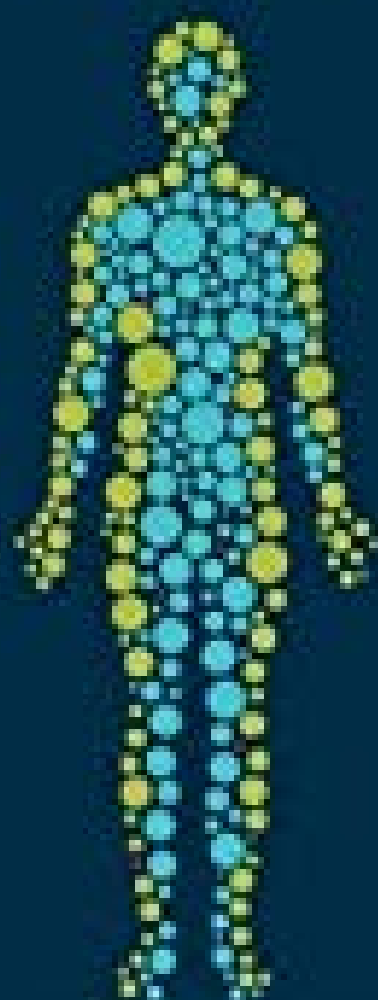


# HEAR YOUR BODY WHISPER



OTAKARA KLETTKE

HOW TO UNLOCK YOUR SELF-HEALING MECHANISM

Otakara Klettke

## Hear Your Body Whisper: How to Unlock Your Self-Healing Mechanism



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Can you speak to your body? Is it possible to hear your body talk to you? Without your willpower. Hear YOUR SYSTEM Whisper, How to Unlock Your Self-Healing Mechanism Imagine your daily life inside a healthy body. No doctor's appointments. Rooted in science this book provides a mindful method to like, respect and celebrate your body. Hear Your Body Whisper Could you help your body to improve your health and heal acute or chronic illnesses? Otakara Klettke shares in her book Could the body go back to its ideal form alone? how she has learned to talk to her body. From a sick childhood and constant health limitations, the author spent first 20 years of her life often being bound to a hospital or home in bed. When she slowly found that there exists a way to communicate with her body her lifestyle turned around. Imagine the body to return into shape that is healthiest for it. is because obsessive research, personal encounter, and rediscovering the bond between the body and mind that naturally exists in every one of us. can be a positive and loving approach to gain trust in the body which results in returning the body into self-healing mode it is designed to be. · How exactly to exercise a couple of minutes each day and be happy carrying it out. By understanding your body's inhabitants, you can inform them to handle acute and chronic diseases. · How exactly to ask the body a favor rather than gain any weight when you want to feast on big foods. Mind-body connection hasn't been so very clear! No doctor or healer is able to pay attention to your body since they do not have a home in it. You can and you should! No health limitations. Using Hippocrates methods and combining them with modern research you can offer your body to reach its potential! Many people understand the need for loving and respecting their bodies but they are at a loss with regards to unconditional love. This book is your peace flag that may end the war between your body as well as your mind. You won't have to follow any specific diet or be prompt to turn into herbivore from an omnivore or the other way around. Hear YOUR SYSTEM Whisper Otakara Klettke separates her mind and soul from her body. In this book you will learn. Ways to get rid of toxins within your body. · How exactly to switch to organic food without increasing your food budget. · How exactly to meditate. · How to use mindfulness to comprehend your body's unique language. Your body will also settle in the body shape it is designed to be naturally. No one is a better adviser for the body than your body itself. She clarifies that your body is filled with trillions of microorganisms that are responsible for the well-being of the body. It's your time to hear it! · How to check in with your body to understand your health. This book was written with respect to your body.



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