

A companion to the book by
PETER KELDER

This exciting sequel to the
REMARKABLE INTERNATIONAL BESTSELLER
provides the complete Fountain of Youth health programme

ANCIENT SECRET
of the
FOUNTAIN
of
YOUTH
BOOK 2

Peter Kelder

Ancient Secret of the Fountain of Youth Book 2



[continue reading](#)

So make time and energy to turn back the clock, and achieve medical and vitality you've usually dreamed of. Illustrated with fifty black-and-white photographs, this guideline will help reverse the hands of time, invigorating and energizing visitors' lives as nothing you've seen prior. As its title suggests the book's message is one of compelling concern to just about anybody interested in their very own wellbeing. Picking up where Peter Kelder's impressive book left off, Old Secret of the Fountain of Youth, Book 2 completes the Elixir of youth wellness programme, with detailed info on a variety of topics discussed only fleetingly in the initial bestseller: the annals and origins of the Five Rites, useful insights about how exactly the Rites work, diet suggestions, and easy-to-stick to exercises.



[continue reading](#)

Shoulder Pain in Relations to Rite 4 ? Kelder; Great go through, did enjoy reading it, also enjoyed the various other sections aside from the rites, although I would also have liked to see some content material in relations to the changes you expect to see while doing these rites, for instance I am doing them for almost 2 weeks, haven't missed your day and have increased 2 cycles weekly according to the instructions, except for the first 2 weeks where I could only increase 1, anyway somewhere around the 4th week I actually 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 had been for the both shoulders, right one was more painful, I think the rite 4 was the reason. I did keep carefully the rites going and it appears the pain is currently starting to fade therefore i am feeling a bit better but for some time I was obtaining a little worried and having some content material in the book could have been comforting - moving forward I'm wondering if there are any other symptoms going to appear. Most valuable within an arsenal for knowledge of self and world betterment Short and nice book and teaching building use and understanding simple... Great book.. But prepared and killed enzymes becoming now dead thus provides death. Never to my liking Didn't make any kind of sense really. on the other hand if anyone beginning these and having the same issue, this may help :)Once more great book, really enjoyed the browse.Thanks, Save your cash and buy the original.. and, the evidently unauthorized changes led right into a bit of unnecessary misunderstandings along the way.Not really consistent with the original tome... I bought this book to follow up the initial and was surprise to see it contradict the original almost right out the door. The original described vortex which were not linear, and clearly stated that they were different then the Indian chakra - How could they be once the vortexes are in both knees and the liver area - nothing that corresponds with chakras.Also, the photos - clearly added - usually do not perform rite #3 properly. Rites 2-5 and like ebb and stream - yin and yang. Bending your neck down does not correspond to the 'camel' placement. it has way too many core variations..Sadly with the conquest of Tibet simply by the Chinese, this info was lost because of destruction of the monasteries and execution of its practitioners. It seems that this book might not have been written totally by Mr. Kelder, since it sets a route for the introduction of the Indian edition. Lamas aren't yogis. Predicated on what he stated in the 1st book, and folks I understand who do this S L O W L Y, as an exercise (with excellent results), the breathing factors also may actually have been put into make it appear similar to Indian yoga. So, for me, it is hard to observe this entire book as GENUINE and written by Mr.? I experienced wondered where individuals were getting the incorrect positioning of the hands. What a wonder that it's turn into a best seller.If you think you may spend any moment actually practicing these exercises, it might be more than value enough time to do an search on the internet and have a look at the subject matter, and the history of the work itself before buying this book.Raw food it's will be the only kinds without bodily odors of toxicity.Incidentally I'm wondering if anyone else had this while carrying out these rites or any other pains or aches, please do talk about . Our brief analysis at this time indicates Kelder do no further writing on this subject. This is not true today but at that time I me it was getting touted as truth. Vegetable fat is only good is you get it in the food your eating if it's consumed raw only. Food preparation it changes its chemical substance makeup and raises the risk of stomach malignancy and having less proteins. That is why vegetarians stink badly and may at times end up in the hospital just as Gandhi did. I'm not sure how many people will do rite #6 - but if you do that one and all the others there will be remarkable results. Heck, the Tibetans utilized it to transform lived for centuries - long before today's world found them.Do not eat food that's sacrificed with fire. Seems never to be the real thing We got this publication and caused it for some months. Appears

like cooked foot to me. No ? I have purchased it 7 moments already. Thus lifestyle gives life.. Good sense science and religion is best. Or what was also known as burnt offerings. While it is basically a good book and we discovered some value in it, on additional knowledge it generally does not appear to be true to the initial function by Kelder;. We are somewhat disappointed, and feel we had been misled.To your present knowledge, Kelder's only published work on this subject was titled "THE ATTENTION of Revelation". The initial was published in 1939, with another edition containing more info developing in 1946.Only 1 thing I found contradictory to my studies in life was it tells that vegetable oil is better and much healthier than animal extra fat.Since then, 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 case it may not need been technically illegal, this sort of thing is always problematic, in virtually any field, whatever great intentions may (or may not) have been involved. More than simply misleading, it tends to water down, confuse, and/or obscure the original understanding it professes to mention. Even small adjustments can add up to significant misunderstandings as time passes.This book seems to be one of the above. Great and inspirational reading This is a great book for everyone seeking to improve their life and wellbeing.great gift I really like this book as something special. There are so many people supplying 'modifications' that it would be nice for you to know what the ORIGINAL workout was in its unmodified type. While we don't think our time with this book was completely wasted, we do want we had gotten a far more accurate rendition at the beginning. You should be able to easily find a more honest rendition of Kelder's work.Some other editors/writers have added commentary or suggestions, but have been quite clear in what was original to the Kelder work, and what was not. Great book. I have family that have done this and are performing great and looking great too. Love I really like this book; my go to book when I have to reboot. Quality of the book Very fast shipping many thanks ! Best reserve ever on workout and health I love this reserve.My suggestion: stick to the FIRST book and modify (if required) until you are strong enough to do them all in appropriate form. Until he presented animal proteins by consuming fermented goat cheese and goats milk. Obtain the book!. Wow! This delightfully simple text is helpful information to physical and spiritual health and maturity. I am buying 12 copies to talk about with those of my close friends who are prepared. I cannot recommend this book any more highly.. I didn't like this I thought I .. EASY WONDERFUL EXERCISES, Great little book. I cannot wait around to see the results that are discussed. I didn't like this I thought I purchased a new book but it looked very outdated. I had to use it for a present so that was rather embarrassing.. Now I understand.. Some of these are quite helpful and some less so, but this is the way it must be completed, if one must inject their own ideas in to the mix.Food preparation kills the enzymatic existence in the food that does its job of perfect digestion. We have carried out these exercises for a long time. Simple and make life so much better.



[continue reading](#)

download Ancient Secret of the Fountain of Youth Book 2 mobi

download Ancient Secret of the Fountain of Youth Book 2 epub

[download Steven the Vegan djvu](#)

[download free Youth Fitness: An Action Plan for Shaping America's Kids epub](#)

[download free Aromatherapy for the Healthy Child: More Than 300 Natural, Nontoxic, and Fragrant Essential Oil Blends \(More Than 300 Natural, Non-Toxic and Fragrant Essential Oil\) mobi](#)