

# There is no health in the drugstore, it's all in your head

Possible reasons for appearances of illnesses and ways to eliminate them are discussed in this book from the position of the "Sensible Life" method.

The starting point is that everything that we have in our lives we create ourselves through our thoughts, emotions and actions. Because health is given to us at birth as a free resource, we have not learned to appreciate it.

When the body can not cope with our ignorant attitude it begins to object to our actions through all kind of illnesses. Because any human is a multilevel organism, the reason for possible illnesses can lay within completely different levels – physical body, energetic matrix, the emotional sphere and mental sphere.

In order to be a healthy individual, you need to be "clean" and healthy on all levels. This book discusses various methods to help you reach this objective.