the other hand, the sensitivity in the cell membranes increases, which allows for the cells to use fat for energy production. And we also increase the blood supply by activating the reserve capillaries.

Which are the most effective anaerobic exercises for burning fat? The single most effective one is squats while holding your breath. For 5-7 minutes, you can do 3-4 of these exercises with a pause of 30 seconds. Hold your breath as long as possible, something which varies from person to person, 10, 15, 20, 25 seconds, and after some time, increase the time with 5, 10 seconds and so on. Breathing exercises with Smart Breathe™ also contribute to weight loss.

If you also divide your meals into 4-5 meals a day, eating smaller portions, this is also very valuable. When you divide your meals into smaller portions, your blood sugar will also decrease and thereby also the insulin level in the blood, and it is a fact that the main obstacle to fat burning is insulin.

Finally, if you decide to lose weight, you also should create a mental picture of yourself where you have a normal weight. And additionally, perform mental ideomotor exercises several times a day, 3 minutes at a time, something I talked about in step one.

When you work with our quantum wellness tools, they will contribute to your fat burning. Triomed will increase the sensitivity of the cell membranes so that their receptors are better equipped to absorb fatty acids and create energy. Aquatone Advanced will cleanse your body of toxins and dead cells, which will create a better inner environment for the removal of fats.



EPILOGUE

Why are there so many steps to rejuvenation? Well, it requires more work than just maintaining health. Rejuvenation implies getting the cells to work as they did when you were young. And it expects a longer life. There is a universal law which states: “The more you want to receive, the more you must be willing to give.” Applied to rejuvenation, this would mean we must dedicate more time to taking care of your health.

It is not necessary to apply all 10 steps to achieve rejuvenation. For some, it might be enough to change the way they think, increase the oxygen uptake in their cells or remove stagnations. But if you are doing absolutely everything you can to maintain health and still not achieving the desired results, it could be due to problems in the inner microflora or problems in the lower back. That is why I have created such an inclusive program, describing all the necessary components to achieve better health and rejuvenation in this book.

The most important thing is to understand the foundational concepts of rejuvenation. Under normal conditions, the body is fully capable of regulating itself and maintaining good health. Aging and health issues begin when there is too little energy to maintain normal bodily functions. On the one hand, too little energy is created and on the other hand, the body consumes too much energy. All the steps described in this book aim to help the body properly regulate its energy production and dispose of waste.

The 10 steps are in fact 10 different approaches. I believe that every one of these steps can contribute to both your health and rejuvenation. According to my estimate, each of these steps can increase your internal resources:

- 1) Mental steps can increase resources by 40%
- 2) Breathing exercises by 20%
- 3) Drinking structured water by 20%
- 4) Ccorrect nutrients by 20%
- 5) Improvement of the body's inner environment by 30%
- 6) Activating energy flows by 20%
- 7) Improving blood circulation by 30%
- 8) Increasing the amount of healthy gut bacteria by 20%
- 9) Improving inter-cellular communication by 30%
- 10) Improving the spine by 10%

As a result, if we apply all the steps, we will be able to increase our resources by 240% or 2.4 times. This is a moderate prognosis, a minimum you can expect.

I sincerely hope that you will use the innovative methods presented in this book and use them to rejuvenate, prolong your life and keep disease away.

I wish you the very best of success!

Boris Aranovich
Stockholm, Sweden
July 2018



Boris Aranovich is an internationally acclaimed specialist in the alternative health field. He is a scientist, creator of several health methodologies and interactive health programs as well as the author of 15 health books, which have been translated into many languages. Boris has lectured worldwide, in countries such as the US, India, China, South America, the Philippines, Hong Kong, Taiwan, France and Germany. Boris also hosts a local radio show called "Better and better day by day" and is a frequent and popular guest on international web shows.

Participation in scientific studies:

1991 – Research at the Institute of Physical Education in St. Petersburg:
“The power of mental training for sports performance.”

1997 – Research on the effects of “ideomotor” movements of brain rhythms at the University of Washington, Seattle, USA

2010 – Research at the Karolinska Institute: “Effects of a low-intensity electromagnetic field on fibroblast migration and proliferation.”
Sweden, Stockholm

2011 – “Improvement of Human Health State after Short-Term Training of the Smart Breathe Method” Kina, Shenzhen

2013- Effects of Smart Breathe in Community Dwelling Elderly of New Delhi, India