

BORIS ARANOVICH

INVENTOR. SCIENTIST. AUTHOR

About

Boris Aranovich, with his 47 years of experience in health, is an internationally recognized expert in the field of alternative health; he has written 15 books, is a researcher (with 5 scientific studies), has developed 7 interactive health programs and a number of innovative health methods and is the host of the popular Swedish radio program "Better and better day by day".



Experience

Principal of the University of Alternative Medicine in St. Petersburg

(1988 - 1992)

The university educated doctors and conducted research on bioenergetic phenomena. During his time at the university, Boris was invited to teach at **Axelson's Gymnastic Institute in Stockholm.**

Founder and CEO of the Center for Innovative Methods in Stockholm

(1996 - present)

Thousands of people around the world have been educated in the Center in unique mental methods, breathing exercises and methods of controlling their subconscious - all to improve their health. **In 2017, Boris presented his innovations in the Italian parliament.**

Founder and author of Health Club 100+

(2018 - present)

In order to successfully live over 100 years without health problems, one must consider and treat not only the physical body, but also the energetic and information systems of the body. The Club's ideas are now spreading rapidly around the world and have club members in **Europe, North and South America, Asia and Australia.**

Research:

1991

Research at the Institute of Physical Education in St. Petersburg: "The power of mental training for sports performance."

1997

Research on the effects of "ideomotor" movements of brain rhythms at the University of Washington, Seattle, USA

2010

Research at the Karolinska Institute: "Effects of a low-intensity electromagnetic field on fibroblast migration and proliferation." Sweden

2011

Improvement of the human health condition after short-term training with the SmartBreathe™, Shenzhen, China

2013

Effects of SmartBreathe™ in a community of retirement homes in New Delhi, India

Inventor of innovative health methods:

- Effective breathing
- The Power of Thought
- Anaerobics
- 10 steps to rejuvenation
- Bioenergy therapy
- Ideomotor pulsations

Interactive programs:

The Tibetan Healing Miracle™
The Power of Thought™
The Health School™
The Quantum Rejuvenation™
Wize Training™