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## PDF Books Mastering Health: Book 1 The Active Stretch - Audiobooks

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# Mastering Health



Book 1: The Active Stretch

by  
Dr. Eric Pastrmac

### Book detail

- Title : PDF Books Mastering Health: Book 1 The Active Stretch - Audiobooks
- isbn : 1502989638

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### Book Synopsis

Dr. Pastrmac DC ND combines his Aircraft Engineering background with human spinal biomechanics and understanding of soft tissue and fascia behavior to bring forth DDB 15/10 one of the most effective healing self help systems. This system is designed specifically to help oxygenate and strengthen. The system helps fascia and connective tissue to "let go," restore mobility, and help open the spine where nerve roots flow. Organs, all tissue and cells of the body require nerve data to function properly and regulate chemistry. Throughout the book there are various mental exercises to go along with the physical. The whole intelligible world from ancient times to current, as well as the most advanced science today, confirms the importance of the mind and its effect on the body.

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