

## Preface

Dear reader, the book "Unlock the body's hidden powers" that you now hold in your hands can become much more than just a source of information. It can be a powerful and practical tool for promoting and maintaining your health, regardless of your current state of health. By reading and applying the knowledge gained in this book, you can take control of your own health and well-being.

Let's look back at the history of this method and book. With 47 years of experience in the health industry, I have used and developed various health methods, with a particular focus on breathing and the phenomenon of hypoxia. These techniques have been integrated into my breathing methods in various ways.

Over the past three years, I have come into contact with many scientific studies in the field of respiration. These studies have shown very strong effects on human health, such as improvement of autophagy, which is a cleansing process at the cellular level, activation of non-active genes and functions that slow down aging.

These discoveries are not only scientifically interesting, they also have a great potential impact on human health and well-being. By understanding and applying these principles, we can naturally improve our health and beauty.

Based on the latest research and my long-term experience in the health sector, I have developed a method that I have named Hypoxia Training or "Unlock the body's hidden powers". This method is designed to help people familiarize themselves with and harness their inner powers as an effective tool for everyday health.

For those struggling with health problems, the book can serve as a guide to increasing the body's natural healing power. It can help identify and understand the problem, and suggest effective strategies to combat it. By providing relevant and reliable information, the book can help strengthen the body's ability to fight disease and promote recovery.

For those who have no particular health problems, the book can be used for prevention.

It can offer guidance on how to strengthen the body, prevent diseases and increase mental abilities.

By following the advice in the book, you can achieve better health and well-being, which in turn can help improve your quality of life.

For athletes, the book can be a tool to improve performance in a n y sport. It can offer insights and strategies to optimize physical fitness, increase endurance and improve techniques. In addition, it can help to improve mental sharpness and focus, which is crucial to achieving success in the world of sport.

Not many people know that one of the most important conditions for good health, absence of diseases and rejuvenation is a body process called autophagy.

Every day, millions of new cells are formed in the human body.

Some of them are defective and even carcinogenic and contain errors in DNA. The more such broken cells in the body, the greater the likelihood of disease and accelerated ageing. The mechanism that frees humans from such biological debris is called autophagy.

Through the process of autophagy, cells regularly clear away debris formed during energy production in the body. Unfortunately, with aging, autophagy function declines, causing cells to become contaminated and their function to deteriorate, allowing future health problems and diseases to develop.

We already know that autophagy can be reactivated by fasting, but you need to fast quite often and regularly to maintain normal autophagy function. In this book and in the program, I present a much simpler and even more effective method of reactivating autophagy, namely training that creates dosed hypoxia in the cells.

**NOTE:** Hypoxia means lack of oxygen, but here I want to emphasize that we will work with controlled lack of oxygen that we create ourselves. The basis of the method is dosed hypoxia training combined with light physical exercises, hand laying (self-healing), and exercises with tension and relaxation of different muscle groups.

Hypoxia training is based not only on international scientific studies but also on our own studies in India and China. References are given at the end of the book. These studies show very positive results in various health areas.

In addition to the important benefits that will be described in the book, hypoxia training has been shown to be effective in treating depression and panic attacks, improving brain function and memory, reducing obesity and much more.

Moreover, in the field of beauty, this method can create miracles in a completely natural way.

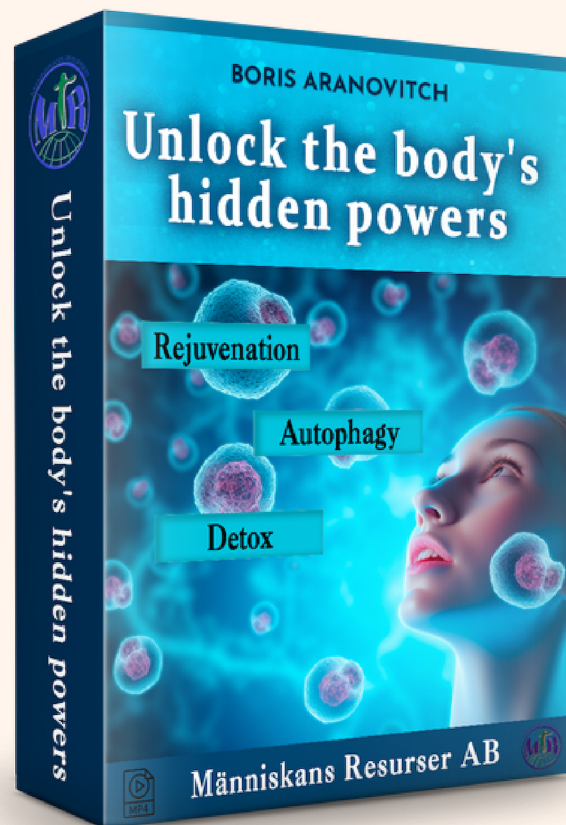
Finally, the method is easy and fun to perform, thanks to the use of videos with animations and music. This makes performing the exercises more engaging and entertaining.

When something is fun and easy to do, people are more likely to continue doing it in the long term. In the case of music, research has shown that music can have a positive effect on cells and improve their functions.

Several studies have investigated this link between the body and its response to music and the results have been promising. In the book you can read more about the music used in the program.

The book will provide more detailed information on how to perform hypoxia training and combine it with the other techniques to achieve the best possible results.

I am convinced that this method will change the lives of many people. All you have to do is read the book and do the exercises.



To motivate readers to read the book and use the method, I want to highlight the huge benefits of the method.

## 10 advantages of the method "Unlock the body's hidden powers"

Hypoxia training is a method with many benefits for health and well-being. It creates dosed oxygen deprivation which leads to many positive changes in the body. Here are 10 main reasons why you should use this method:



**ACTIVATION OF AUTOPHAGY.** An important function that is activated in the case of dosed oxygen deprivation is **AUTOPHAGY**, in which the cells clear themselves of harmful waste. This occurs through the production of a protein HIF1A, which is responsible for activating autophagy.



**BALANCING THE HORMONES IN THE BODY** - another one. The advantage of a lack of oxygen is that it balances the hormones in the body. The lack of oxygen increases the sensitivity of cells to hormones. This is important because reduced cellular sensitivity (resistance) is one of the main causes of hormonal imbalance.



**REJUVENATION OF THE BODY.** The lack of oxygen can also contribute to body rejuvenation by blocking the TOR complex, which is one of the main causes of ageing. By reducing the activity of the TOR complex, the body can experience a rejuvenation process.



**IMPROVED BLOOD CIRCULATION IN THE BRAIN AND THE WHOLE BODY.** Another benefit of dosed oxygen deprivation is improved blood circulation in the brain and throughout the body. When oxygen deprivation occurs, the level of carbon dioxide (CO<sub>2</sub>) in the body increases. This leads to dilation of the capillaries and increased blood flow in the body, which in turn improves circulation.



**ACTIVATION OF LESS FUNCTIONAL GENES.** Oxygen deprivation can also activate less functional genes through the production of the protein HIF1A. This can allow the body to activate alternative genetic pathways and compensate for any deficiencies.



### **WEIGHT IS NORMALIZED.**

In the case of dosed oxygen deprivation, weight can be normalized thanks to the body being able to burn fat much more efficiently. Normalization can be observed in both overweight and underweight conditions.



**INCREASES ENERGY IN THE BODY** by improving oxygen uptake and increasing adrenaline levels.



### **ANTIDEPRESSANT EFFECT.**

Another positive effect is to improve mood and reduce the risk of depression. This is due to an increased sensitivity of cells to endorphins, dopamine and serotonin - substances that affect our well-being.



**IMMUNE DEFENCE BALANCED** and is improved thanks to the increased energy of the cells of the immune system. This occurs in conjunction with improved blood circulation and oxygen uptake.



### **BRAIN ACTIVITY INCREASES.**

Finally, it increases brain efficiency, making us more effective in our work. In particular, music that creates alpha rhythms in the brain can contribute to this.

**It is important to note that these benefits only apply to dosed oxygen deficiency and not to severe oxygen deficiency.**

All these claims have a scientific basis.

By adopting the scientific advice and techniques presented in the book, readers can improve their health and quality of life in a simple and effective way.

## Introduction

During my work in the health industry, I have worked on developing various health methods and writing health books, as well as creating interactive health programs. Many of these have involved mental strength and quantum methods, which have proven to be effective for most people who have tried them.

Unfortunately, not many people are open to such methods yet. Therefore, simple and effective methods that everyone can understand and use are needed. Of course, physical activity and a healthy diet are important for health and should not be overlooked.

However, here I mainly describe a very specific training method that combines hypoxia training with different techniques such as physical movement, hand placement and tension/relaxation of different body parts.

Hypoxia training involves performing various breathing exercises that result in controlled oxygen deprivation. I have experience working with breathing and have also taught the subject in India and conducted a study on elderly people with Max Hospital in Delhi (22).



The impact of breathing on body health and the potential positive effects of hypoxia training need to be highlighted. Research has shown that hypoxia training can help activate autophagy, a process by which cells clean themselves, which is considered essential for human health.

Reduced activity of autophagy can lead to serious health problems such as cancer, Alzheimer's disease and autoimmune diseases to name just a few (11, 12).

Therefore, activating this process through hypoxia training can be beneficial to avoid such problems, slow down aging and rejuvenate the body.



## **AUTOPHAGY**

Hypoxia training can improve blood circulation throughout the body and especially in the brain, which can have a positive impact on mental ability and memory, as well as on the nervous system and hormonal balance.

In addition, exercise can improve heart health and reduce the number of breaths per minute, making the heart work more efficiently and prolonging our lives. The exercise method can also increase the absorption of vitamins and minerals and increase the sensitivity of cells to hormones.

Hypoxia training can also help balance brain waves. A balanced and harmonious brainwave activity can improve your efficiency and increase your work capacity. Research has also shown that hypoxia training can have a rapid rejuvenation effect and produce results much faster than other methods.

In summary, hypoxia training offers many health benefits.

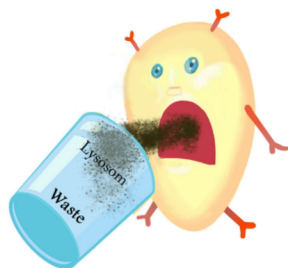
By activating autophagy, improving blood circulation, strengthening the heart, reducing breathing rate, increasing nutrient absorption and hormone sensitivity, and balancing brain waves, hypoxia training can help improve both physical and mental health.

It can be tempting to think that this is too good to be true. But there is actually research, scientific literature and my personal experience behind these amazing possibilities.

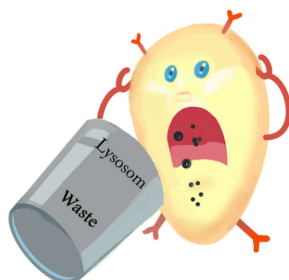
To achieve these results, it is necessary to regularly perform the exercises twice a day for a total of 20-30 minutes per day. Give yourself the opportunity to try these methods and you will see what happens to you in a short time.

## Autophagy and the content of the program

When the body is unable to eliminate 'junk' effectively, it can lead to problems such as blockages in blood and lymph circulation and the accumulation of fluids. This in turn can lead to serious consequences for health.



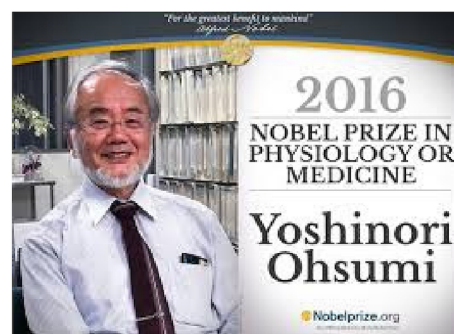
Good functioning of autophagy



Poor functioning of autophagy



One of the main discoveries in autophagy was made by Japanese scientist Yoshinori Oshumi, who was awarded the Nobel Prize in 2016 for his work. Oshumi discovered the mechanisms behind autophagy and how cells can clear themselves of debris and pathogenic microorganisms.



The accumulation of harmful substances negatively affects the functioning of cells. Autophagy is therefore an important process for maintaining optimal health. Autophagy is the ability of cells to clear out the debris, waste products and residues from micro-organisms and bacteria. Everything that the cells clear away is stored in a 'garbage bag' or waste container called lysosome, where it is processed into new proteins - truly recycling. Autophagy is a key factor for health and a long, disease-free life.

Promoting autophagy can help the body cleanse itself and improve cell function. This cleansing mechanism can be severely weakened with age, leading to many diseases and a shortened life. After the Japanese scientist's discovery, many studies were launched around the world to find a medicine to activate autophagy.

The natural way to activate autophagy is to significantly reduce the intake of calories and to fast.

It is no coincidence that people who eat less live longer, as shown by many scientific studies. However, not many people are willing to reduce their calorie intake, let alone fast.

But now scientists have discovered even more effective methods to increase autophagy - methods that are available to all people, regardless of age and health status. In 2019, three scientists, William G. Kaelin Jr., Sir Peter J. Ratcliffe and Gregg L. Semenza, received the Nobel Prize for their discovery that hypoxia (lack of oxygen) also activates autophagy.



You can create a kind of hypoxia in your body by using, for example, special breathing exercises. This book and accompanying programs help people to create hypoxia using simple exercises based on a combination of breathing and physical exercises and a combination of hands-on and breathing exercises.

The program also focuses on special energetic lymphatic drainage exercises that are incredibly important for the body's cleansing. These exercises are also performed while holding your breath, which has a number of positive effects.

The program also includes four exercises that target specific areas of the body where we tend to be more susceptible to tension and fat accumulation.

By doing "tension/relaxation" exercises while holding our breath, we can reduce tension in these areas and burn fat there at the same time.

In other words, when performing the physical exercises, hand placement and lymphatic drainage, as well as the "tension/relaxation" exercises, you should always hold your breath to create hypoxia in each cell. This activates the vital autophagy.

