



**Health Club 100+**  
Create a happy healthy life and live over 100 years

## NEWSLETTER NO.1

# Hello and a Big Warm Welcome to the Health Club 100+ !

This is your first newsletter and contains very important information about how to handle your health in a correct way. Here are some basic ground rules...

1. It is the body itself, which regulates all its functions, and if a problem arises, it is the body which takes actions to solve the problem. Our task is to help the body in a correct manner - I want to emphasize "in a correct manner", because usually people unknowingly work against the healing processes of the body.
- 2, There are general rules about how to take care of you health, but it is even more important to understand that we are all individuals and treatments etc. therefore need to be customized individually. For example, if you just google information on how to activate your kidneys if they are already over activated, maybe you can imagine what could happen...Of course, this also applies to other organs. So, how would you know if you have an over or under function in an organ? This is something you will learn in the Club 100+.
3. People have different kinds of nervous systems, some have a more active sympathetic nervous system and others a more active parasympathetic nervous system. Also in this case, it is absolutely necessary to take different actions. In the Club 100+, we use many methods which build on the tuning fork principle, i.e. methods which balances functions, not activating or suppressing them, but it is still important to know if you are a sympathetic or parasympathetic person. And this you will also learn in the Club 100+.



4. There are two absolutely necessary actions which need to happen regularly. Every second, millions of cells die and these and the waste products from the metabolism end up in the blood. This causes the movement in the fluids to slow down, in particular in the intercellular fluids which make up the majority of the body's weight. And it is in the stagnated fluids waste products, toxins and dead cells start to accumulate and form a poor cellular environment. Thereafter, viruses, bacteria and micro-organisms start to develop in this environment causing inflammation, tumors and adenoma. Hence, the very first thing you need to do is to regularly help the body to detox. In the Club 100+, you will learn many different ways of detoxing the inner environment, both with the aid of mental exercises and with wellness tools.

5. Another absolutely necessary measure is mental work, which can restore the communication between neurons - various neuron patterns in the brain which correspond to different functions in the body. In other words, problems in the body need to be restored both on the physical plane and in the brain, otherwise it is difficult to get rid of chronic issues. In the Club 100+, you will learn unique mental exercises, not to be found anywhere else in the world. These exercises are easy and quick to do, they only require 10-15 minutes per day, but they must be done regularly. These exercises also have additional health benefits - they organize and structure the brain. To clarify this more, remember that graphite and diamonds have the same chemical formula but different characteristics. Why is that? Well, a diamond has an organized atomic structure which substantially alters its characteristics. The brain functions in a similar manner - the more structure it has, the more effective it becomes. And this not only affects your health, but all areas of life.

Here is a practical exercise to improve the function of your immune system.

With age, the size of the thymus, which belongs to the immune system, decreases and this weakens the immune system. With this exercise, you can support your immune system by "reawaken" the thymus and increase its size.

Do this exercise for 2 minutes:

Watch the video and follow the pace of the animation and the rhythm in the music and, at the same time, visualize that your thymus is doing this movement. To make the exercise more effective, hold your breath for as long as you can while visualizing. And to make it even more effective, simultaneously lightly tap on the thymus on your chest. So, visualize for 2 minutes, hold your breath and tap on your thymus with your fist. Here is the link to the animation: [https://youtu.be/HICmB\\_9OiAY](https://youtu.be/HICmB_9OiAY)

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