

How best to replenish your energy



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Chambre de charme

Table of content

HAPPINESS IS ABOUT ENERGY.....	2
CENTRAL THOUGHT.....	4
EXERCISE.....	7
BREATHING	8
EXERCISE.....	11
EXAMPLE: UNCOMFORTABLE SITUATION	13
EXAMPLE: UNPLEASANT PEOPLE.....	14
REACTIONS.....	17
REASON 1: PEOPLE GET TO KNOW THEMSELVES THROUGH THEIR REACTIONS	18
EXAMPLE FROM LIFE	19
REASON 2: THROUGH YOUR REACTIONS, YOU GET TO KNOW WHAT YOU NO LONGER LIKE.....	20
DIET.....	21
EXAMPLE OF SEVERAL RECIPES	23
RELATIONSHIPS	26
JUDGING AND COMPARING	28
HF WAVES	30
RESET	31

Happiness is about energy

In my practice I often come across an opinion that someone has happiness and someone doesn't. It's not true. **Happiness is available to everyone**, and it's up to each of us how we approach it.

A lot of people think they just don't have happiness. Since childhood they have been hearing at home or at school:

„Happiness belongs only to the stupid, but you have to keep trying not to neglect anything. Do not try anything new, do as we do and you will be content.“

Subsequently they spend their life trying not to make any mistakes or neglect anything. It means that from 90% they focus on the negative, unhappiness and mistakes. It doesn't matter they don't want that, but they are focusing on it.

Funny thing is that the brain is dependent upon controlling (central) thought. So when the central thought is: „UNHAPPINESS, NEGATIVITY, MISTAKES,“ the brain begins to look for it. In practice it works in a way, that a person focused on these things will look for people who will bring disappointment to him or her. They will look for opportunities that bring them unhappiness, negativity and mistakes. And they will be still doing mistakes, even though they will be very much focused, but they won't be able to manage it.

Most people I have talked to about this phenomenon reacted with words:

“Now I will watch out for that.”

But it doesn't work like that. It is such a big quantity, such an efficient program in the subconscious, it cannot be “watched out for”. But it can be worked with.

There are several important things a person should know and master if they want to achieve a state of happiness. Gradually I will present them to you here.



Central thought

A human mind usually produces thousands of thoughts every hour. Some thoughts people are aware of, others are passing somewhere in the background.

They uncontrollably emerge and vanish without their control. Often it is thoughts full of doubts, fears and self-criticism. Their character controls people's lives towards unsuccess and personal failure.

First you need to **take mind under control**. It is not very beneficial to try to “forbid to have certain thoughts”. It is a big effort and it doesn't work very much.

Much more beneficial is to manage the direction and **nature of thoughts**. Each situation, each moment in a life of a person, has two polarities – positive and negative. If a person focuses on the positive side, then they are gaining from all situations and each minute of their life. If they focus on the negative side, they lose and an illness comes.

For example to work with your own thoughts and direct your life towards happiness in that way isn't easy, it requires a lot of effort. But it is possible.

Happy people focus on the fact it can be done. They stand by it and they direct their life towards happiness. Others focus on the

fact it is not easy and that it requires much effort. By that they direct their life towards constant work, even hard work.

There are situations that seemingly lack any sign of positivity. In that case it is a good idea to wait, give it some time and look at it sometime later. These situations often have a fundamental role in people's development. Situations like life tragedies, big failures, serious illness, or death of someone close.

When you look back after some time, you can see these situations have significantly shifted your value system towards humanness, understanding and humbleness before life. That is also a necessary factor for happiness.

There is a group of people, so far quite large, who are proud of their hard and sometimes even tragic life. Often they are people who have been getting used to hardship and disfavor of fate for a long time, and when they got used to it, they are now proud they made it. These people probably won't – at least for some time – lead their life in a different direction.

Interesting thing is that when they meet those, who are happy, they do not feel good. They deliberately avoid company of happy and successful people, and, without knowing anything more about them, they consider them immoral, selfish and greedy. **It is best to avoid these people**, because it's impossible to inspire them and almost impossible to get along with them.



For them it is typical to constantly complain about something and when you offer them a solution to their problems, they don't hear you. They just need to “take out the trash”, but they don't want to change anything. Only a professional – psychologist can help them.

If a person, who wants to lead their life towards happiness, often spends a lot of their time in company of these people, it will overwhelm him or her and in time he or she will be like them. It cannot be avoided, it is a law about energies. Therefore it is important to choose with whom you want to and don't want to share your life.

Another important thing is to learn to perceive reality. If you want to, try this in a little exercise...

Exercise

No matter where you are right now, focus on what is happening.

For example, if you are in a tram, perceive sounds of the tram and sounds of people around you. Try to perceive them deeply.

Try to recognize individual vibrations, highs and depths of tones and also how individual sounds affect your emotions.

- **If you are sitting**, feel where your body is touching the seat and the floor. Feel how the tram is twitching your whole body. If you can, loosen your body and let yourself be swayed by the ride. Don't let it shake and roll from one side to the other. Enjoy this massage, which you got as a bonus to the ride.
- **If you are standing**, play with your center of gravity. Don't hold yourself and try to balance the roughness of the ride by shifting the center of gravity. At the same time realize the role of muscles of your body. Notice how your internal stabilization system is being engaged automatically.

If a person is deeply interested in what is happening, no other thoughts are coming. This way of perceiving reality can be applied to any activity or period of life.

And finally, the most important thing.

To have your own dream, your most beautiful vision of yourself and your life. How that state of happiness should look, what form should it have?

That should be like a compass for each person. In life important moments are those, in which a person decides how to act in individual situations. The decision should always be in alignment with a dream and the most beautiful vision of oneself. That way a person will reliably get to their happiness.

It is good to constantly remind yourself of your vision of yourself, your desires and dreams. The more time you spend reminding yourself of this vision of your happiness, the quicker your reality will revolve around that.

Breathing

For a happy life you need a lot of energy and if possible, to not lose it. **You get the most intake of energy from breathing.**

The quality of breathing directly corresponds to how much energy you have. How does it work? If I ignore oxygenation of blood, which everyone knows from school, then:

Air is energy

Lungs bring air – energy to the body

Kidneys pull energy from the lungs to themselves. Then they release it based on the need of the body. If I were to compare this process to an ltd. company, then:

- Lungs are the director of department for receiving grants
- Kidneys are the financial director

So, if breath is insufficient and shallow, it is like a small income in a firm. You cannot expect any big costs.

A person with a bad habit of breathing can be spotted easily:

- Their shoulders are in front
- Their chest is closed
- Their head is rather bent
- Their buttock muscles are flabby (I will explain that later)
- They are susceptible to scoliosis of the spine

They mostly look for negatives around themselves. In no way they allow any hope for success. And if they try to do something, their first sign of a possible failure is explained with words:

“See, I told you so.”

A person, who doesn't have blocked breathing:

- Their chest is open

- They walk straight
- With their head raised
- Their body is nicely arched
- Their spine is straight

They have bold plans for their life, which they make happen without any delay. They have their dream they pursue. If they experience a failure, they learn from it and move on.



If you belong among those who breathe insufficiently, you can change it immediately.

Exercise

Make time for one hour and try this exercise:

1. Turn off your phone, television, radio, computer and other media and make it so that no one interrupts you. Prepare yourself psychologically that for one hour you will not be thinking about work, cleaning, cooking or relationships.
2. Lay down on a mat with your back down and put your arms alongside your body. Make sure you are comfortable, and if needed, put a pillow under your head and knees.
3. Focus on your breath. Feel where the breath is entering your body and feel its way into the lungs. Realize how your lungs are expanding and how far they can expand. Be aware of your exhalation. When you exhale and the breath is going from air passages out, be aware of how air is touching your nasal mucosa.
4. Put your hand on your belly and feel how your belly is expanding with each inhalation and falling with each exhalation. With each inhalation, fill your belly a little bit more than with the previous one.

Breathe slowly, rhythmically and with concentration. Pay undivided attention to your breath. When your belly expands with inhalation to the maximum position possible,

and it cannot be expanded more, continue with trying to fill your belly and chest as much as possible with an inhalation.

When exhaling, try to squeeze out as much air as possible. And do not rush it. Breathe slowly and rhythmically into your belly and chest, and when exhaling, squeeze out the rest of the air with your abdominal press.

Breathe as slowly as possible – make your inhalation as long as your exhalation. There should be a soft transition between an inhalation and an exhalation and an exhalation and an inhalation. Your breathe should create a kind of a symmetrical, even ellipse.

5. When you master breathing into your belly and chest, lead your breath even higher – into the area under collar bones and fill up this space too.

It is the most difficult part of breathing, but very important. Try to breathe this way 5-10 minutes every day.

Intercostal muscles tied up by stress and fear will loosen and allow you to breathe naturally with full breath during the day, without you even focusing on it.

6. When you finish practicing the full breath, try to be aware how you feel. How your energy has increased, while your body relaxed and your head cleared up. And your trust in yourself increases.

Until you come across a situation, where you close up with stress or fear again, you will be breathing well. You will probably have a great mood and you will enjoy your life.

But you can encounter situations, or people, which/who will shorten your breath. Or more precisely, you shorten it under the influence of emotions.

Let's look at a situation and people from two practical examples:

Example: Uncomfortable situation

A situation is the easier option. Mostly it is a situation, when:

- You are running late somewhere
- You have lost something
- Someone or something irritates you
- You cannot fall asleep at night
- etc.

Just breathing is enough. Focus on deep breathing in that situation and maintain your awareness in your center.

If you have no idea what I am saying here, it is okay. It is a new thing for you, just like you learned to walk. Just practice deep breathing by yourself and when a stressful situation comes, start breathing deeply.

You will be then able to solve the situation better. You will have better and more constructive ideas and more energy for quick action. And you will not shorten your breath.

Example: Unpleasant people

People are the more difficult option.

For example: You have a boss at work. There are not so many bosses like this, but it can happen. He is an owner of a company and at first sight it seems he doesn't have any concerns anymore. But on a daily basis he struggles with fear that a competition might threaten him, that he will lose customers and gradually also employees, then he will lose his wife and children and he will end up as a beggar. Many people who look successful on the outside are dealing with similar thoughts.

This boss arrives at the firm in the morning – after he spent 30 minutes at home in front of a mirror assuring himself he is great, rich, etc. He tried to imprint a feeling into himself that he is successful, but he himself doesn't believe that.

He arrives at the firm and meets you. A balanced, satisfied woman, who knows exactly what and why she's doing it. She is smiling, funny and confident. With her posture upright and nicely arched body, balanced walk, vivid look and pleasant voice. (If you are a man, convert the last three sentences to the masculine gender)

At that moment he meets you and his morning illusion, his affirmations, about himself is destroyed. Because you obviously are doing much better than him, and that doesn't make sense.

A lot of bosses think they should be doing better than their employees or subordinates. And it should be obvious. They try to make it obvious. But you cannot fake or pretend what you put out and radiate. And so it most likely annoys him. Maybe he starts to create an atmosphere that you didn't manage to do something.

Without him realizing it, he tries to disrupt your confidence. His dissatisfaction with himself would not be that visible after that. He looks for anything, he blows every little thing out of proportion. He would like to imprint you with a feeling that you aren't as good as you think you are.

If he succeeds, you get worse. As if you suddenly grew heavier. As if something sat on your chest or neck. You no longer have that joy and you start to be tired. Suddenly you don't enjoy doing anything. You stop radiating.

Here the most important thing is to realize what is happening. Just like when you're watching a thrilling movie. You know exactly what everyone's agenda is and what is going on there. To do that you need to **perceive reality well**.

When your boss arrives at the firm and you will, for example, think about your dysfunctional relationships with your partner, you won't notice anything and you let yourself be “unsettled”.

You won't register what is happening and you won't take any stance towards it. You will believe that you are incapable and that you neglected something essential.

Deal with your issues with the partner at home, when you are physically with him. It is more beneficial for you to deal with what is happening at the moment and react to it.



It is not easy, but it brings the most results. At first you might not be able to do it at all. That is normal. If you don't give up and you will try again and again, you will make it.

If that day your boss won't be in a rather good mood, you probably won't make it better for him. Perhaps he will unknowingly try to make you uncertain, or maybe he will find

some little mistakes. But your inner feeling, your inner environment won't change.

Because you will already know what is really going on, what the game is. You will be breathing loosely and deeply and maintain yourself in your center. You will observe the game and react to it. You will be constantly fully aware of who you are and where you are heading. **Your energy won't be leaking**, but on the contrary you will get more and more of it.

The boss probably won't like it. Either he is going to respect you more and you become his inspiration, or soon a better job opportunity will open up for you.

Reactions

You might not like it, but **moments where you need to react, are one of the most important moments in life.**

All situations, which you perceive differently than your partner, parent or supervisor. All situations, when there's something going on with which you don't agree. And also situations, where you have a need to express any emotion.

Most people I know try to avoid these moments. Even when it's only an open speech, nothing negative. They hold back and try not to feel their inner environment. Inside of them there are stormy processes happening, while on the surface it looks like nothing is happening.

Why reactions are so important in a person's life? At least for two reasons:

Reason 1: People get to know themselves through their reactions

They find out who they are, what their dreams are and where they are heading.

Few people are able to answer these questions and for some they are not even important. They are desperately trying to fulfill what is expected of them. They graduate from a major that isn't interesting for them at all, but they think they need a degree. And it doesn't matter which one. Then they find a job, which doesn't satisfy them at all. But it's a job with a high position, so all is good. Finally, they get married to a partner, with whom they have had nothing to talk about for a long time.

But it's a certainty, they know each other and they won't bother each other. No passion. No life. And so, in time they start to look for comfort outside of themselves: lover affairs, alcohol, antidepressants.

Much more beneficial is not to meet any other's expectations, but to know yourself. To find out what makes us happy and go for it.

And for knowing ourselves, there are those reactions. But it's important to know how to work with them. To react is not anything negative. It is a communication of your internal environment with your brain.

Example from life

I will give you an example from my own life. When I was 13 years old I suffered from a spine fracture. I was being treated in a hospital for a long time and then at home. When I started going to school again, I wasn't allowed to carry a schoolbag, not even a few books. I couldn't play any sports and for the future I was awaiting a prognosis of a disability.

Close to my home there was a masseur working. He was a beefy guy and my mom had an idea I could go visit him. The massage took 20 minutes, I had extreme pains during it and at the end of it the masseur told me:

“Girl, don't care about doctors and start exercising. Exercise all the time, do sports and begin to live again.”

I did exactly as he said. I had a few more massages with him and my body got stronger. In time I had the courage to do martial arts or horse riding. I tried everything I wanted, without limitations.

I remember all my reactions from that time. When he told me that, it was like a big weight fell off of my shoulders. I could breathe again.

And I felt a desire to do this too. To bring people back to life. That was enough. To realize that desire. My brain automatically started to look for everything what was needed for it and what related to it. So, when I got sick after giving birth to my daughter Zuzanka, it felt natural for me to help myself, start studying it and thus begin my professional path.

Just as I remember my first reaction when I went to a hospital for an examination and the doctor learned I was exercising and working out. He was angry, but his arguments lacked logic.

To my arguments he reacted with irritation and he looked offended. It was not about me at all. If I hadn't said anything to him, I wouldn't have come to understanding that not even a longtime study and a degree doesn't have any value compared to genuine interest in people. I stopped having respect to authorities and began to trust myself more.

Reason 2: Through your reactions, you get to know what you no longer like...

You get to learn what you would like to change, what needs to be done differently, where to go.

Here is the Achilles heel for most people. **They are afraid of change.** Therefore, they purposefully don't perceive and express their reactions, so that there isn't any reason to change.

If a person accept their reactions, they listen to the desire of their internal environment and make a desired change. It is always to their benefit.

Internal environment of a person will never go against itself. **Successful people never ignore their reactions and their intuition.** And intuition expresses itself also through reactions.

If a person is inhibiting their reactions, it costs a lot of their energy. They lose it with the process itself, but they also don't

feel good afterwards. They are tired. The reason is that if they want to close, to block expressions of their body, they have the only option to close themselves completely. And they are almost unable to gain any energy.

On the contrary, if they accept their reaction, let it move through and take an active stance towards it, lots of energy will be released. Even they will be relaxed and will gain great amounts of energy, as they need.

Diet

Imagine if for your car, instead of gas and diesel fuel, you started to buy economically favorable mixture of different cheap oils together with different chemicals, which would create some kind of a strange fluid. What would happen?

- Performance of your car would go down
- But failure rate would rapidly increase

Not immediately, it would maybe take a few years, depending on resilience of the car. But once the failures would start, the car would soon stop working.

Economic mixture would be economic only for the manufacturer. Consumers would buy it for a high price with the fact that it contains a high amount of necessary substances for the car, something like vitamins. And each new version of this

fuel would be more expensive than the last one. Everyone would forget about diesel fuel and gas. It would not be modern – COOL, IN...

It is somewhat similar to current diet of people. Sausages, hot dogs, salamis, hams, processed cheese, pastes, instant food, cold sauces, some “ice creams”, jams, spice mixtures, seasonings, stimulators of taste, and other foods and supplements full of chemicals. And also in health food stores.

If a person, who buys food only based on their taste, separated chemicals from food they consumed in one year, they would have a big pile of white powder on their table. This reminds me of a scene from a movie about cocaine mafia.

How is a person supposed to feel good and be healthy when their cells are starving?

After a whole day, when their body was getting only substitutes without real nutrition, in the evening they rush to the fridge in hopes they find some real nutrition. Mostly in vain.

But the waste increases. Chemicals and additional substances need to be taken out somewhere, and liver isn't genetically equipped to handle such great amount of toxins. An ideal place is subcutaneous fat.

But the body needs to create more and more amount of fat so that toxins would be safely held under the skin and the organism would be protected from intoxication. If a person in this state

decides to start a diet and lose weight, they would just cap their self-destructive behavior.

Cellular nutrition is everything that grows by itself. Grains, legumes, vegetables cooked or raw, fruits, nuts and seeds. Meat once in a while, if someone feels they need it.

Example of several recipes

Recipe 1: Soup

1. Put cleaned and cut Hokkaido pumpkin, 4 carrots cut into pieces and one cup of red peeled lentils into a pot with volume of 4 liters. It doesn't make sense to make a smaller portion, during one day the soup will disappear.
2. Add salt to taste and slowly cook until soft
3. Blend with a hand blender and add salt and cane sugar to taste.

Recipe 2: Snack

1. Take 500 g of beans, or chickpeas, put it into cold water and let it soak in the fridge for 24 hours
2. Then strain the legumes and cook it in clean water
3. Cook for 3 minutes, strain it and add clean hot water
4. Add salt and cook until soft.
5. Let it cool down and divide into several smaller portions. Freeze it.

Recipe 3: Main course

1. Stir-fry cut onion on sunflower oil, add a straight spoon of curry spice without sodium glutamate and with constant stirring of spice, keep opening (stewing) it for 15 minutes
2. Occasionally add a spoon of water. In the process of opening, add dried red pepper and a spoon of tomato paste, or cut tomatoes. You can add chilli, if you like spicy.
3. Once the salsa is ready (after about 15 minutes), add vegetables cut into pieces. Any vegetables you like. You can also add a plum, apple, pear or pineapple.
4. If needed, add water to it. Cook vegetables in the salsa until soft. Before it's cooked, add one portion of frozen legumes to it.
5. Once the legumes unfreeze, mix that awesome food with rice, pasta, couscous or bulgur.

If you don't like spicy food, skip the part with opening of spices. The food is great and nutritious even without the spices.

Recipe 4: Dessert

1. Soak 100 g of unpeeled almonds in 1 liter of cold water for 12 hours
2. Then mix it in the same water for 3 minutes. Strain it. Now you have almond milk.
3. In a small pot with volume of 1,5-2 liters dissolve butter and stir-fry cut apples and almonds on it.

4. Pour almond milk to it, add salt and cane sugar or honey to taste.
5. With constant warming you can add sesame, flax or sunflower seeds
6. Once the milk is hot, add rice, corn, millet or oat flour, alternatively oats. Add as much as you want it to be thick. Cook until soft.
7. You can add the mush to small bowls and eat it chilled as a pudding. Before serving it's good to sprinkle it with cinnamon, cocoa, crushed nuts and honey.

There are many recipes. You can find them for example on number of vegan or vegetarian websites.

And meat can always be added into a recipe with no problem.

If you eat this way and once in a while you take something for taste – chocolate, sandwich, chips, ice cream, alcohol, etc., your body will have no problems handling it.

WATCH OUT: Wheat used to also be cellular nutrition. Since the time its nature was artificially changed to be toxic to weed and since the time it began being sprayed before harvest for quick ripening, for a big amount of people it is inappropriate as food because of intolerance of the organism, skin problems and allergies.

Relationships

I will not be telling you about how in today's society people are closed, they live their lives inside of themselves and they share only a marginal part with their surroundings. Everyone, who wants to, sees it around themselves, or also in themselves.

If a person doesn't have anyone close to them, with who they can share all aspects of their life and their personality, **they feel lonely.**

It doesn't matter how extensive their family is and how many friends they have. Everyone needs someone, before who they:

- Take off all of their masks
- Tear all of their walls down
- And they are with them just because of them

And still they are respected, loved, unconditionally accepted, no matter what they think, say or do.

By saying unconditionally accept and respect I don't mean to be blind to mistakes and shortages. **A true friend is constantly setting a mirror** and tirelessly pointing out all shortages, they won't miss anything. They have no need to criticize and put a loved person down, but on the contrary they care about their growth.

They just instinctively feel what their friend is doing that harms him/her, and they cannot help themselves and they have to point it out regardless of consequences. Oftentimes it costs them lots of energy, but it doesn't discourage them.

Mostly they have such a true relationship with one person, if they have it with two people, they are very lucky.

Without a true friendship a person only hardly realizes their greatness and uniqueness. They often doubt themselves and a realistic view of someone they really trust helps them in building their personality and confidence.

At the same time, each person needs to love and accept someone else the same way. Such a relationship is rarely created within a family. It is mostly a friendship of two people, who haven't known each other until that point.

Many people experienced so much criticism and humiliation since childhood that they are afraid of such close relationship. But if someone shows up who seems to have a genuine interest and love, it is worth getting over your own shadow and jump into it fully.

Another thing, which is no less important, **is relationship to people and animals in general.** Everything you think, say or do in relationship to others, you **get back several fold.**

It applies to both people and animals. Animals have the same right for free life just like people. And those who don't respect

that are not able to give themselves freedom and pursue happiness.

Judging and comparing

This is probably the biggest obstacle for people on their way to happiness. They constantly look around and compare, judge and evaluate. But there is no one and nothing to compare to. The only compass you have are your own inner feelings. There are 7,5 billion people in the world and everyone's different. Everyone has their own fate and their own path.

If a person is not interested and doesn't take care of their internal environment, they can hardly find a direction, when their compass isn't working.

Then they look around and try to copy life of someone else. They watch other people's lives and take it as their model, based on which they judge their thoughts, words and actions. They won't and cannot succeed before themselves.

They try to put a bolt and a nut together, but each has a different size. They feel incapable, they are frustrated. They give up any path to their own happiness before starting it.

Or on the contrary they feel they are doing better than others. That they are better than others. But it's not possible. **Everyone**

has their own path and each second of their life they are where it is best for them in that moment.

By judging and comparing people are ruining any joy.

A new car brings people mostly joy only until their neighbor buys a newer model. Joy is gone despite their car still being just as good, nice and functional.



This can happen when a person tries to surround themselves with as much property as possible, or they try to get as many degrees as possible and reach the highest job position in an effort to achieve that feeling of happiness.

Until someone shows up who is richer or has more degrees or has a higher job position. In that moment that person is crushed.

It can be unstable and fragile like this if a person is unwilling to give up judging and comparing.

Comparing can ruin a quite good partner relationship.

Both feel good in it until for example a woman learns that her colleague from work is experiencing very romantic moments with a man like from a magazine.

All of a sudden her husband is no longer enough. He is no longer sufficient in her eyes, she sees only flaws and shortages on him. She forgets about his true values, because of which she loved him at some point. In that moment the woman is not building a relationship, but ruining it.

The only true determinative value is internal environment of people. How they feel, what they desire, how they react and what brings them joy. And to live according to it. There is nothing and no one to judge. Sure, many people around won't like it. But that is their fate. They have to deal with it.

HF waves

High frequency waves or signal of telephone operators, or devices like a microwave, burdens brain and nervous system of people

Therefore a few tips:

- Have a cable internet at home rather than wireless (through WiFi).
- When sleeping, there shouldn't be any devices in the bedroom.
- Replace phone calls with emails as much as possible.
- If possible, get rid of your microwave.

Reset

Once in a while a person has an irresistible desire to do something they usually don't do. Something they usually don't agree with.

It is necessary to do it, to not resist it.

It's something like a reset. If you are overwhelmed, you need to let go and unload the burden of your shoulders.

The goal is:

- To relax
- Clear your head
- Release excess pressure

And not to hurt yourself or anyone else. Once in a while.

May you find yourself and your happiness.

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