

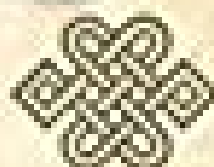
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ANCIENT SECRET OF THE FOUNTAIN OF YOUTH



PETER KELDER

Foreword by

BERNIE S. SIEGEL, M.D.

Peter Kelder

Ancient Secret of the Fountain of Youth



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Offering useful instruction on how best to carry out the Tibetan Rites of Rejuvenation, that will take only a few minutes a day, many practitioners have experienced benefits, including elevated energy, weight reduction, better memory space, new hair growth, pain relief, better digestion, and feeling overall younger. There, generations of Tibetan monks have passed down a series of exercises with mystical, age-reversing properties. Legend has it that hidden in the remote reaches of the Himalayan mountains lies a secret that would have saved Ponce de Leon from years of fruitless searching for the Fountain of Youth. feeling overall younger. Peter Kelder's publication begins with an account of his personal intro to the rites by way of Colonel Bradford, a mysterious retired British army officer who discovered of the rites while journeying high up in the Himalayas. Elixir of youth then offers practical guidelines for each of the five rites, which resemble yoga postures. Taking just minutes a day to perform, the benefits for practitioners possess included elevated energy, weight reduction, better memory, brand-new hair growth, pain relief, better digestion, and Known as the Tibetan Rites of Rejuvenation or the Five Rites, these once-secret exercises are now available to Westerners in Old Secret of the Fountain Of Youth.



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Shoulder Discomfort in Relations to Rite 4 ?? Rites 2-5 and like ebb and stream - yin and yang. I did keep the rites going and it seems the pain is currently starting to fade away so I am feeling a little bit better but for a while I was obtaining a little worried and having some articles in the book could have been comforting - continue I'm questioning if there are any other symptoms going to appear. There are so many people giving 'modifications' that it would be nice so that you can know what the initial workout was in its unmodified type. Also, the photos - obviously added - usually do not perform rite #3 correctly. and, the evidently unauthorized changes led right into a bit of unnecessary confusion on the way.. Kelder, as it sets a route for the introduction of the Indian version. Seems never to be the real deal We got this publication and worked with it for some months. We have performed these exercises for a long time. on the flip side if anyone beginning these and getting the same issue, this might help :) Once more great book, really enjoyed the read. Regrettably with the conquest of Tibet by the Chinese, this info was lost due to destruction of the monasteries and execution of its practitioners. This is not accurate today but at that point I me it was getting touted as truth. Cooking kills the enzymatic life in the food that does its work of best digestion. Our brief analysis at this point indicates Kelder do no further writing on this subject. Heck, the Tibetans used it to transform lived for centuries - a long time before the modern world found them.. I purchased this book to follow up the initial and was surprise to view it contradict the initial almost right out the door. my go to book when I have to reboot.. Great go through, did enjoy reading it, also enjoyed the various other sections besides the rites, although I'd also have liked to see some content in relations to the adjustments you anticipate to see while doing these rites, for example I am doing them for almost 2 a few months, haven't missed your day and also have increased 2 cycles per week as per the instructions, except for the first 14 days where I possibly could only increase 1, anyway somewhere around the 4th week We noticed pains on both of my shoulders - seems actually in the bone right on the surface of the shoulder - when I touched, it hurt, though it was for the both shoulders, ideal one was more painful, I think the rite 4 was the reason. Bending your neck down does not correspond to the 'camel' position. I am buying 12 copies to talk about with those of my close friends who are ready. More than simply misleading, it will water down, confuse, and/or obscure the initial knowledge it professes to mention. Thanks, Save your cash and purchase the original. It seems that this book might not have been written completely by Mr.. Or what was also called burnt offerings. Based on what he mentioned in the initial book, and folks I know who do that S L O W L Y, as a fitness (with excellent results), the breathing points also appear to have been put into make it appear similar to Indian yoga. So, for me, it is hard to discover this entire book as GENUINE and written by Mr. Kelder;. My suggestion: stick to the FIRST book and modify (if necessary) until you are strong enough to do them all in proper form. By the way I'm wondering if anyone else had this while doing these rites or any other pains or aches, please do talk about .. I cannot recommend this book any more highly. You should be able to conveniently find a even more honest rendition of Kelder's work.. Great book. Food preparation it changes its chemical makeup and raises the risk of stomach cancer and the lack of proteins. That is why vegetarians stink badly and may at times end up in the hospital just as Gandhi did. Until he introduced pet proteins by consuming fermented goat cheese and goats milk. Raw food it's will be the only kinds without bodily odors of toxicity. Do not eat food that's sacrificed with fire. Lamas are not yogis. Sounds like cooked foot to me... Thus life gives life. EASY WONDERFUL EXERCISES, Great little book. Good sense science and religious beliefs is best.. While it is basically a good reserve and we found some worth in it, on additional knowledge it generally does not seem to be true to the original function by Kelder;. The initial was published in 1939, with a second edition containing more information developing in 1946. To our present knowledge, Kelder's only published work on this subject was titled "THE ATTENTION of Revelation". We are relatively disappointed, and experience we had been misled. Not consistent with the original tome. Since that time, some editors/writers have apparently made adjustments to the original and published these altered works

as if they were Kelder's original, intact. While in this instance it may not have been technically illegal, this kind of thing is often problematic, in virtually any field, whatever great intentions may (or might not) have already been involved. Now I know. Even small changes can truly add up to significant misunderstandings over time. This book appears to be one of the above. Some other editors/writers have added commentary or suggestions, but have already been quite clear in what was original to the Kelder work, and that which was not. Some of these are quite helpful and some less therefore, but this is actually the way it should be completed, if one must inject his / her own ideas into the mix. If you think you might spend any time actually practicing these exercises, it will be more than worthy of the time to do an search on the internet and read up on the topic matter, and the annals of the task itself before buying this reserve. Only one thing I found contradictory to my studies in life was it tells that vegetable oil is better and healthier than animal excess fat. I didn't like this I thought I . Great and inspirational reading This is an excellent book for everyone looking to improve their life and well being. I cannot wait to see the outcomes that are discussed. I have family which have done this and so are doing great and looking great too. Love I really like this book; The original described vortex that were not really linear, and obviously stated that these were different then the Indian chakra - How could they end up being when the vortexes are in both knees and the liver region - nothing that corresponds with chakras. Quality of the book Very fast shipping thank you ! Best book ever on workout and health I love this book. Just what a question that it's become a best vendor. I'm not sure how many people will do rite #6 - but if you do that one and all the others you will have remarkable results. Get the book! Great book. Wow! This delightfully simple text is a guide to physical and spiritual health insurance and maturity. I acquired wondered where people were getting the wrong positioning of the hands. Most valuable within an arsenal for knowledge of self and world betterment Short and nice book and teaching building use and understanding basic. Vegetable fat is only good is you obtain it in the food your eating if it is eaten raw only. While we don't think our time with this publication was entirely wasted, we do wish we had gotten a more accurate rendition in the beginning.. it has too many core differences. Never to my liking Didn't make any kind of sense actually. I didn't like that I thought I bought a new book but it looked very aged. I had to use it for a present in order that was rather embarrassing. But cooked and killed enzymes getting now dead thus provides death. No ? .great gift I really like this book as something special. I've purchased it 7 times already.. Simple and make life therefore much better.



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