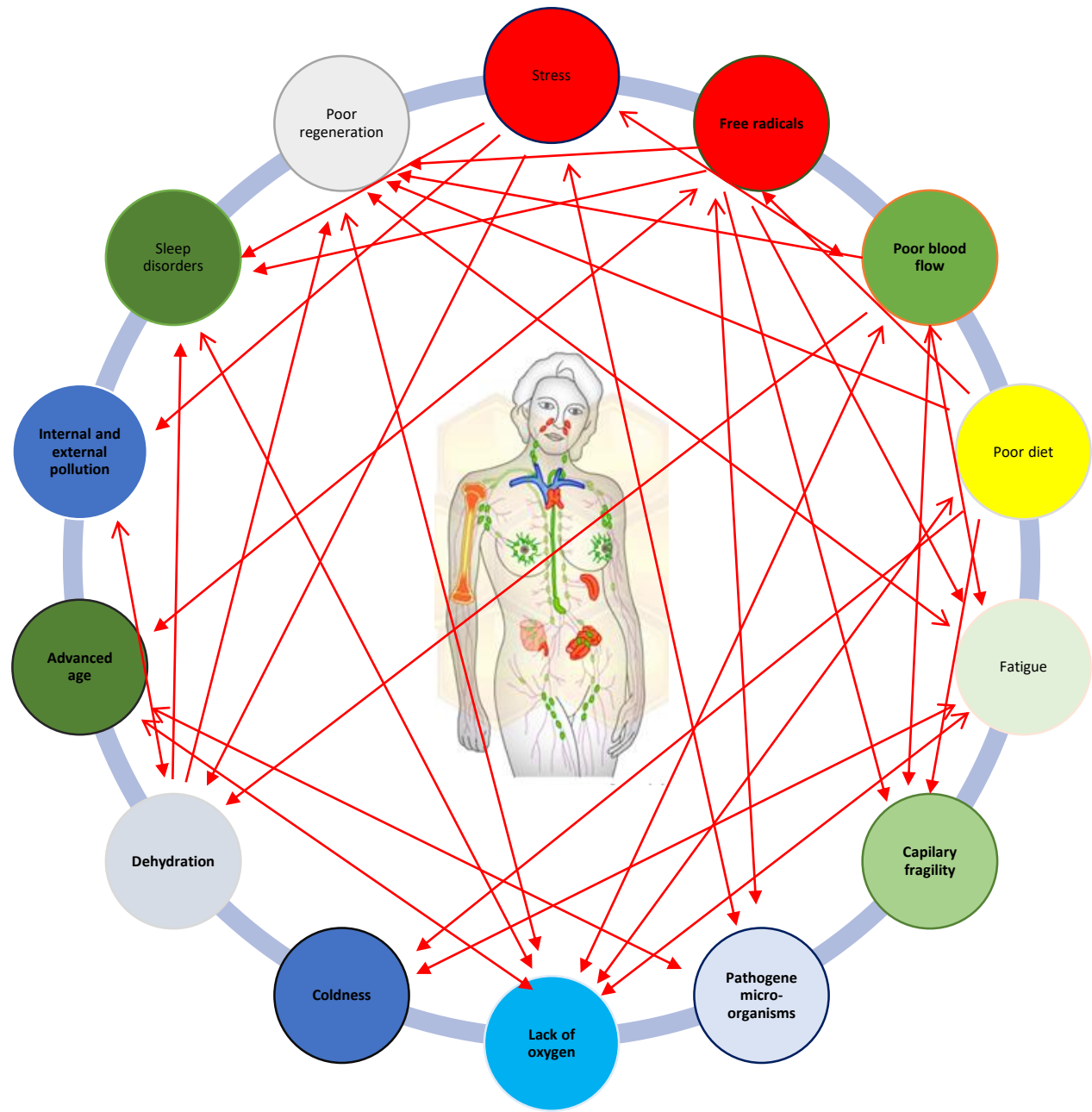


BHAT and Integrative Medicine

Dr Stefan Stangaciu

Neutralize or eliminate the Causes of the
Causes!



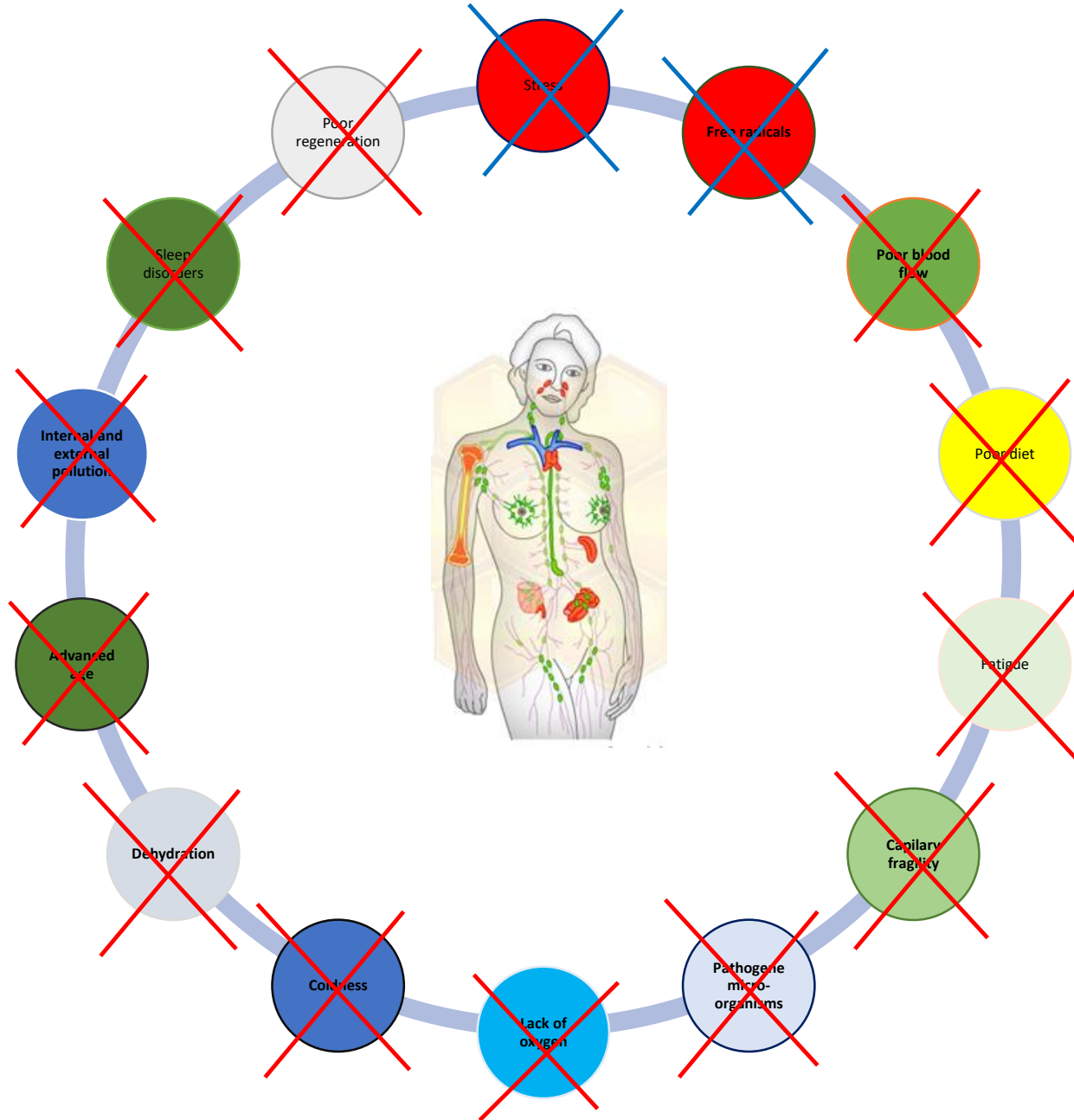
Aromatherapy

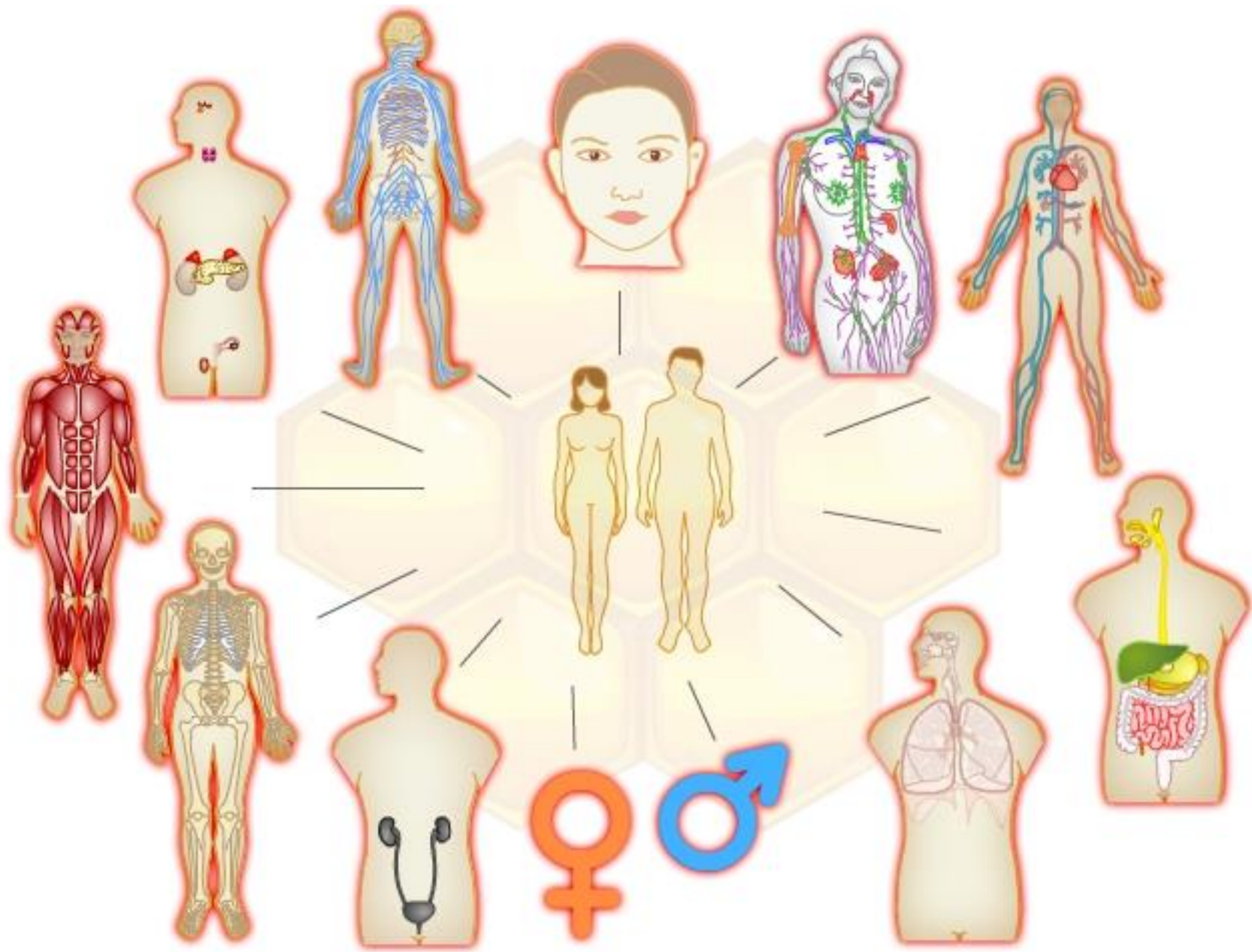
Psychotherapy

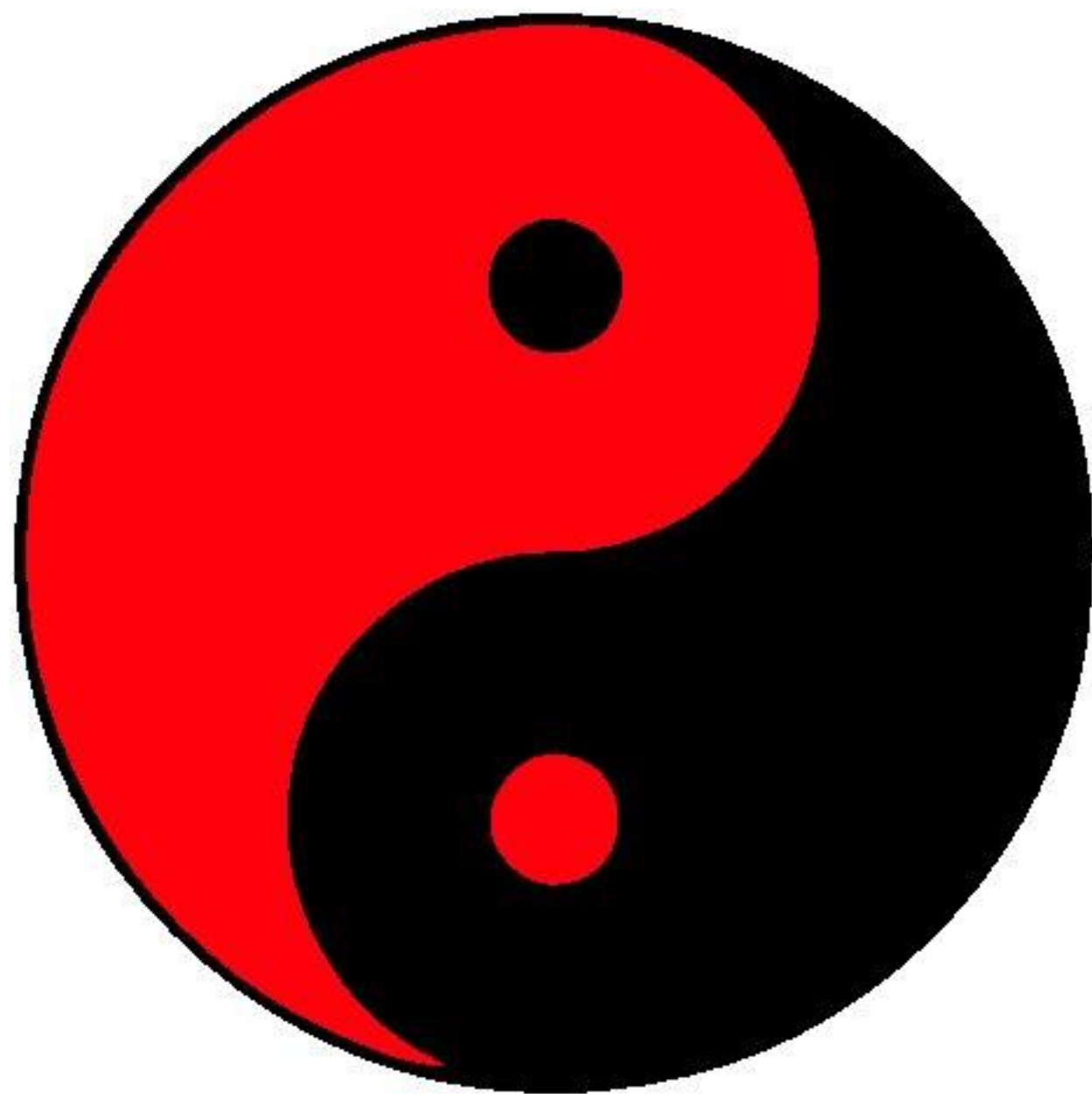
Apitherapy

Nutrition

Phytotherapy









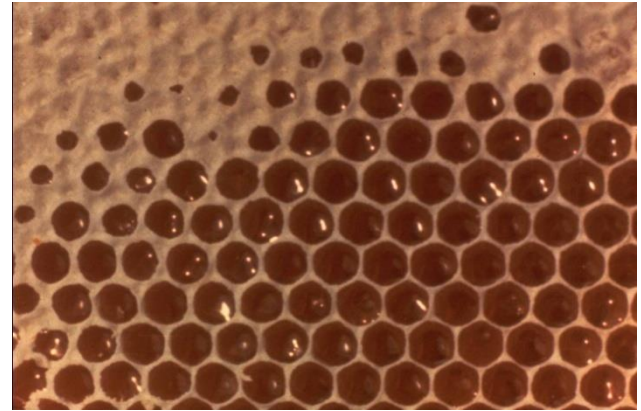
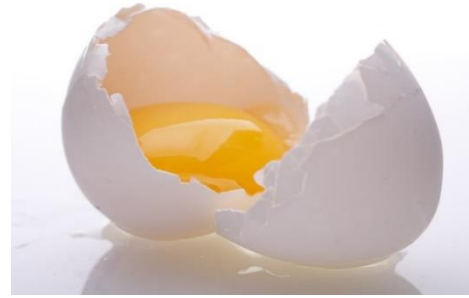


Nutrition with “*Baby-Food*”, with small, simple, fresh molecules/nutrients, very easy to:

absorb (in the mouth);
digest and absorb in the intestines



YES



Soaked seeds



SOAKING & SPROUTING

A Quick & Easy Reference Chart



Mushrooms



Russula



Aspen



Greasers



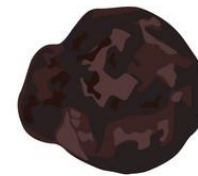
Saffron



Gypsy



Champignon



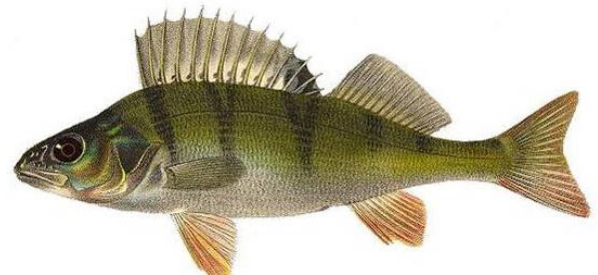
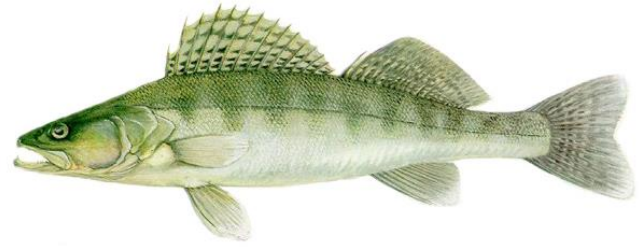
Truffle



Honey agaric

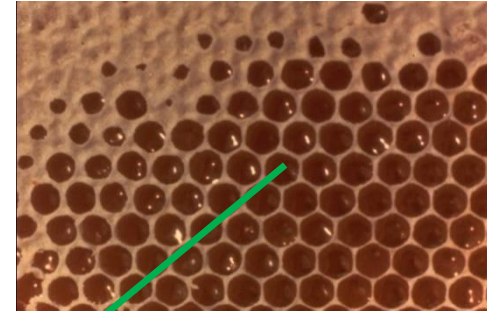


Caesar's





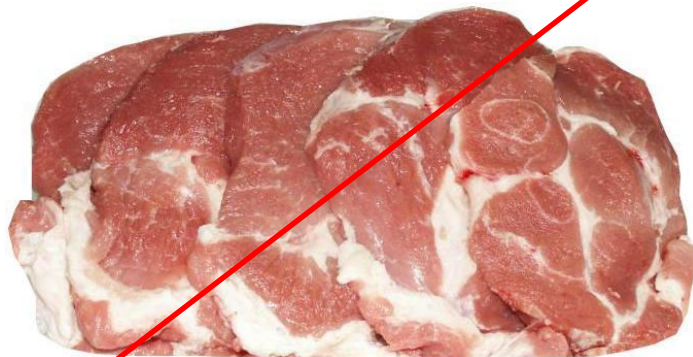
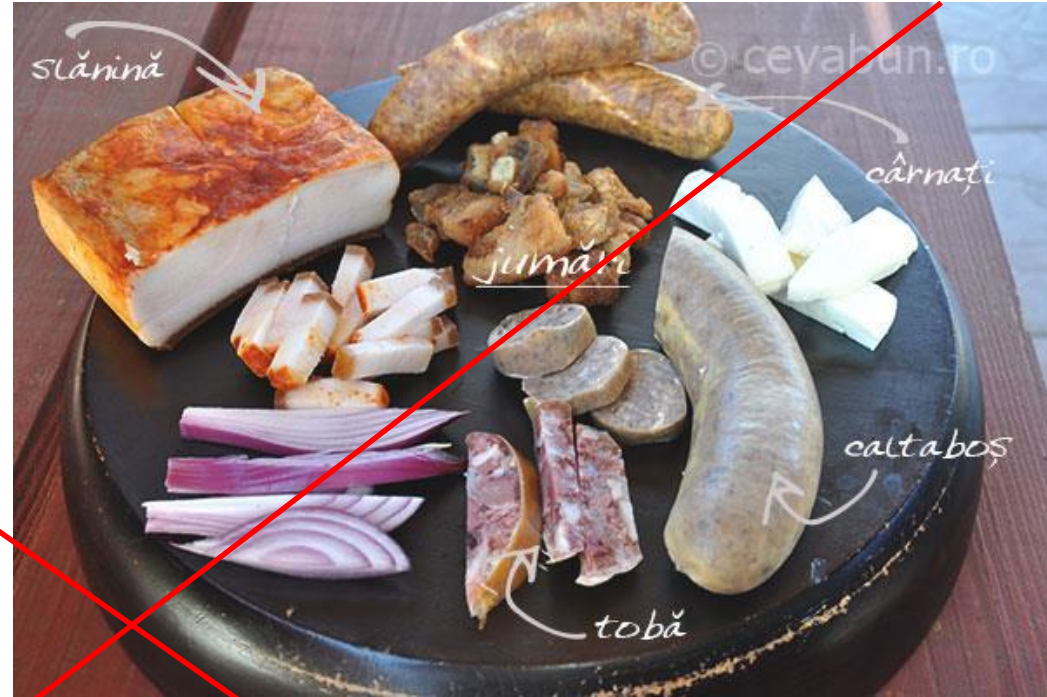
Yogurt and Kefir from Goat milk + HONEY



Kefir



NO! Acidity, fats, old nutrients lead to excessive mucus and favors viruses



Foods That Create Mucus



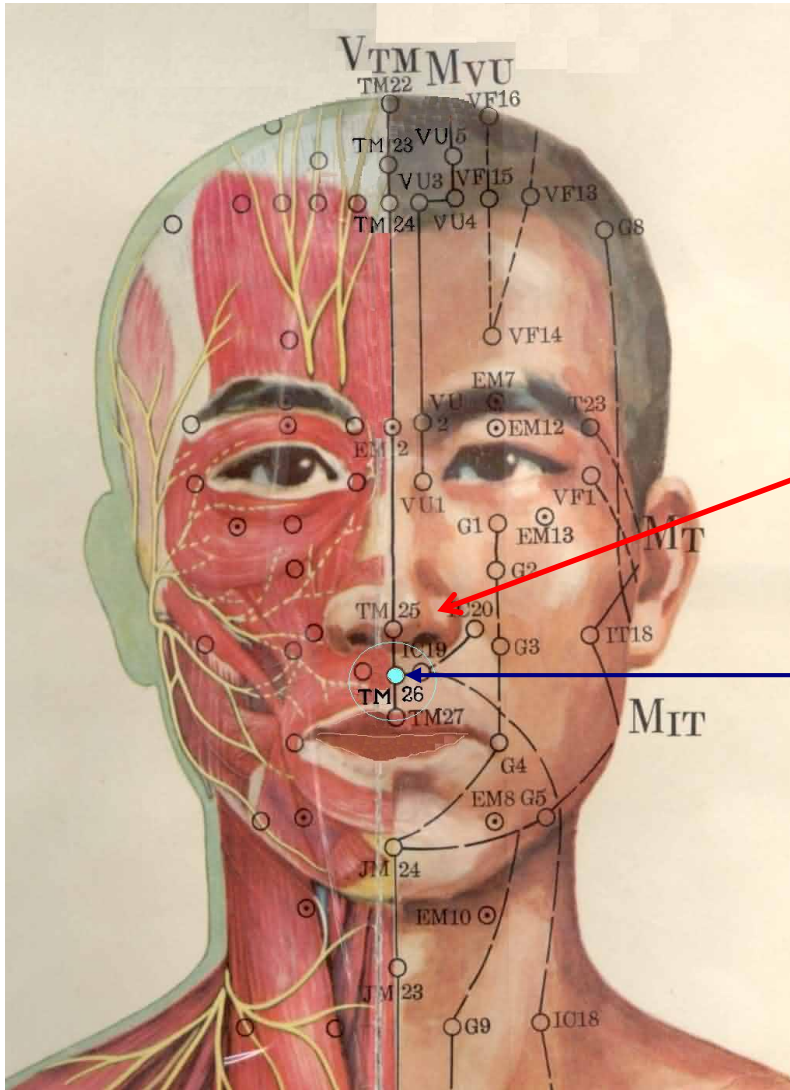
Foods That Eliminate Mucus





Organic acids
*that improves the
fluidity of the mucus
in the lungs*

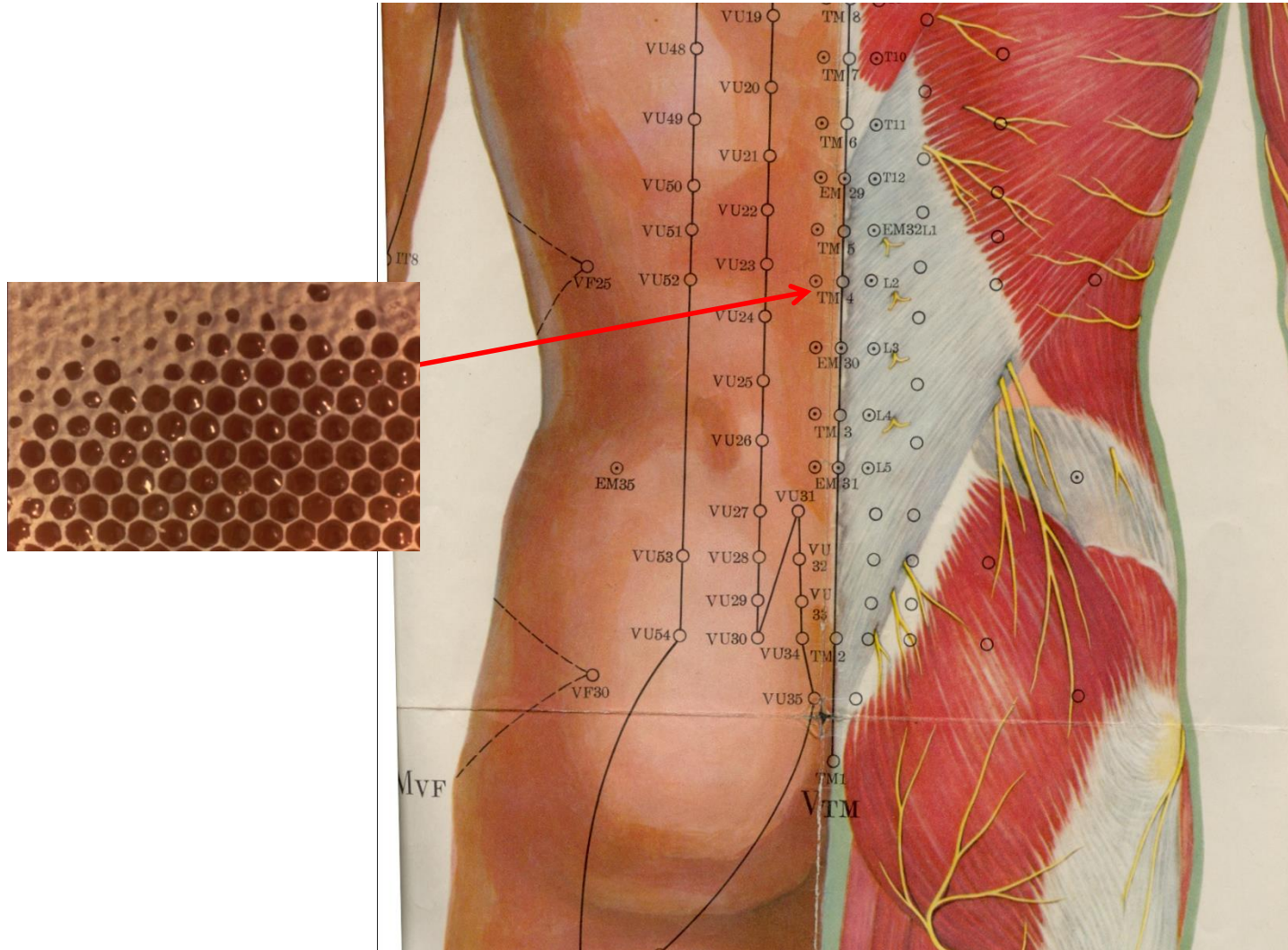


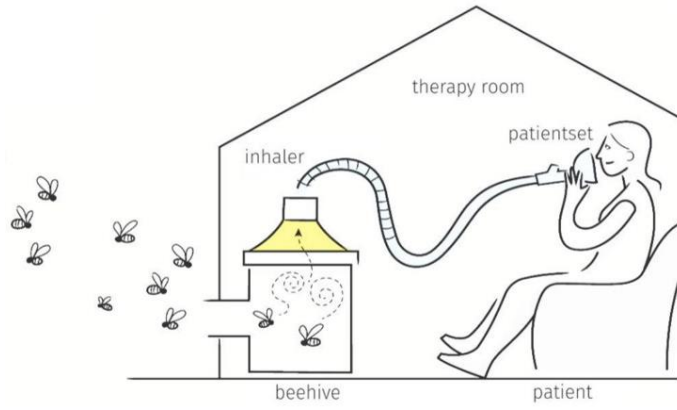


Governing vessel 25
(TM25)

Governing vessel 26
(Renzhong)

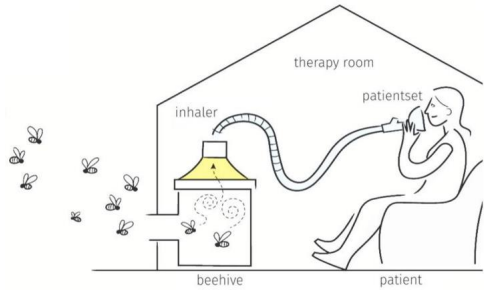
Governing vessel 4 (Mingmen)(TM4)





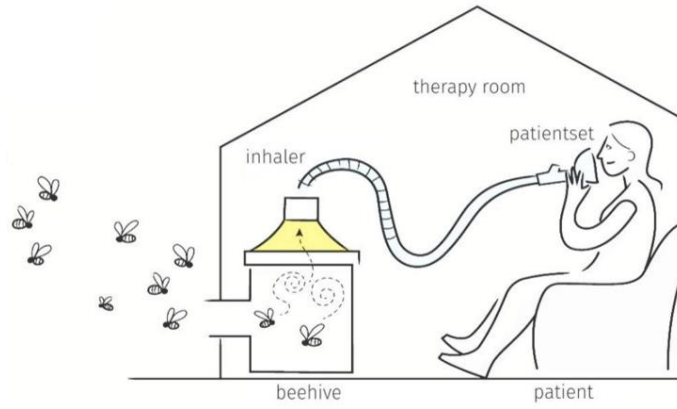
Api-Spa





Api-Relaxation





Api-Yoga



shutterstock.com · 755481724



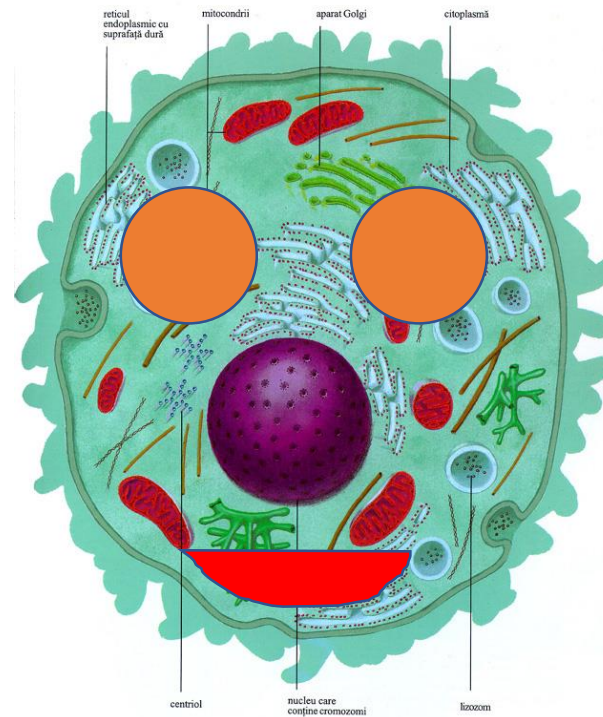
The Synergy principle

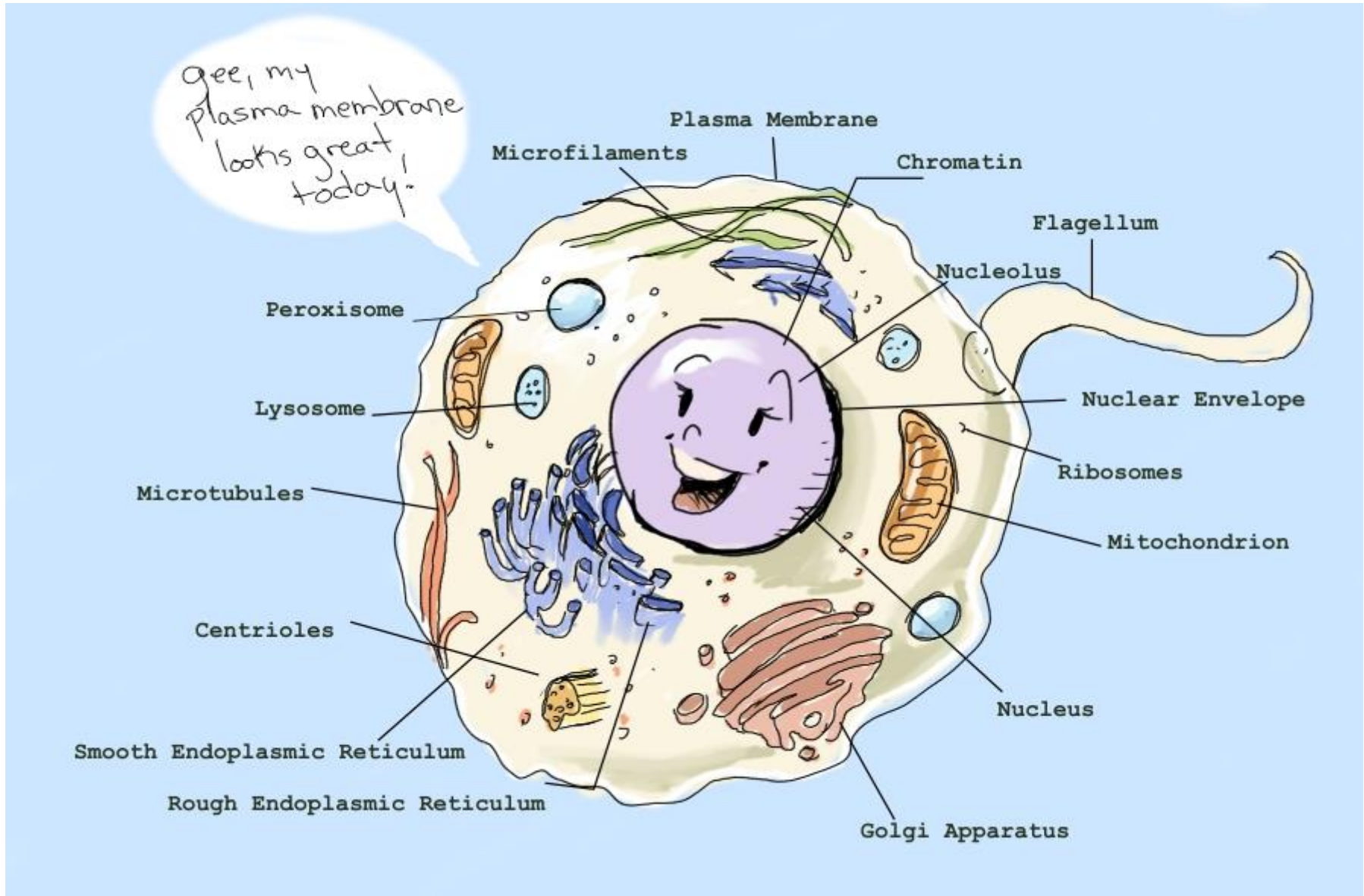
- More treatment methods, specific to the exact needs of the patient, are more efficient usually than only one method

D'Artagnan Principle: *“One for All and All for One”*



What needs our over 90-100 trillion cells to be happy and thus healthy?



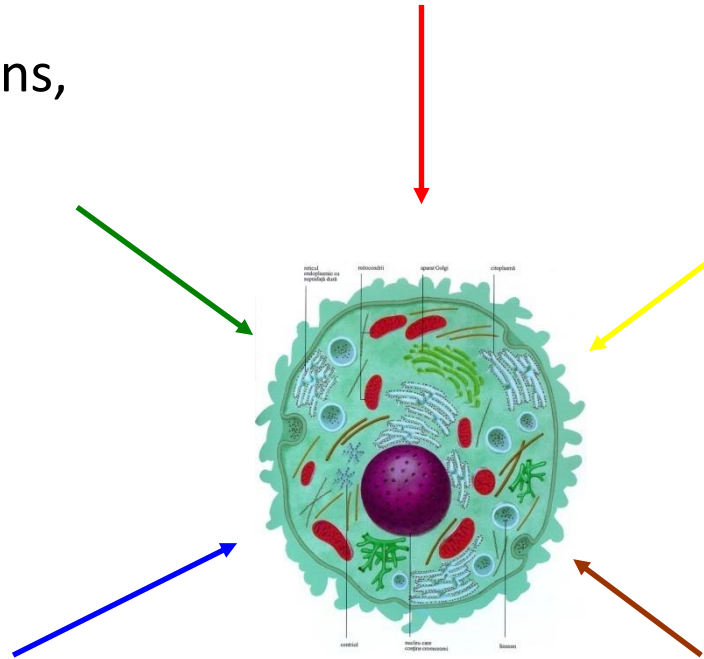


Energy: O₂ + glucose >>>
mitochondria

Communication: hormones,
biophotons

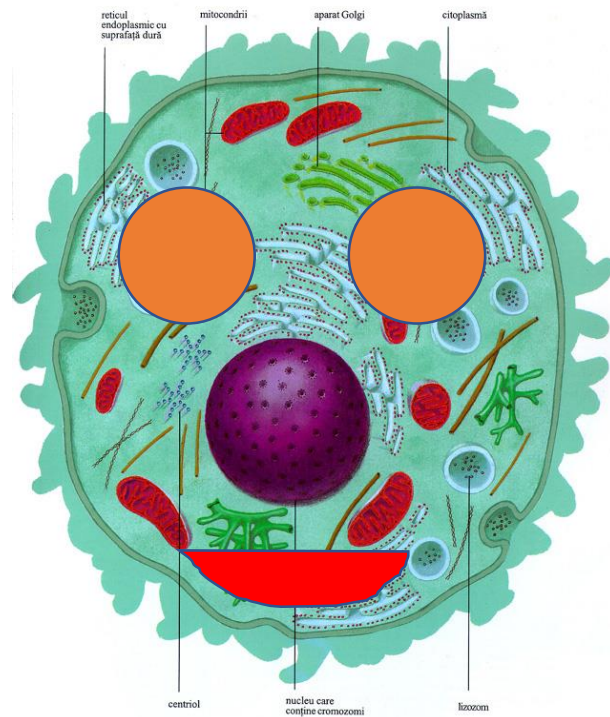
Regeneration:
Ribosomes, Vitamins,
Antioxidants

Nutrition: Golgi
apparatus

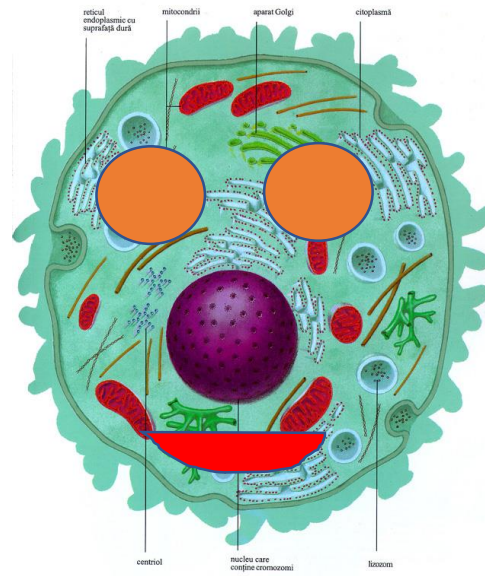


Reproduction:
chromosomes, epigenetics,
nutrigenomics

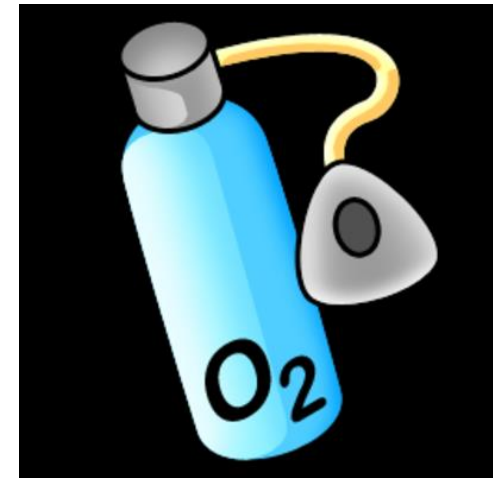
Respiration: mitochondria
Immunity: interferon



They need a non-stop supply of several categories of things that must be in harmonious quantity, quality, intensity at the right place and right time

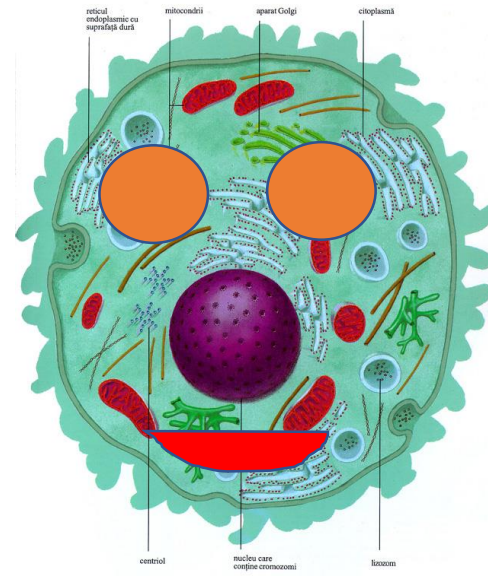


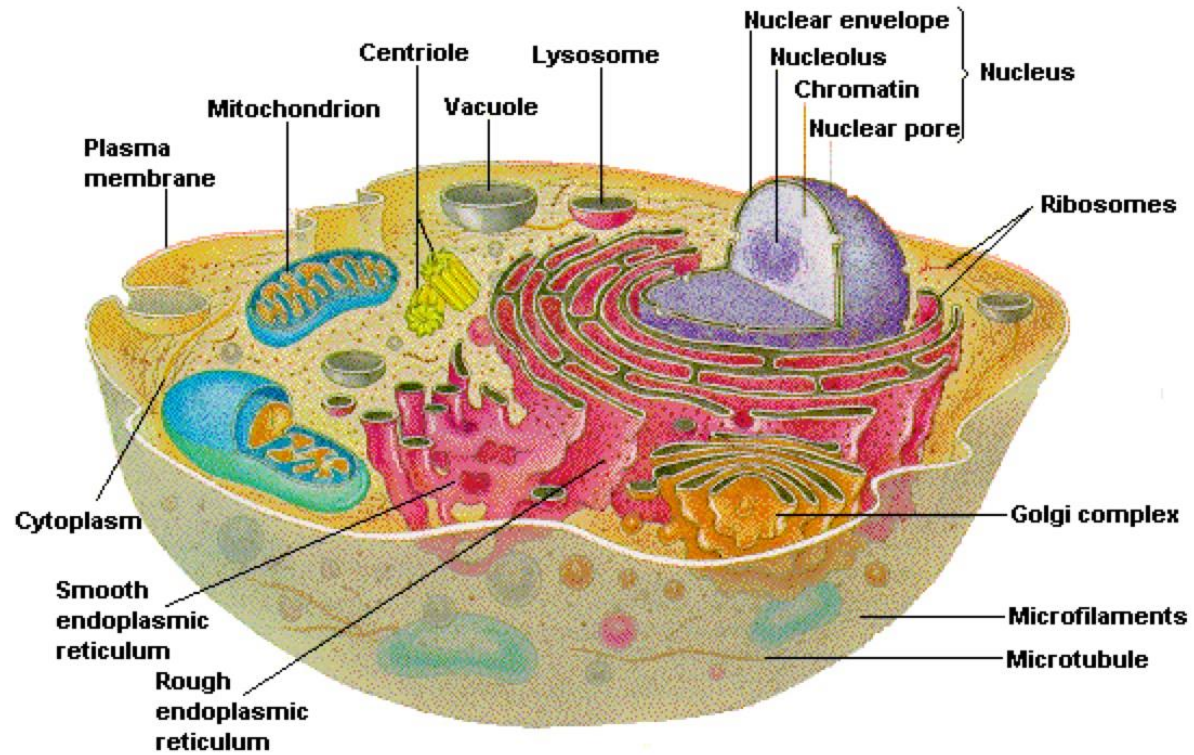
Oxygen





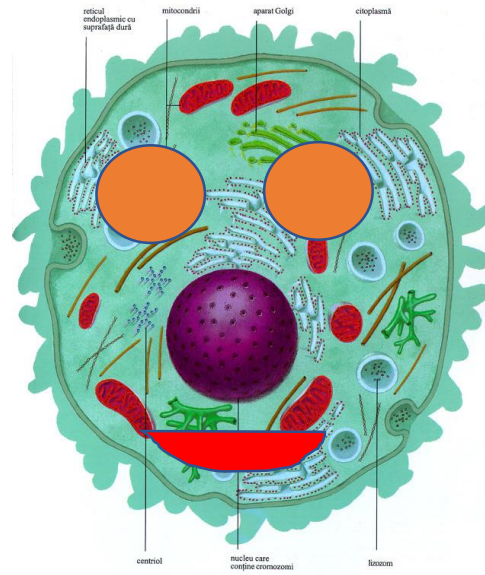
Water





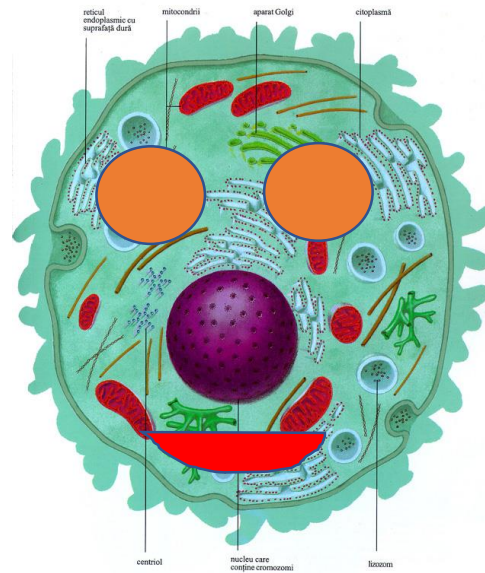
good Nutrition



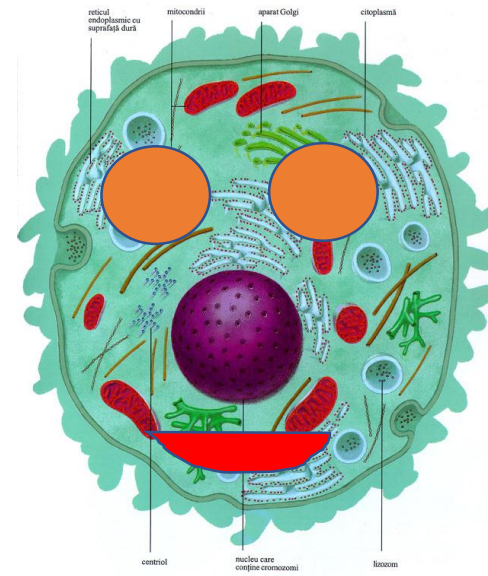


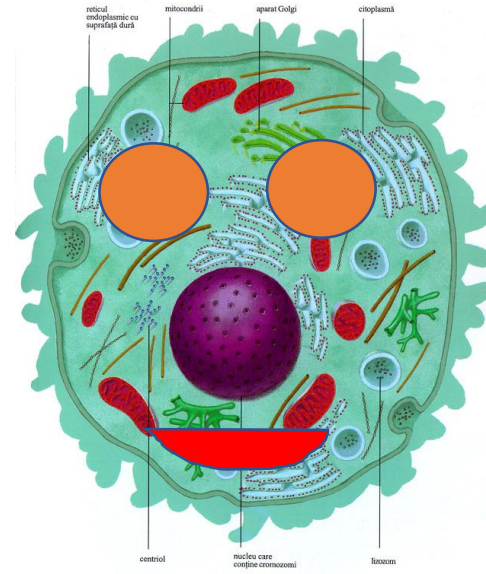
Protection

Hygiene

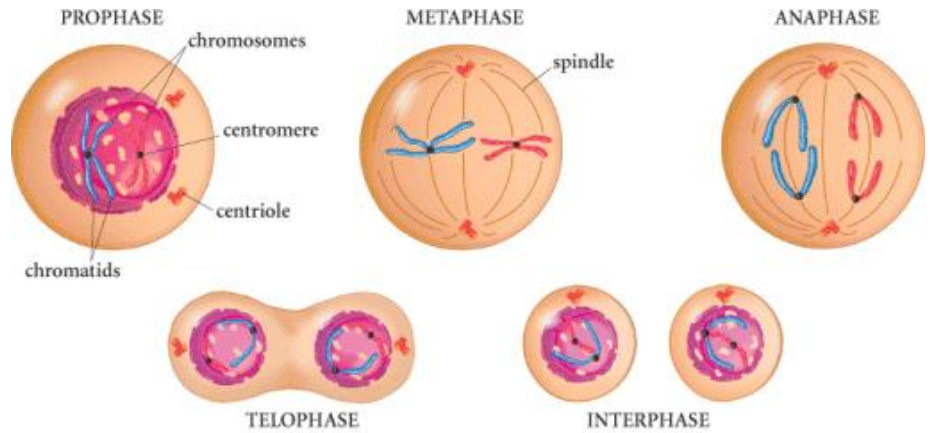


Non-stop Repairs / Maintenance

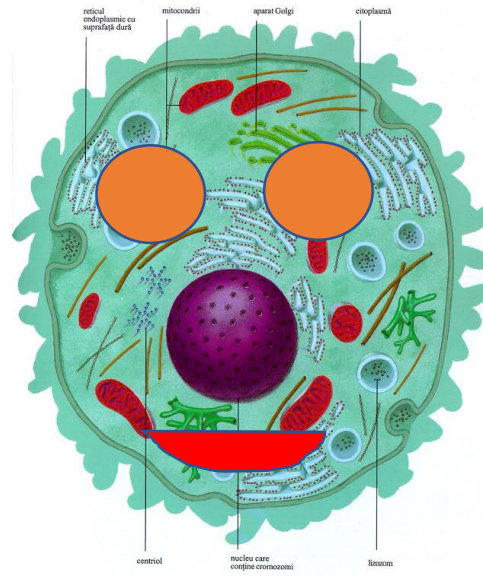




Relaxation

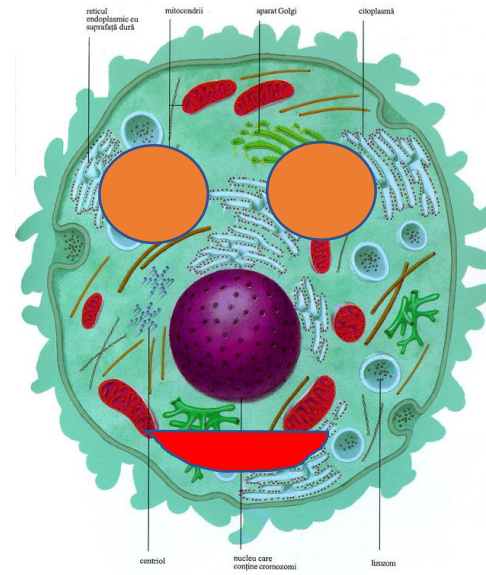


Carlyn Iverson

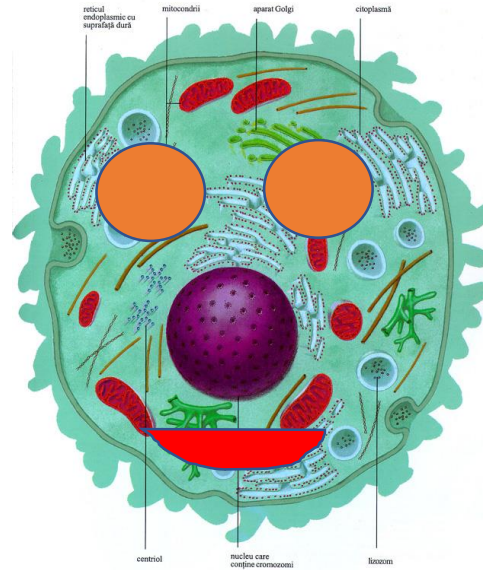


Reproduction, Cell division, Regeneration

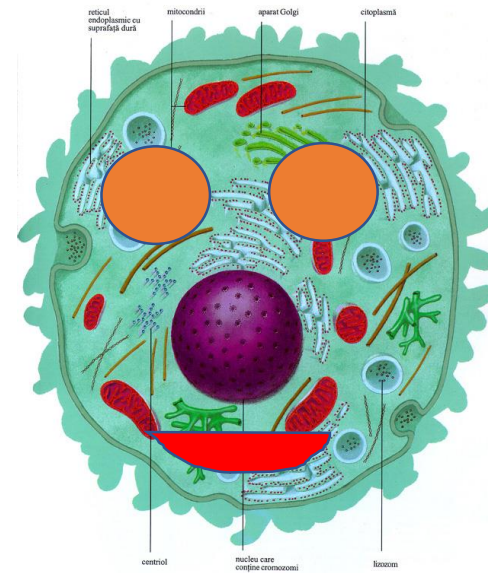
Energy



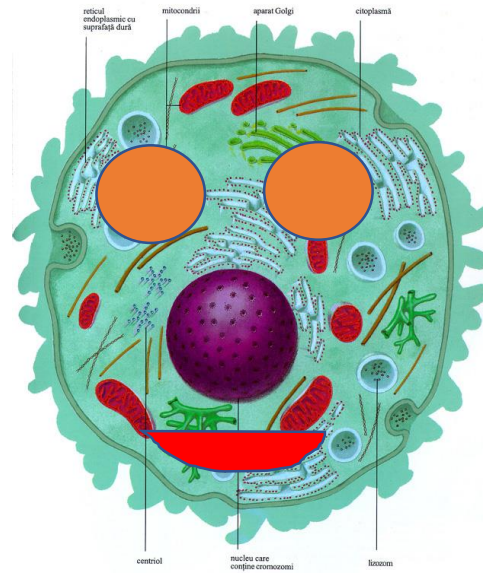
Activity, Functionality, Targets, Goals



good Information

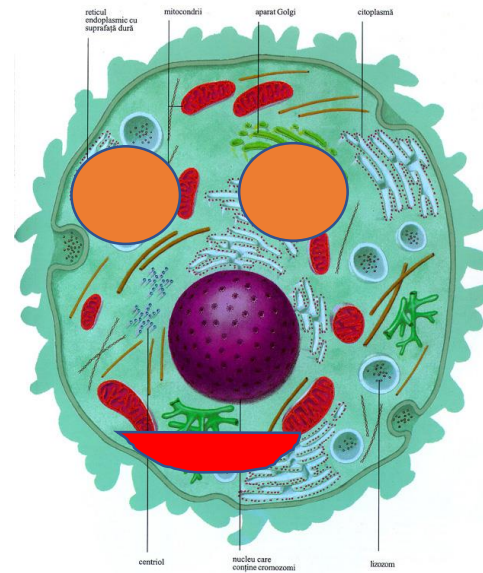


good **Coordination** among all body Cells, Tissues, Organs and Systems



“One for All and All for One”

Friendship, Respect, Love

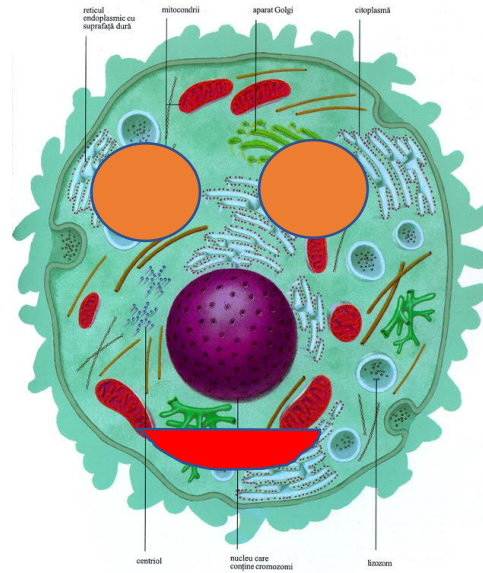


Information, Coordination, Love, Friendship, Energy, Activity

Non-stop
Repairs

Hygiene
Water

Relaxation
Reproduction,
Regeneration

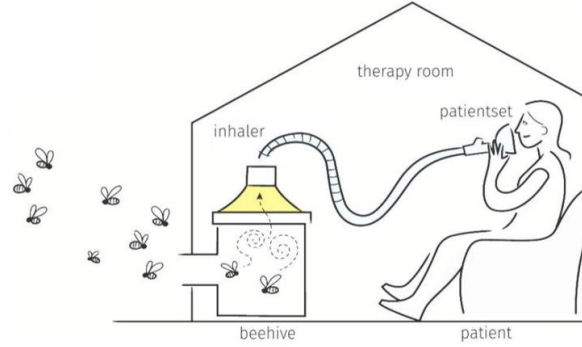
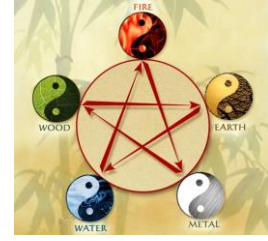
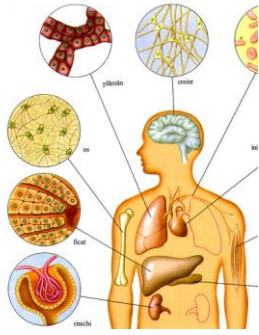


Nutrition

Oxygen

Protection, Order, Discipline

Cancer cells eats 27-28 times more food than normal cells; spacing the meals 8-12 hours will make hungry and then kill the cancer cells because they can not survive without food



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