

Autogenic Training The Effective Holistic Way To Better Health

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Autogenic Training: The Effective Holistic Way to Better Health also gives guidance on combining autogenic training with diet, exercise and other therapies for a complete holistic health programme. Dr Kai Kermani has undertaken extensive clinical and spiritual work on Healing and Autogenics.

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Resources

Read Online Autogenic Training The Effective Holistic Way To Better Health

Autogenic training (AT) can help reduce anxiety, depression, stress, and pain levels. It can also help promote immune function, lower blood pressure, and improve digestion and bowel movements. So why don't more people know about autogenic training? I've struggled with half the things I just mentioned above.

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