

COVER BY PETER MAX

# SURVIVAL IN THE 21<sup>ST</sup> CENTURY



— PLANETARY HEALERS MANUAL —

BY VIKTORAS H. KULVINSKAS, M.S.

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## Survival in the 21st Century: Planetary Healers Manual



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Also presents info on wheatgrass therapy and drinking water fasts for rejuvenation, recovery from chronic ailments, purification, and heightened recognition. Contains over 300 medical journal references. Includes details on numerous alternative therapies such as for example physiognomy, iridology, zone and color therapy, massage, acupressure, yoga exercise and healing herbal remedies. Viktoras Kulvinskas wrote a new introduction for the re-concern of this common by the grandfather of the living foods movement. Readers will find a new paradigm in nourishment that promotes a living foods diet as the key to preserving youthfulness, reversing the aging process and extending the life-span.



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This book made me believe again that the raw food diet is the way to live and thrive!! Perfectly explained and packed with info regarding all areas of healthy wellbeing. I am into raw food which book helped me a lot to find out how to achieve success on the raw meals diet! No one should be without this publication in order to stay healthy and energized through your life. The best book I've read! A great buy! The book is a classic I came across this book back 2005 and go through it cover to cover often. Incredible book! Do not look at the price, it will be the greatest investment you could do for yourself. I work in alternate health am delighted this book is very up to date the majority of ... He still lectures, has classes and workshops at the Hippocrates Health Institute in FL.. I obtain it new every once in a while for extras or even to give as presents to friends and family. I bought a duplicate the first year it was written.. Such a great knowledge collection of the writer. Much gratitude because of this book and the author This book has so much insight and wisdom in it, even though parts are dated BUY THIS it is probably the most important books ever This is probably the most important books of the century, definitely obtain it and allow it dispel the lies you've been told and save!! A great buy ! I possibly could not wait for every evening to get hold on this reserve and get some time of reading it. Five Stars love this reserve! the bible for natural living. You WILL NOT BE DISAPPOINTED! So much information! Had original duplicate in 1981 a classic leader in new age health , raw foods , and foods for recovery . Viktoras had not been cheating no one ... So much info. Viktoras had not been cheating no one in this book. Worth every penny. Going to send to family. Prompt delivery excellent condition Awesome book! Reprint of an incredible book from back the day. Best definition of God EVER!! I cannot say it's a straightforward read if you aren't too familiar with anatomy and human being biology, but Viktoras certainly makes factors comprehensible. I work in choice health am delighted this book is very up to date most of my books were written 50yrs ago was recommended by a client contains good information well written I bought a copy the first year it was written . Had an 1st publication in early 80's Excellent book . It had been a very special day. Excellent book. I went to the institute in 2014, got my publication autographed & most importantly he wanted to show me the institute. Got an 1st publication in early 80's. glad to once again have this copy.thnx Three Stars Not the best shape, not what I expected. Three Stars Not as I actually expected, thought it had more info. Three Stars Its ok too much to read .



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