



Survival into the 21st Century: Planetary Healers Manual

Viktoras Kulvinskas

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Viktoras' pioneering work is considered by many as a "New Age Bible" in the holistic and health field. Although written 27 years ago, it was the first holistic book to be published with medical journal references. Viktoras popularized Dr. Ann Wigmore and wheatgrass. He discovered Sunflower Greens and Buckwheat Lettuce and brought them to the mainstream. Within the book, a few of the most outstanding features are: insight into practical spirituality and dietary/spiritual relativism; development of positive mind set 99% of the time; how to free oneself of menstruation; a new paradigm of cancer - theory and cure, as proven to work successfully at the Hippocrates Health Institute and transition back to the land orientation; love, tantra and karma.

Within the book, you will learn how to heal yourself from the full spectrum of illness and degenerative disease - from cancer and arthritis to heart disease and the common cold - by the use of living foods. Find out how to experience the esoteric realities and bliss of the universe, the energy of divine love, as proclaimed by the ancient masters. Various forms of yoga and meditation are thoroughly covered to attain vibrant health and perpetual youth. Food combining, super foods, vitamin and mineral content, calories, enzymes, water, wheatgrass and sprouting are all defined in very simple terms. Cooked food vs. raw foods, as well as various types of diet are discussed to achieve optimum nutrition, including sproutarian, fruitarian, vegetarian and macrobiotic lifestyle choices. The book also covers the many methods of fasting, with advice on how to prepare and experience a cleansing of the body.

The father, mother and child chapter touches on pregnancy, childbirth and how to raise the youth to achieve their fullest potential. A large amount of alternative therapies are included. Physiognomy, iridology, zone and color therapy, massage, acupressure and healing herbs are all supported by amazing testimonials.

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