

# “BE ALIVE”

A SUSTAINABLE PROGRAM FOR A HEALTHY LIFE




EAT | MOVE | RELAX




# BE ALIVE



For all we obtain in life there is a price to be paid and I don't speak about material things only. Also for your health, wealth and happiness there is a price to be paid. That price is to take responsibility for your own life by using your common sense, guided by your intuition and natural intelligence. You are part of a perfect whole universe and so are you as a single unique being. Nobody can decide for you what to do or what to think. You are the only one in charge of your body, mind and spirit.



# A SUSTAINABLE PROGRAM FOR A HEALTHY LIFE



☀ This program is inspired by 50 years of scientific research on how nutrition and lifestyle influence diseases, by T. Colin Campbell PhD coauthor of international bestseller “The China Study”. Dr. Campbell brings convincing evidence on preventing heart disease, cancer and other Western diseases by consuming a whole plant diet. Dr. Dean Ornish author of “The Spectrum” who helped President Bill Clinton with personal recommendations to lose weight and regain health has also similar evidence from his scientific research and many others.

I am involved in the Health Spa industry for 37 years. Living in 5 different continents: Africa, Europe, America, Australia and Asia I was exposed to different life styles. For many years I have been advocating different diets for weight loss. They all failed and resulted in the well known fact of the “Yo-Yo” effect whereby a person lose weight and often gained more back then before. This is a very frustrating experience in particular when you started at a young age to resume 20 – 30 years later with a maximum weight. Specialized for 37 years in cellulite treatments I have been confronted with overweight problems that are not necessary connected to each another. Since more then five years I stopped recommending diets but rather started advising people to the right lifestyle changes, inclusive myself.

Some information was not available 20 years ago and on purpose is not today. Most fortunately we can at the present time research and share information available to us by modern technology on the internet. Economics and profits didn’t attune their instruments towards the needs of a healthy and balanced humanity.

Lets have a look at some paradigms used by Beauty, Health, Happiness and Wellbeing. These words are as flexible and elastic as there is a conceptual thinker in every single human being. Very often we let guide us by trends and opinions from others. Particular when it comes to beauty. Confucius had some reflections on it: *“Everything has beauty, but not everyone sees it”*. When we go back in the human evolution as far as the cavemen, we will see his consciousness of his natural environment expanding and he will achieve over a period of time greater awareness of the needs he has to survive and to fulfill his individual potential. In the beginning he had only to care about his natural environment and the social group he was living in. When he made some dramatic discoveries as the use of fire and tools to hunt and help him to built shelters, his world started to expand rapidly together with his intelligence.





In this evolution he gained more power and control of his environment to become little by little the ruler of animal kingdom. Within time his life became more exciting but at the same time more complex. When his survival became easier he discovered different and higher forms of pleasure. In the conquest of himself and the world, he was driven by his curiosity to explore much as possible the satisfaction of his desires. This was part of his natural development and very soon he would fall in the potholes of perverted desires. In his quest of power he would sin against the rules of nature and existence itself to become finally the modern homo sapiens as we known him today.



If today our goal is to be **happy, beautiful and healthy** it will be the hell of an enterprise disregarding the scientific and technical advances we benefit from our contemporarily society. All over the centuries we had philosophers, thinkers, scientist, prophets and preachers that tried to tell us how we would find this valuable state of being. Whatever conception and definitions they discovered or produced they all had something in common: "they wanted us to believe them". A lot of their thinking is still inherited today in our social behavior. Hippocrates, Socrates, Plato, Buddha, Jesus Christ, Confucius, Leonardo Davinci, Voltaire, Einstein, Newton, Ghandi and many others have influenced our thinking, lifestyle and social behavior at this day. Did we come to a final blueprint that will suit all of us? I don't think so! But I can observe in all kind of societies all over the world an aberrant tendency of misbehavior, hate and self-destruction in name of economic growth and power. Contemporary economic structures are not here to serve humanity and the world but to exploit human and natural resources to a level that will leave a legacy for our future generations of a destroyed world with an ecological disturbed environment. The socio-economic environmental boundaries that kept us trapped in ignorance will gradually fading away. The multi-million mega industries are all depending on your anticipation. We can blame them but as Mahatma Gandhi quoted: **"Be the change that you wish to see in the world"**. The world becomes a global village and we can't ignore anymore the rapid changes occurring. There will always be abundance when advancement, science and technology serve the whole. **"Thousand of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreased by being shared"**, quoted by Buddha.







## • A SUSTAINABLE PROGRAM FOR A HEALTHY LIFE



Social, economic and environmental conditions have all an influence on our Health. Don't make any mistake we still live in a world of the strongest and the fittest. This is translating in a very competitive (stressful) environment. But the fundamental base of our health is to use our natural and given potential on birth to the maximum of our ability. We are body, mind and soul and much more to be discovered. At the present time we are not using our full human capacity. To evolve and grow as a human we have to get in touch with our potential source through our conscious. It's the light of our conscious that stimulates our awareness for growth. Health means that we optimize all those channels that keep us in balance with the rhythm of our survival on earth in the infinite universe. It all starts by our self and the ability we have to love ourselves. **Love is the main energy, the essence for survival**

**and to develop in a full human being.** A lack of it in the earlier

stage of life will be felled as a handicap for our remaining life span. Individuals and societies have the moral duty to love people, animals and our environment because we are all connected to each another and without we will not survive and become those wonderful and happy creatures we are predestined to be.



Our **"be alive"** program is based on the evidences of scientists such as Dr. Campbell and Dr. Ornish on a whole plant diet. We are not dictating but rather suggesting how to make lifestyle modification whereby you can benefit of optimal health. You decide how far you want to go in the proposed spectrum of activities. We are only there to help you, to encourage you and more then all we want you to succeed in a sustainable healthy life style. We don't like to stigmatize you and promote "the solution" to your problem(s) but we want to help you with the process to choose a sustainable way of living adapted to the unique person you are.

95% from all our diseases in the western hemisphere are preventable and curable trough our food process and lifestyle. The hypocrisy of society at all is herewith exposed. Millions of people are being killed through diseases caused by our food process and lifestyle. Ignorance, habits, emotions, culture, religion, fear to change, MONEY and much more factors are the key players in our status quo and the reason we don't change. We can't change the way others conceives the truth about their own health but we can take responsible care about ours. We always have to explore open minded the possibilities and





probabilities of changing or adapting for the better. By developing ourselves to better human beings we start to change the course of humanity by itself. By not consuming animal products we stop cruelty against animals. We respect them for the wonderful beings they are and herewith we start to have also more respect for our-self and our environment. When somebody did for all his life (50 years) scientific research on a broad spectrum, it's not appropriate that we try to proof or disapprove the scientific correctness as we don't have the tools to do that. Rather we should absorb the scientific data with a critical mind and see if any part of it can be applied in our life.



**What better place and time to start than on a beautiful tropical island.** One of the scarce places still left with an unspoiled natural environment. Being here has already a therapeutic influence on you, as you may relax in the warm waters of the Caribbean Sea or Atlantic Ocean. Stay away from clichés and labels, "they just don't work". Be curious, inquire, discover what works for you and keep it fun. There is no standard formula that works for all. Although science has helped us a lot with the discovering of new health factors and treatments for chronic diseases, they should be the fifth wheel on the car. If one got broken we replace it. Don't break something in your subtle organism, but treat it with love and care. It is better to prevent than cure. If we keep our energies in balance we have a fair good chance to succeed. **By finding a psychological, physical and mental balance,**

**we will be able to enjoy a better life.** We will develop more self-

confidence and belief in ourselves, while it becomes easier for us to exchange our deeper feelings and intimacies with others.

Our sexual life will also drastically improve. A world of new experiences lies before us. Family life and leisure becomes more creative due to regained vitality and energy.

Business and professional goals will be easier achieved.

In this way, we become aware that this is all possible, provided we assume the responsibility for our own health and take the necessary steps to do so.





THE “BE ALIVE” PROGRAM IS BUILT UP AROUND THREE FUNDAMENTALS

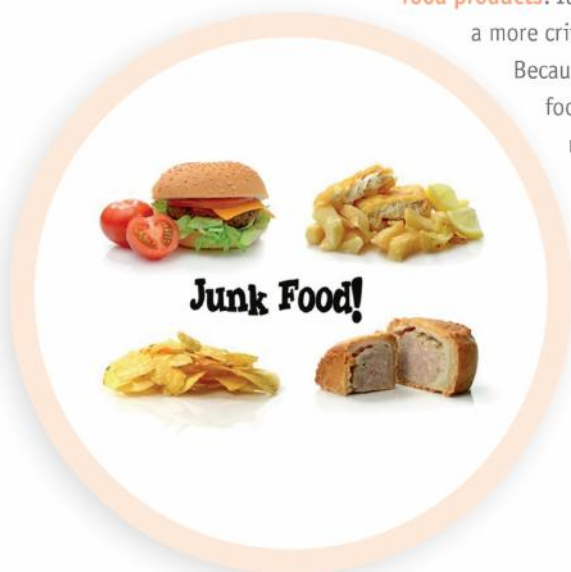
EAT | MOVE | RELAX

## ☀️ Healthy nourishment and diet

When we speak of eating habits, the correct nourishment and diets, I would like to emphasize that in the first place **we eat to live, and we do not live to eat**. Nature provides us with the food that is necessary for us to survive. In our Western culture and society, we can state that there is almost no more lack of food that we need as building materials for our body. On the other hand, we can see that excess in our eating habits produces a lot of life-threatening diseases and disorders. Many books and opinions have been written about the correct eating habits and techniques to fight obesity and overweight, heart and coronary diseases, autoimmune diseases and cancer. Eating habits are related to region, country, religion and culture. That is why it is not possible to prescribe a standard to which everybody should adhere. Everyone has to find out for himself what is the most appropriate eating and life pattern. It is true however that a food pattern has to be adapted to age, gender, the climate in which you live, the activities you carry out during the day, and whether you have a slow or a quick metabolism. In other words, we have to take into account all elements that are necessary for our survival. In the past years, many scientific studies and research has been done on the physical and mental dysfunctions caused by poor, wrong or excessive eating habits. We can draw some practical conclusions from these studies. In the first place, it is important to **keep into consideration the quality of our**

**food products**. It is of essential importance that we, as consumers, adopt a more critical attitude towards the producers in the food industry.

Because of our purchasing power (whether or not to buy specific food products), we can exercise pressure on those who are responsible for the production of our food products. We have to learn **to adopt a more skeptical-critical attitude** and not consume impulsive what is served to us without inconsiderate thinking.





# EAT

MOVE

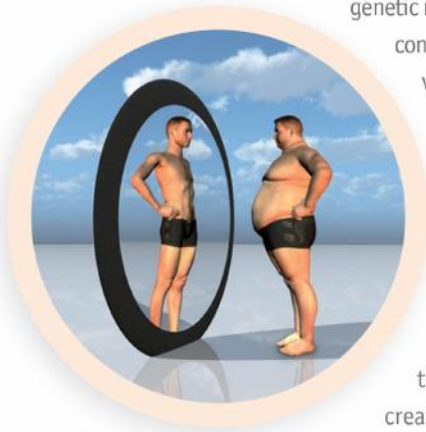
RELAX

Especially because we speak of the most important thing a person possesses, his health. No money in the world can bring it back once it has been lost. **Health is cultivated daily with love and care.** When we speak of quality food, we assume that if it is possible in any way, we prefer biologically cultivated food, sun ripened in its natural environment where no artificial fertilizers are used. Products with artificial colorings and flavorings, preservatives, and treated with hormones and antibiotics (used in some meat products), have to be avoided. All refined products, such as white sugar, white rice, white bread and pasta, have to be replaced whole wheat. These refined products are stripped of most of their nutritional values, such as vitamins, minerals, micro -nutrients, and especially the necessary fibers for a good digestion. Our intake of fats and sugars has to be reduced drastically.

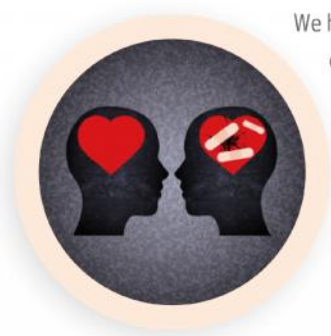


Many people suffer from overweight and earlier mentioned diseases with all consequences resulting here from. We must not lose sight of what has been said of genetic and hereditary factors. It is more difficult for people with predestination for certain diseases to maintain control than for people who are not predestined. It is therefore expected that a lot of new ground will be broken up in the field of genetics. Although we should keep a keen eye on developments with genetic engineering and genetic mutated foods. This will result in a situation where not only the entire medical

conception and philosophy will be reformed, but also our social, ethical and moral values. But before science reaches this point (if ever), I would like to draw your attention to the fact that **the body has its own intelligence** and knows how to use its energies (that are necessary to survive) economically under extreme and difficult circumstances. Unfortunately, we have been able to establish that overweight did not exist for people in extermination camps or people stricken by famine. I refer to this fact as it happens very often that the cause of overweight is attributed to hereditary factors or hormonal disorders. We can therefore state that in the circumstances described above, these factors do not have any influence at all. This means that as long we create the appropriate circumstances for the body, the body disposes of its own intelligence to fight obesity. These circumstances are of course not starting to starve, but using correct nutrients. Dr. Campbell scientific research gives evidence that genetic predisposition will only be activated when the circumstances for it are provided. This is also the reason that he came to the conclusion that **a whole plant diet is the most recommended** to avoid or prevent certain diseases. People need to know the truth. They have to be informed of what was uncovered by science. Why we are unnecessarily sick, why do we die at an early age despite the billions spent on research. Where the solution is simple and inexpensive. It's the food we put in our mouths each day. People will only change their habits and maintain them if they believe the presented evidence and experience the benefits.



## Emotions and food



We have all been able to experience in our personal life that when we are frustrated or not happy with ourselves, we throw ourselves on certain food products in order to compensate this emotional imbalance. Most of the time these are sugars or alcohol. The fact is that the way we eat in order to compensate is related to cultural characteristics and family antecedents. The contrary is that somebody no longer eats because he is disappointed in a love relation. It is therefore easy to understand that **an emotional balanced, happy and stable life** will help us immensely to develop a healthy body.

## Chewing our food

Most of the people don't give much attention to chewing food in particular when refined products. After a bite they are mostly swallowed without chewing because their soft substance and no resistance experienced by the teeth. Chewing of our food is very important as a preparation for the digestion system. When we take a bite, we should chew it more or less 30 times. The food is crushed and mixed with saliva. By chewing intensely, the protein ptyalin is produced and it is released with the saliva. This protein is indispensable for the disintegration of the carbohydrates in the stomach. An important component of digesting food is breaking down the insoluble starch found in foods into smaller, soluble sugar fragments that can be more easily digested. Foods such as potatoes and rice contain a lot of starch, a carbohydrate. The more we chew, the more ptyalin we produce. The longer we chew, the more our awareness of the quality of the food increases, and the better or worse the taste becomes depending on the freshness and the natural quality of a product. The stomach is highly acidic, and these conditions are very unfavorable for ptyalin, which prefers a high pH for activity. The starch and glucose provide some protection for the enzyme from the stomach's acid, and continues degrading starch for a short period of time until inactivated. Overall, the ptyalin only degrades a small amount of the total starch in the diet. The rest is degraded by a pancreatic amylase. Protein digestion begins in the stomach. Hydrochloric acid breaks down protein structure and activates pepsin. Pepsin is an enzyme that breaks down proteins into short polypeptides and amino acids. The acid also break down the ptyalin and therefore we advice to separate the consumption of carbohydrates and animal proteins (if you decide to consume them).



## ☀ Drinking of water

Water is the primary substance of all things. It consists of hydrogen and oxygen. It can be found in all organs in copious amounts and even in the smallest buildings materials, the cell of the body. It is transported by food, but of course also by the drinking of water. Every day, the organs including kidneys, intestines, skin and lungs – eliminates almost 3 liters of water. One has to compensate this loss of liquid through food and drinking. In order to have the body functioning well, liquid is far more important than a large amount of food. As the fact is that approximately 70% of your body consist of water. In this water, there are metals that attract and emit energy. If you do not take enough water through drinking or food, it will leads to internal autointoxication. In this case, several degradation substances are not washed away in time. It is recommended to drink at least 2 liters of water a day in order to stimulate the water metabolism, which especially intestines, liver and kidneys will function better. Food that has too much seasoning, salt or sugar, upsets the water balance. Moreover, it is better to use pure water. All other liquids are stimulants rather than resources.

Water has a triple task for food:

- ☀ To connect the substances in the body necessary for life, so that they can do their work.
- ☀ To thin down other substances.
- ☀ To transport waste products.

It is a building material with which organic life cannot do without. Without water, the protein in our somatic cells would dry up and become a lifeless mass. Water is life. We can do without food for many days, but only little time without water. People who retain water (oedema) are very often afraid to drink. They think that the more they drink, the more they swell. This thought is incorrect and the contrary is true. Your body works as a sponge, if you do not drink much, the body retains water; the more you drink, the more it eliminates water. Another problem is that many people cannot drink if they are not thirsty. It is a known fact that the more you drink, the more you develop a thirsty feeling in mouth and pharynx. A good advice is not to wait until the evening before touching your first glass of water. Make it a discipline to take a glass of water as your first move when waking up. **See to it that you always have water at hand, next to your bed, at the office, in the car or wherever you go.**





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EAT

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# MOVE

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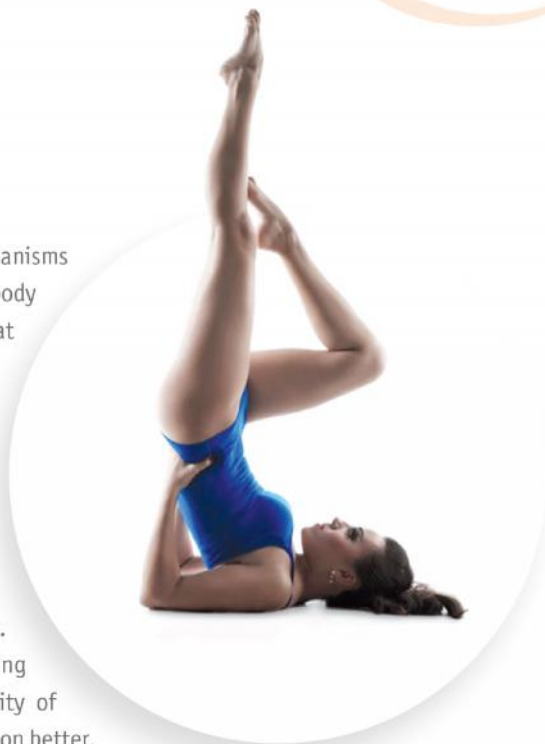
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## ☀ Exercises

Our body is designed to move and to keep the mechanisms in good shape we need physical activities. The body is like a sophisticated precision mechanism that slowly deteriorates if it is not used. By regularly doing aerobics, you will achieve an improvement in heart and lung capacity. The heart muscle is strengthened and becomes more efficient, and the blood circulation improves. The heartbeat will lower and the stamina will increase. The heart becomes more fit and stable, and will get back to its normal heartbeat after great efforts more quickly. The lung capacity increases, by which the breathing becomes deeper and calmer, and a large quantity of oxygen is absorbed. The metabolism starts to function better.

People who do physical exercises on a regular basis, have a higher level of protective lipoprotein and a lower level of stress hormone, catecholamine. Their blood is less sticky and shows less inclination to abnormal blood clots. It is an established fact that stress is the main factor to develop larger, more supple and stronger muscles. The level of stress had to be adjusted to the objective we are trying to achieve. A dancer seeks flexibility and stamina. A weightlifter seeks pure strength and thus more voluminous and short muscles. In order to give muscles more tonus, energy and endurance, we will have to perform many repetitions with little or no weight. In order to develop short, bigger and stronger muscles, we will perform few repetitions with maximum weight. Rest is an important aspect in a training program. Muscles that are overburdened continuously (stress) and do not get time to recover, will eventually bring us the contrary of what we expect. Over fatigue and signs of exhaustion will be the result. Training too much and too hard will not help you reach your goal faster, and you increase the risk of injuries. After a day of intense physical efforts **nothing is better than a good night sleep.**





## ☀ Yoga - proper breathing and oxygen

Yoga is a philosophy of life that was developed in India some thousand years ago. The basis of yoga is to find a balance between body, spirit and soul. By way of movement and breathing techniques, we learn to improve our energies of life. Yoga exercises are always adapted to the individual and are never violent. Different positions are assumed by which the muscles and ligaments are slightly stretched. By breathing correctly, we learn to relax and take in a maximum amount of oxygen, because of which we get better control of our organism. Movements are always slow and the limit will never be forced. Exercising yoga is an individual experience in which any form of competition is lacking. If yoga is applied in its atmosphere of **love and respect**, injuries will never occur. That is why you can do yoga at any and every age. The physical, as well as the mental and spiritual wellbeing is searched for. Techniques are therefore applied to clean the body from harmful substances, but also to remove negative thoughts and replace them with positive ones. Further more we try to get control of our emotions and ego. We have already pointed out the importance of breathing correctly. Oxygen is essential for our cell metabolism to function properly. If there is not enough oxygen absorbed in the blood, the substances essential for living that are brought in by our food, will only partly or not at all be absorbed by our cells. As a result thereof, obesity or excessive thinness, weakness and organic deficiency may occur. It is transported through the blood circulation to all body parts and organs. The brains are one of the largest consumers of oxygen. We can do a few days without water and food, but we can only do without breathing for a few minutes. In addition to absorbing oxygen, the breathing system also takes care of the discharge of nitrogen. If we perform intense activities, we use more oxygen, but we also discharge more nitrogen. It is therefore very important to adapt our breathing rhythm to the different circumstances. **Each form of self-control is determined by the capacity to control your breathing.** Athletes who have to turn in a top performance know how important this is, but also people who put up mental performances. If emotions become very intense because events that affect us directly, we can get control over them by breathing correctly. When someone is very angry or excited, he start to take very short breaths, which increases adrenaline in his blood and this in turn affects his aggressiveness. By taking deep breaths and exhaling slowly, you will regain control over these emotions.



# EAT MOVE RELAX

## ☀ Relax, massage, Reiki and sauna

*"Your mind will answer most questions if you learn to relax and wait for the answer".*

We experience stress when the demands exceed our personal and social resources to respond to a particular situation. We feel great stress when we feel that we can't handle or control a situation that has a direct impact on our life. When we are in a life-threatening situation we trigger instinctively the "fight-or-flight" hormones inherited from our past to survive in critical moments. Being attacked by a wild animal will be perceived as a threat. It triggers our adrenaline to help us run faster and fight harder. It increases heart rate and blood pressure, delivering more oxygen and blood sugar to power important muscles. Sweating is increased to cool the muscles and help them to stay efficient. Blood is diverted away from the skin to the core of the body, reducing bleeding if we are damaged. This is all to survive a life-threatening event. Fortunately it is exceptional to find ourselves in similar situations in our modern times. But research shows that we experience the "fight-or-flight" response by simply encountering something unexpected.



When getting frustrated or interrupted, when a new and challenging situation occurs. This hormonal "fight-or flight" response is part of our daily contemporary life with different intensity depending on our lifestyle. If experienced on a continuous basis it could have a severe impact on our health and lead to "burnout". Whereby we become excitable, anxious and irritable. It's often created by work overload, emotional inconsistency, conflicting priorities, inconsistent values, over-challenging deadlines, conflict with others, unpleasant environments and so on. When not taken care it may provoke serious mental, emotional and physical diseases. It may result in far reaching consequences in social behavior whereby a person becomes subdued, aggressive, insecure and sensitive to alcohol and drug abuse. We have incorporated in our "be alive" program a few treatments that are helpful to relax. **"Dedicate yourself to the good you deserve and desire for yourself. Give yourself peace of mind. You deserve to be happy. You deserve delight"** by Hannah Arendt.

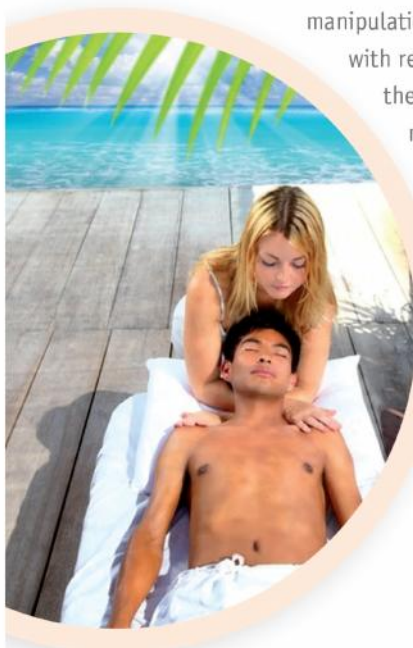


EAT  
MOVE  
RELAX

## ☀ Massage

Is a natural reflex that people and animals are using for different reasons. When someone hurt himself by hitting the corner of a table he automatically start rubbing the concerned spot. A mother know exactly how to handle her knew born baby without advice from others. She's guided by her natural feelings as how to touch her child. Lovers caress each other to stimulate and secure boundaries of intimacy. We observe animals licking their offspring's just after birth giving to stimulate the blood circulation and to express the emotional binding. You find herewith already few definitions of the meaning of massage. The most important concept is communication and **the key word is "relax"**. It happens through touch and sensing by hands. The body is our physical house where the soul (yourself) is living. It is also an instrument for the soul to express itself. All feelings and emotions are communicated in a very subtle way through hormones and chemicals produced by the brains to each of our trillions living cells. In simple words your happiness, sadness, anger, love, desires, terror and dreams are all compacted in your body. A massage therapist should find all this information by touch and his mission is to help you to get rid of all that don't belong there. Techniques as kneading, stroking and pressure can be learned but the ability to feel has to be developed. A massage based on techniques and manipulations only will be impersonal cold and mechanical. When someone is touching you

with respect, love and consideration then you automatically relax. The massage starts by the feet and ends by the head. During the massage soft music is selected to relax the mind with the intention to bring it to alpha level (dream level). A skilful therapist may bring you to a height **comparable to an out of the body experience**. The massage stimulates the blood circulation and eliminates toxins, warms up the muscles, releases obstructed and overcharged energy and restores harmony and balance in the body. When massaging the belly the large and small intestines and internal organs are stimulated or relaxed. This is very beneficial to people with constipation. We finish with the head that contains the brains a vital organ that commands and controls the body. Massage is a good therapy to prevent problems and it makes you very conscious of your body. After a massage you should look for a quit and peaceful place to continue enjoying the full impact of the massage.





EAT  
MOVE  
RELAX

## ☼ Reiki

A spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui. It's made up of two Japanese words - "Rei" which means "God's wisdom of higher power", and "Ki" which is "life force energy". **Reiki is a technique for stress reduction and relaxation that also promotes healing.** It's spiritual in nature, not a religion and has no dogma and will work whether you believe it or not. We live in a world of energy that nourish and maintains all living things. When this energy flows uninterrupted there is balance and harmony within and around us, and we experience a sense of wellbeing.

It may be used alongside other conventional or complementary treatment and help emotional support during recovery. **Reiki is a safe and soothing treatment that can be comforting when life is tough.** The relaxing nature of Reiki can be very helpful when we feel overwhelmed or disconnected. When there is a sense of emotional isolation Reiki treatments can bring a feeling of peace, centeredness and an ability to cope better with the challenges of life. Benefits you may encounter include deep relaxation promoting a calm, peaceful sense of wellbeing. A feeling of a sensation of heat, tingling, experience seeing colors or having an emotional response indicating that a shift take place towards restored harmony. *"As running water smooths the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing and supporting the body's natural ability to heal itself".*





## ☀️ Sauna the hydrotherapy

The sauna is a confined room made of dried wooden planks and heated with hot granite rocks. **It is a place for people to sit, relax and sweat for both social and health purposes.** It helps muscles relax, soothe the mind and rejuvenate the body. Use the sauna to unwind and find relief from stress. In order to get a therapeutic effect two elements are used, the hot and the cold, in alternation with each another. The sauna produce dried heat. The temperature of the skin is increased through exterior heat, the perspiration process in the body is stimulated, the pores are dilated and the skin is cleaned, leaving a healthy-glowing complexion. A feeling of wellbeing and relaxation is obtained. People with stuffed up sinuses or breathing problems

find very often a relief. We will only exposure ourselves to heat for a short period of time (maximum 5 minutes). Afterwards we refrigerate in a cold pool or shower. The bases of this treatment is alternations of bath's, hot-cool-hot etc...

**This process will be repeated as much as possible with short periods in the heat and the cold.** The

total treatment takes 45 min. till 60 min. When the skin is intensively cooled down we get in the first place a constriction of the blood vessels, in particular after they are dilated by heat. Hereby we cause an inner reflex from the vascular system. The lymphatic system and the blood that are loaded with toxins and organic waste are purified.

The blood circulation, the general metabolism and the water metabolism are stimulated, biological changes are reactivated and a total cleansing of the body is obtained. It is taboo to believe that we can lose weight by perspiring. The liquids we lose cause a temporary weight loss

that has to be compensated with abundant drinking. After drinking the body will regain its normal weight. Warning: "avoid drugs, alcohol and food before using the sauna". There are no contra indication if applied in a properly manner.

