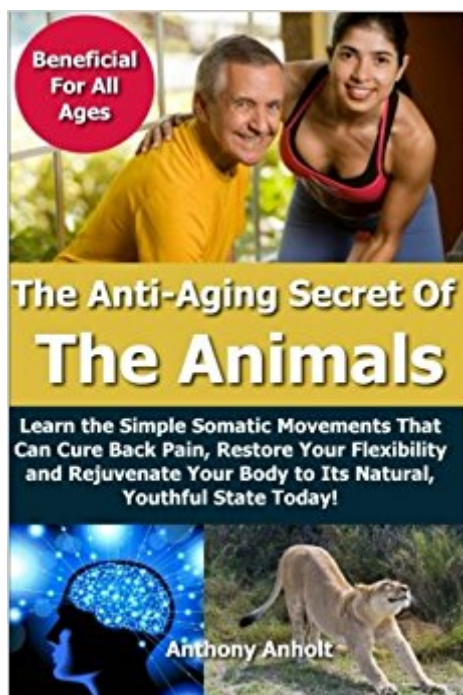


The book was found

Anti Aging Secret Of The Animals - Learn The Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility And Rejuvenate Your Body To Its Natural, Youthful State Today!



Synopsis

Discover The Anti-Aging And Rejuvenation Secret Of The Animals! From seniors looking to regain their youthful vitality to athletes looking to decrease their recovery time, animal based somatic movements can help you. Most people would agree that their bodies were at their best when they were young. Anything you wanted to do you simply did without giving it a second thought. Run, jump, and recover from any sport almost instantly. It was almost like you had a superpower that you didn't really appreciate. Didn't appreciate, that is, until you started to lose it. For most of us as soon as we hit our mid twenties we get our first inklings of age. After playing your favorite sport you likely discovered that you just stay sore that much longer. Your back, particularly your lower back, starts to ache and complain. As time passes these little aches and pains can accumulate until they are literally crippling. Our muscles can get so tight that just getting out of bed can be a chore and walking requires a cane. Most people just accept this as part of the aging process and believe there is nothing to be done about it. Right? Wrong! The truth is that there is nothing natural about growing feeble as we age. This is a condition unique to humans that is unknown in the animal kingdom. Most doctors and physical educators don't know this, but all vertebrate mammals by instinct perform simple movements that allow them to reset their brains and relax their muscles. Relaxed muscles are the key to maintaining youthful flexibility and movement. Humans have this instinct as well but we lose it within our first few years of life as our higher brain functions become active. If you know what to do, however, you can regain this ability through the power of somatic movements. Somatic movements allow you to relearn how to exploit your brains natural self-healing properties so that you can regain the feel of a youthful body. When you learn how to perform these somatic movements properly these are some of the benefits you can expect: If you are older you can get back to activities you once enjoyed like walking, dancing, or simply living life pain free. If you are younger these movements can help you stay young so that you never experience the pain and discomfort that most people feel comes with age. Recover faster so that you can train harder and continue to participate in the sports you enjoy. Restore your body naturally. Pills, heating pads, muscle relaxants and Epsom salt baths not required. These natural movements will purge and eliminate stiffness, tension, immobility and stress. Somatic movements will allow you to possess a body that feels balanced and coordinated again. Learn how to wake up your nervous system and refresh your brain. Get the memory back of what it's like to feel good. Somatic movements by themselves can often resolve issues such as chronic pain, memory problems, brain fog, poor sleep, blurred vision, lack of energy, depression, inflammation of the joints, sciatica and more. The key to all of the benefits above and more is to learn how to access your brains natural

healing abilities just like the animals do in nature. This is the secret to how all-vertebrate mammals maintain their youthful vibrant ways and it's a secret you can use too through the miracle of somatic movements. No matter what your age or present physical condition get this book so that you can feel the joy of youthful physical and mental rejuvenation today!

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Customer Reviews

I have had tremendous pain in the last two years due to a life or death experience. I survived, but my muscles stayed frozen in trauma. The Work is allowing a lessening of my pain and freeing my movement. This helps and I pray will continue to help me. Thank you for presenting it. - Kindle Customer (Verified Purchase) This is a great introduction for anyone interested in starting a somatic routine that will help them move more freely everyday. - Nova (Verified Purchase)

Hi, [I](#) [I](#) My name is Anthony Anholt and I firmly believe that each of us is filled with untapped potential. As such I am constantly on the lookout for ways to improve myself from the inside out, both mentally and physically. I believe in using natural, time proven methods to do this as opposed to phony workout gimmicks, products, or drugs. I firmly believe that God has endowed us with the innate ability and talent to be the best we can be. All we need to do is uncover it. [I](#) [I](#) If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month - Theodore Roosevelt [I](#) [I](#) If you are willing to put in the work (and yes, there will be work. That is the price life charges for improvement, no exceptions) and have a strong desire to be more than you presently are, I think my books can help you. I look forward to beginning this journey with you. [I](#) [I](#)

Sincerely, Æ Æ Anthony Anholt

I wasn't sure what to expect from this book. At first glance I didn't understand how nature could have the answer to what ails me, and millions of others. Then I read it, and found it to be an incredible and fascinating read. Anti aging usually forces you to purchase expensive items, shots, or visit a doctor, but this is not what you get with this book. Instead, you get interesting feedback on how you can easily reverse the signs of aging, and get back to a youthful self. In this handbook, I found guidelines for exercise, stretching, and how to get a pep in my step. It's easy to read, and broken down into several chapters that highlight the issues that we all face with getting older. I for one have sports injuries, and found some of the advice to be quick, and easy to utilize. It's not a heavy handed book, and you will not have to turn your life upside down to use it, you simply need to be open to following the example that animals give us. Following animal examples of movement, to refreshing the mind in a whole new manner, you will find that there are layers of understanding here that are more than just physical, they very well could be spiritual for some. I recommend this one for anyone that wants a natural path to anti aging, and not just in regards to "looks", but for the aches and pains that creep up after some time.

I have been looking for something like this simple and clearly written guide for a long time. I didn't want a huge "exercise book" that would have me using equipment and more of my time than I could spare. I like the way the science is presented here, in a simple and straightforward way. The movements are all done lying flat. No special equipment, no ridiculous reps or competitive quantifying. Just gentle mind and body balancing movements that naturally reset the mind's chemical balance and the body's equilibrium. I have found my perfect guide. These movements are all I need to get myself out of pain in the morning or anytime I am tense and sore from sitting in my office chair much too long than is healthy for me.

The somatic movements explained in this book are really as simple as the author describes---yet they are also very effective. What's great is that these movements help you feel younger and make you regain your youthful body. The stretches are natural and help diminish and eliminate stiffness and tension in the body. I tried the movements for a few days, adding them to my fitness regimen, and I was pleased to feel almost immediate results. I had this recurring soreness in my elbow and part of my lower back, but after using the stretches recommended in this book, I found that the

soreness did subside in both areas. This is a great book to help keep up a youthful appearance; highly recommended!

This is exactly the type of book I was hoping to find on learning the basics of somatic retraining of muscles. It is a fast and easy read with simple, clear instructions to get you going. For many, it will be all you'll need. For others who wish a deeper exploration he suggests where to go after reading his book. Basically, this is the "Cliff Notes" version of Somatics theory. Recommended.

In order to get as much out of this book as it has to offer one must open their minds to a few simple truths. Firstly that our minds know our age but our bodies don't and we don't listen to our bodies enough. secondly that we have the power to self-heal. Thirdly that pandiculation; something that all animals do, goes a long way in keeping us healthy and feeling you. Though it is the brain which runs the whole body show, our bodies should have a larger say. This book teaches how to listen to our bodies while doing these simple and painless movements that any one can do. I found the pelvic movement the most beneficial. I hold a lot of tension in that area and this movement keeps my pelvis limber and pain-free

This little book is formative and to the point. Gives just enough information without overdoing the explanations or justifications so common in many self help books. But definitely more information than exercise books that assume a few pictures with instructions are effective in teaching proper and safe technique. The techniques really work, but like most truly effective modalities, you have to do these movements consistently over a period of time to get results. I am curious as to guidelines for maintenance once the major issues are resolved.

Excellent introduction to a valuable tool for using natural principles to keep the human body tuned up. I had no idea what my furry children were doing when I thought they were merely "stretching".

I have had tremendous pain in the last two years due to a life or death experience. I survived, but my muscles stayed frozen in trauma. The Work is allowing a lessening of my pain and freeing my movement. This helps and I pray will continue to help me. Thank you for presenting it.

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