



Achieving a Healthy Body, Mind and Spirit. the Ukrainian Way: Part 1: Physical Health (Paperback)

By Vasyl Dumenko

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dear readers, Do you care about your health? Do you want to take a fresh look at your lifestyle and strive to be successful and energetic? If so, we are pleased to introduce to you this book by Vasyl Dumenko, researcher and innovator, successful businessman and father of five. Achieving a Healthy Body, Mind and Spirit. The Ukrainian Way is a guide to healthy nutrition, useful exercise, breathing exercises, ways to protect yourself from stress, and other methods of health improvement. Through his own research and experiments on cleansing and health improvement, the author was able to shed 32 kg of excess weight and cure a number of serious diseases (hypertension, first stage diabetes, gout, cholecystitis, steatosis and fatty liver disease, asthma, allergic rhinitis, chronic tonsillitis, arthrosis, osteochondrosis). In this book the author shares his own experience and the knowledge he gained. Easy-to-understand tables, tested methods of cleansing the lymph, intercellular spaces and internal organs, as well as recommendations for spiritual and mental health make the book relevant and unique. This book is written in a simple, accessible language that...



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