



Can We Live 150 Years? : Your Body Maintenance Handbook

By Mikhail Tombak



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The author applies a no-nonsense approach to dieting, exercising, disease treating, and other aspects of everyday life. Our looks, longevity, as well as our physical and mental conditions result from the way we eat, breathe, and take care of all our physical and psychological needs. The question is not limited to nutrition only, as is the case of dieting programs.



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Editorial Review

Review

Can We Live 150 Years? is a straightforward, "reader friendly" guide to adopting healthy practices to extend one's life span. -- *Midwest Book Review*

From the Author

I realize that the contents of this book, concerning practically all aspects of the human body, cannot be free of controversy. It is understandable that experts can point out flaws of arguments and insufficient accuracy of details – I wrote this book with wide the general public in mind.

I would like to turn your attention to the fact that we know very little about our body and its close relationship with the natural environment. Our future life often depends on the method of treatment we choose in a case of a health crisis. In cases when mainstream medicine cannot offer any help, we should remember that there are natural therapies that can prove themselves very effective.

I am deeply convinced that we should be our own advisor and doctor in many situations. We need to attain enough knowledge about the way our body functions to be capable of eliminating the causes of our illness and suffering.

If, as a result of my advice, some people start feeling better, some get cured, and some realize the necessity of health maintenance, the objective of this book will be fulfilled.

I have tried many methods and remedies in my practice and selected those, which are indeed valuable and effective. They are presented here for you to explore. Please use them wisely.

I wish you good health,

Mikhail Tombak

Fragments of an interview with Mikhail Tombak, Ph.D. conducted by Bohdan Gadomski of ANGORA weekly.

You promote a healthy lifestyle. Have you always been healthy yourself?

I had once liver cirrhosis, caused by improper nutrition administered by my mother-physician. During my childhood, I frequently suffered from constipation. Spinal injuries caused me to lose sensation in my lower limbs for two years.

I would like to know where and how you gained knowledge that you have started sharing with other people?

During my university years, I took part in a scientific expedition to the Far East where I met with Tibetan monks. Their approach to the human body is different and very interesting. I learned some secrets from them that allow diagnosing of disorders from the way people look, walk, or even wear out their shoes. I also became convinced that it is never just a single organ that is ill in a human body. When something causes us

pain and we start treating it, we are fighting symptoms and do not address causes. This is why the problem can manifest itself in some other place, causing pain associated with a completely different disease. I do not treat diseases as something concrete. They are just irregularities in our body's normal functioning

About the Author

Mikhail Tombak, Ph.D. graduated from the faculty of biology and chemistry of the Russian State University. For many years he was the head of Center for Health Sciences in Moscow; also the author of the several bestsellers on the subject of health and healing.

Users Review

From reader reviews:

Mark Logan:

Nowadays reading books be a little more than want or need but also turn into a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge your information inside the book that improve your knowledge and information. The information you get based on what kind of guide you read, if you want send more knowledge just go with education books but if you want experience happy read one along with theme for entertaining like comic or novel. The actual Can We Live 150 Years? : Your Body Maintenance Handbook is kind of book which is giving the reader unstable experience.

Michael Campbell:

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