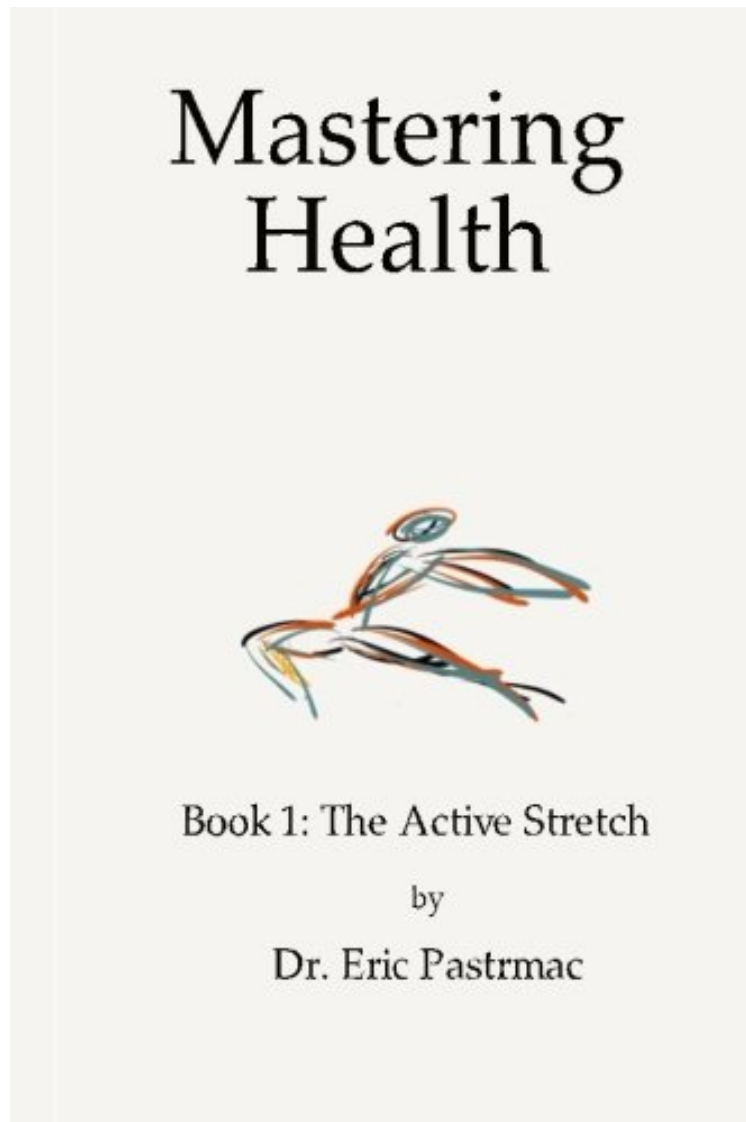


(Library ebook) Mastering Health: Book 1 The Active Stretch

## Mastering Health: Book 1 The Active Stretch

*Dr. Eric Pastrmac*

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#422493 in Books Eric Pastrmac 2015-03-07Original language:EnglishPDF # 1 9.00 x .35 x 6.00l, .47 #File Name: 1502989638152 pagesMastering Health Book 1 the Active Stretch | File size: 64.Mb

**Dr. Eric Pastrmac : Mastering Health: Book 1 The Active Stretch** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mastering Health: Book 1 The Active Stretch:

0 of 0 people found the following review helpful. Excellent book for improving flexibility, breathing techniques, and eliminating physical pain.By anna sI really enjoyed Mastering Health and have already noticed positive changes in both my body and my level of athleticism. As I have gotten older my body has become less flexible, yet I still want to be as active as I have ever been. This book has so many great techniques to improve flexibility, strength, and also the breathing exercises really help out a lot. I tend to take shortened breathes or even hold my breath while exercising, so

Dr Pastrmac's focus on breathing has really been effective for me. I also really enjoyed the references to having a peaceful mind and the spiritual aspect of being kind to ourselves and our bodies. I really recommend this book for anyone looking to improve flexibility, better breathing habits, strength, and their overall positive mind set. Lastly, these exercises can be done at home and are very easy to fit into a busy schedule. 0 of 0 people found the following review helpful. Everyone should own one. By LLB Very good insight. 2 of 2 people found the following review helpful. I was very delighted to find this book written by a Dr that ... By Marissa McGarry I have been suffering from back pain for years due to a car accident and repetitive motion in the workplace. I regularly get massages and see a chiropractor to ale my pain but recently have found this is not enough. My Dr has verbally told me stretches to do at home but I could never quite remember all of them. I was very delighted to find this book written by a Dr that has all the crucial streches to stop my spasms and loosen my back in one easy to reference manual. In this book he also offers a breathing routine to go along with each stretch that has made my stretching routine 10 times more effective. For anyone suffering from back pain or just wanting to feel better overall I highly recommend this manual!

Dr. Pastrmac DC ND combines his Aircraft Engineering background with human spinal biomechanics and understanding of soft tissue and fascia behavior to bring forth DDB 15/10 one of the most effective healing self help systems. This system is designed specifically to help oxygenate and strengthen. The system helps fascia and connective tissue to "let go," restore mobility, and help open the spine where nerve roots flow. Organs, all tissue and cells of the body require nerve data to function properly and regulate chemistry. Throughout the book there are various mental exercises to go along with the physical. The whole intelligible world from ancient times to current, as well as the most advanced science today, confirms the importance of the mind and its effect on the body.

About the Author Dr. Eric Pastrmac, DC ND, brings aerospace structural engineering to human biomechanics and analysis to help him form a very effective spinal corrective system. His spinal contouring system is actually designed to reshape structure painlessly (limited only by natural or surgical fusion ) restoring essential life data to tissue. Dr. Pastrmac has worked with stem cell treatment, is a Board Certified Doctor of Naturopathic Medicine, and holds a current international medical license. After a couple of years studying stem cells, he realized that the true power of healing is in the nervous system. His present focus in healing is the correction of the life-giving nervous system, the ultimate deciding factor in well being. In 2011, Dr. Pastrmac had experienced the most brilliant light of being through a near-death experience, and began his quest to learn about the mind and intelligible reality. In early 2014, he met Pierre Grimes, PhD, who introduced him to Platonic Philosophy as well as the Noetic Society, and broadened his views on Tibetan beliefs and expanded his consciousness and mindfulness. Dr. Pastrmac is fascinated with the mind and with quantum physics and now incorporates the mind and patient beliefs to expedite healing.