



# Heal Yourself 101: Get Younger & Never Get Sick Again

*Markus Rothkranz*

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# Heal Yourself 101: Get Younger & Never Get Sick Again

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## **Heal Yourself 101: Get Younger & Never Get Sick Again** Markus Rothkranz

The definitive book on self-healing and true health. This is one of the most practical step-by-step manuals ever written to totally transform your life from sickness and disease to total life-long health. This is nothing short of reclaiming the sexy youth we once had. Never get sick again. Ever. True healing doesn't cost anything. You do this in your own home, using live RAW FOODS, easy detoxing, sunlight, sexuality, movement, sleep and all natural methods. Feel the passion again. This is true transformation. Right to the point and so easy to understand, a six year old can read this. Written with boundless love, magic and spiritual enlightenment, the words contained in these pages will reignite your true passion for life. It's all about awakening the planet to a new way of living in body, mind and spirit. The only way to heal the planet is to heal ourselves first, and Markus shows us how to do it naturally, the way nature intended. It is no coincidence you have this book. This was written for YOU. Without health you have nothing.

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