

TESTIMONIALS

THE HEALTH SCHOOL FOR A LONGER LIFE

The Health School for a Longer Life is such an amazing course!

I've learned so many useful things and the exercises are so easy to do, but yet so effective.

I'm a healthy person, without any disease, but I've learned so much about preventing illness. This is a course for EVERYONE who wants to prevent ailments and remain healthy.

Eva Björklund

I love the holistic approach of the Health School for a Longer Life! All aspects are included - body, mind and soul. The course has improved my sleep - I sleep deeper and more relaxed. My oxygen uptake has improved - my asthma has diminished. My thoughts are sharper - improved concentration. My digestion has improved - the IBS symptoms have been reduced. I have a better control over my thoughts - all the negative thinking is no longer allowed to ravage my brain.

One important facet of this course is not to work on your ailments, but focus on health and balance although you might be in pain. You include the pain without focusing on it. This is a course I recommend to everyone!

Hans-Erik Larsson

I took part in the Health School with great commitment as I took the Tibetan Healing Miracle course last year and had great success with it. I'm now combining both courses, which has created an entirely new dimension for me. I feel how stagnations release from my body and that everything flows well within - so nice! After each exercise, I feel happier and lighter.

Great many thanks for a very good and instructive course!

Karin

What an interesting course the Health School is!

...I did a health check 2-3 weeks after I began the the course and my PH level was normal again - something which made me very happy as it didn't used to be. Other health parameters also showed improvements...A warm big thank you for this course.

Kerstin Leanderz

I know that working with the subconscious is important in order to create balance and success in life. I researched different people and organisations working with the subconscious, but they didn't feel right. But then I learned about the Health School and I knew immediately this was the thing I've been looking for! My confidence in Boris is great, as he has helped me and my daughter several times before, always with a good result.

The Health School has provided me with some amazing tools to balance my body in an easy way, reach my subconscious and there change negative patters and heal and balance all organs and system and synchronizing them so that the body has all it needs to heal itself and create perfect health. This also positively affects other parts of my being, balancing them.

As my body has been very imbalanced due to severe stress etc., so called chronic diseases have developed. Therefore, I do the exercises regularly, every day. I know this is the correct path forward in order to attain health and success on all levels.

Already after a very short time with the Health School, I have a stronger contact with my inner self, allowing me to easier attract what I need from the Universe...I see the opportunities and have a greater trust in a positive future. I have been able to set goals for myself. I'm no longer as affected by my environment as I used to be, I'm stronger, listening more to my own voice than others'. I'm no longer a victim to circumstances...

I have also managed to end minor bleedings due to hormonal imbalances...Thank you Boris and your team, you have amazingly big hearts and your intention to help us to reach our full potential is truly genuine. I look forward to more of your programs!

Liselotte Hjort

I was somewhat hesitant to joining the Health School as I'm 72 years old and have some ailments...But taking charge of your own health is enticing, so I joined....Although Boris said not to focus on a problem, I still focused on my woody-feeling feet with bad

circulation. And they have improved. But what really surprised me was that my tailbone, which I hurt two winters ago on the ice, was suddenly healed and I could sit normally again. This was such a liberating feeling! Initially, I was afraid that it would only be a temporary relief, but the improvement has been stable the whole past month. Also, my neck has improved, which I noticed when driving...now I can turn my head much better.

Additionally, these exercises render me such joy, I'm so fascinated and grateful for my organs in my own "universe"...I suddenly feel so rich and grateful to be the host of these amazing co-travellers in my body on this journey of life.

Many thanks for the Health School, I look forward to an even healthier and more mobile life.

I know no one, who shares his knowledge via books, webinars, courses etc. to such a great extent as Boris does, and with such compassion, wellmeaning and also at such low prices.

Britt-Marie

WOW, talk about the things you teach Boris - The Health School for a Longer Life - and in times like this - amazing!

Last fall, I had a serious problem in my left leg, from the buttocks to the knee. I have now been able to sort this out and I am very determined to rejuvenate my body and loose weight too with the help of the Health School. I now feel really well when waking up in the morning, no buzzing in the head and no teeth grinding anymore. I feel much stronger and I am happier. When I started the Health School, I could hold my breath for 25 seconds, now, I can hold it for a whole minute!

With love from Maj

Since I started with the exercises in the Health School for a Longer Life, I sense a definite improvement of my health and thought patterns.

Early this year, I felt lost and suffered from heart fibrillation and an incredibly over-sensitive nervous system. It culminated when my doctor should check my blood pressure, and that stress resulted in heart fibrillation, and I ended up in the emergency room...I then found Boris' course, The Health School for a Longer Life. When I do these exercises, I can feel that my body responds...The nervous system seems to have calmed down and my heart fibrillation has become less intense, so things are definitely happening!...

Thank you, Boris, for all that you do!

Love from Majlis

The Health School for a Longer Life came to me at the exactly right time. I have no bodily issues, but suffered from a brain haemorrhage this February, which caused reading and writing difficulties...This course has given me a lot in many ways. The most noticeable is that I have become much happier and more content with myself. Now, it's much easier to

love myself, which I previously found very difficult, and I find it easy to reach out to others, also people I don't know.

It has been a lot to absorb. I practice mornings and evenings, and more when I can. There is constantly something positive happening in my life now, and my memory is improving all the time. The exercises are really giving clear results. In addition, my deep sleep has improved greatly. I'm very grateful for the Allegro method, for the contact with my subconscious. Life has become much more pleasant. I now feel like a magnet, attracting wonderful events and people into my life. I am very satisfied with this course and all the tools it has given me.

This is the beginning of a new life, something I previously believed was impossible. Thank you, Boris, for your amazing help this course has given me.

Great many thanks from Monica Kempe

My heart-felt THANK YOU for the Health School for a Longer Life!

This course has given me so much - in particular, I feel so alert, full of energy, inspiration and filled with a curiosity for life. The exercises are so simple and fun to do and don't take much time at all. I have received comments from people asking me what I do to look so fresh. I mean, these things kids should be taught in school! ...

Peter

After going through the Health School, I'm surprised at how many positive changes it has created for me. It taught me the importance of breath and how important this is in order to improve the body's self-regulating systems, and it also taught me the importance of establishing contact with the subconscious.

Performing the exercises regularly, has helped me to improve various parts of my body, such as the spine and parts of the skeleton, which were imbalanced. I feel much better today. Also, various organs have improved functions now, which really facilitates my everyday life. Your advice on nutrition and physical exercise has also been very valuable to me. This course also helped me to use the power of my soul, making my work more effective and stick to the goals which will improve my life in general. I will continue to use the exercises in the Health School, now that I know how well they work.

Vivi

