

Uzbek body | mind | spirit

## Life without Pills

When animals get sick, they instinctively feel what helps them to recover. But we humans hope for outside help, take medication, even if we know about the often harmful side effects. We forget that our organism has the ability to regenerate independently and is also strongly influenced by our mental attitude. Mirsakarim Norbekov shows how you can use your special method to build a more positive self-image and develop your enormous inner energy potential in order to regenerate the entire organism. In addition to exercises for the spine, for arm and leg joints as well as special eye exercises to improve eyesight, Norbekov explains his training to restore mental balance. With 10 exercise units and 40-day program.

## Energetic Shower

Highly effective self-healing exercises. Don't wait for a healthier life after death. Act now. In the usual provocative and entertaining manner, Norbekov teaches techniques that lead to an optimistic attitude to life and emotional balance. His exercise book offers practices to regulate breathing, activate one's own energy fields and rejuvenate the spine. According to the cold-heat-prickling-principle everybody can unfold his inner energy potential and achieve a vital whole-body feeling. Norbekov's „Energetic Shower“ works better than any Energizer drink.

## A Million Decisions

A unique textbook for exercises, helping to fight undesirable traits, as well as to choose one's own way of life and find answers to many questions that are of concern to all people. The practical part of the book has been complemented with events from the author's life that allow him to find a better place in the world he creates, which is described with a great deal of humour and flair. This book will completely change your priorities, aspirations and what you will need to be happy.

## Secret of Health

You can get rid of diseases. Each of us once had an illness or at least ailments that beat out of the rhythm of everyday life. The author presents a comprehensive system that helps everyone to find an individual path out of the disease. He presents a holistic approach to health and takes into account the fact that man has not only body but also soul, that is emotions, psyche, intellect. The basis of this system of restoring health is to awaken the body's ability to regenerate and self-regulate, to regain internal harmony and spiritual balance, to rejuvenate the body and gain health. Thanks to this book you will learn about body healing methods such as exercises of will and imagination as well as gymnastics of joints and muscles, which strengthens and makes them more flexible. You will learn how to strengthen the immune system and improve sight and hearing. Clinical studies have confirmed the positive results of this system for many diseases such as ulcers, chronic stomach and intestinal ailments, dysbacteriosis, asthma, diabetes, thyroid ailments and others. It also helps with diseases considered incurable and even oncological changes.

For more information in English please see here: <http://norbekov.co.uk/index.html>

Norbekov is a Doctor of Psychology, Pedagogics and Medical Philosophy. He is a Professor and an active member of numerous Russian and international Scientific Academies, author of numerous patented inventions and scientific discoveries. He founded a health centre in Moscow, that has now grown into a network of centres in Russia, surrounding countries and in the West. His method of healing is concerned with the overall health of a person. He was the Russian vice champion in karate and a sufi master (Sufism is one of the oldest religious schools in existence). Norbekov lives in Moscow and Uzbekistan.



### THE AUTHOR

translations  
6 languages

sample translation available  
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# Mirzakarim Norbekov