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Known as the Tibetan Rites of Rejuvenation, or the Five Rites, these once-secret exercises are now available to us all in Ancient Secret of the Fountain of Youth by Peter Kelder.

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Ancient Secret of the Fountain of Youth by Peter Kelder

So it happened with "Ancient Secret of the Fountain of Youth." Rea "The breath of fresh air in the midst of the polluted atmosphere of the modern world." As years go by, each of us finds his own way to the knowledge and wisdom necessary and obligatory at a certain period in life.

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I am a voracious reader and I was surprised I had never come across this fascinating 106 page hardcover book (Ancient secret of the fountain of youth by Peter Kelder, foreword by Bernie S. Siegel, M.D.) until recently. I purchased it at a bargain price on Amazon.

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ANCIENT SECRET OF THE lib ru

according to the story, knew the secret of the "Fountain of Youth." For thousands of years, this extraordinary secret had been handed down by members of this par- ticular sect. And while they made no effort to conceal it, their monastery was so remote and isolated, they were virtually cut off from the outside world.

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Klappentext zu Ancient Secret of the Fountain of Youth Offering practical instruction on how to perform the Tibetan Rites of Rejuvenation, which will take only minutes a day, many practitioners have experienced benefits, including increased energy, weight loss, better memory, new hair growth, pain relief, better digestion, and feeling overall more youthful.

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Five Tibetans The Ancient Secret of the Fountain of Youth

The Five Tibetans - Ancient Secret of the Fountain of Youth The Five Tibetans also called Tibetan Rites are exercises for healing , rejuvenation, and longevity. In his book, Peter Kelder writes that while stationed in India, British army officer Colonel Bradford (a pseudonym) heard a story about a group of lamas (monks) who had apparently discovered the "Fountain of Youth".

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Ancient Secret of the Fountain of Youth

Fountain of Youth then offers practical instructions for each of the five rites, which resemble yoga postures. Taking just minutes a day to perform, the benefits for practitioners have included increased energy, weight loss, better memory, new hair growth, pain relief, better digestion, and feeling overall more youthful.

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Ancient Secret of the Fountain of Youth Book 2 A companion to the book by Peter Kelder

Ancient Secret of the Fountain of Youth, Book 2: A companion to the book by Peter Kelder.

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