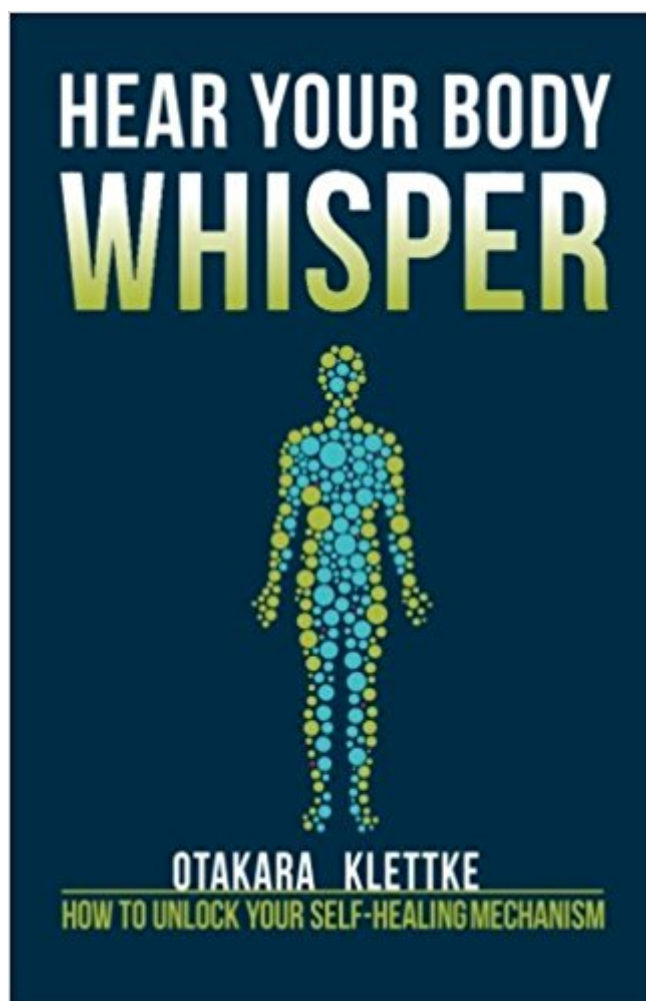


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# Hear Your Body Whisper: How To Unlock Your Self-Healing Mechanism



## Synopsis

Can you talk to your body? Is it possible to hear your body talk to you? Could you help your body to get healthy and heal acute or chronic diseases? Could your body return to its ideal shape on its own? Imagine your life inside a healthy body. No doctor's appointments. No health limitations. Imagine your body to return into shape that is healthiest for it. Without your willpower. Otakara Klettke shares in her book *Hear Your Body Whisper, How to Unlock Your Self-Healing Mechanism*, how she has learned to communicate with her body. From a sick childhood and constant health limitations, the author spent first 20 years of her life often being bound to a hospital or home in bed. When she slowly discovered that there is a way to communicate with her body her life turned around. *Hear Your Body Whisper* is a result of obsessive research, personal experience, and rediscovering the connection between our body and mind that naturally exists in every one of us. Otakara Klettke separates her mind and soul from her body. She explains that your body is filled with trillions of microorganisms that are responsible for the well-being of your body. By understanding your body's inhabitants, you can guide them to address acute and chronic diseases. Your body will also settle in the body shape it is meant to be naturally. Mind-body connection has never been so clear! No doctor or healer is able to listen to your body since they do not reside in it. You can and you should! Rooted in science this book offers a mindful way to love, respect and celebrate your body. Using Hippocrates methods and combining them with modern research you can offer your body to reach its potential! Many people understand the importance of loving and respecting their bodies but they are at a loss when it comes to unconditional love. This book is your peace flag that will end the war between your body and your mind. You will not have to follow any specific diet or be prompt to turn into herbivore from an omnivore or the other way around. *Hear Your Body Whisper* is a positive and loving approach to gain trust in your body which results in returning your body into self-healing mode it is meant to be. In this book you will learn

- How to get rid of toxins in your body.
- How to switch to organic food without increasing your food budget.
- How to meditate.
- How to use mindfulness to understand your body's unique language.
- How to ask your body a favor and not gain any weight when you want to feast on big meals.
- How to check in with your body to be aware of your health.
- How to exercise a few minutes every day and be happy doing it.

This book was written on behalf of your body. Nobody is a better adviser for your body than your body itself. It's your time to hear it!

## Book Information

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## Customer Reviews

Otakara Klettke Nobody would ever guess that this lady who is full of life, adventures, stories from traveling the world, and living in 4 countries, was once a very sickly child that couldn't even carry her school books. How did she managed to escape special diets, constant visits to a doctor, surgeries and hospital stays, and was able to become a personal fitness trainer, adventurer, TV reporter while keeping her body in the same shape ever since she grew up? She talks and listens to her body. In her book Hear Your Body Whisper, she shares how she said no to the limitations of her health problems, left doctors in the dust and started living life to the fullest. Currently she lives on the ranch with her husband and daughter by beautiful Cascade Range in Oregon raising too many pets and taking every chance to go on the road trips with her homeschooled daughter.

This is a fascinating book! I've read a lot about diet and exercise and healing, and Otakara has a perspective I've never heard before. She sees the body is a separate entity from the being. She also acknowledges that every body is different and has different needs and desires. Otakara tells stories to understand bodies, such as having walking sticks (bugs) when growing up and developing a relationship with them, where she understood them deeply, and correlating this to having a relationship with our bodies, which are comprised in large part by microorganisms. Another interesting analogy is how bees kill and cover invaders in their hive, such as a mouse, with substance in much the same way as the body covers toxins with fat, to isolate it from infecting the rest of the body. I learned several new facts, such as up to 20% of our energy is consumed by the brain -- it's not just calories in/calories out the way we're usually taught (food minus exercise equals whether we gain or lose weight). I also learned that the body responds best to repetitive foods,

rather than variety. However, those foods are different from person to person. A great way to learn about and communicate with our bodies is through meditation, and Otakara walks us through that process. If you want to learn more about your body and how to listen to it and communicate with it, this book is for you!

I usually read very fast, but I had to sip this book slowly like a cup of tea, inhale it like flower essences, rub my fingers through it like earth. This is not just a book: it's a sensory experience. It's an experience of being gently urged and encouraged by a wise teacher, to get in touch with our bodies in ways that have been off limits to those of us who grew up in a culture that sees the body as a battleground. I don't know about you, but I've been fighting with my body since before I was born. My mother was fighting with HER body, and my grandmother with hers. This book is telling me, gently and kindly, to stop it. And it is teaching me, with wisdom and insight, HOW. Otakara Klettke used the techniques she so generously shares in this book to heal herself of a very serious illness she'd had since childhood. Her perspective is different from any I've encountered in the many other health-related self-help books I've read. The book's main message is very simple: love your body. And listen to it, because it knows what it needs to be healthy, and it knows what's good for you. The author goes into detail about how to listen to your body, using meditations, affirmations, exercise, and a loving and simple approach to diet and supplements. Reading this book is not like reading other books. It is not about absorbing information (although there is plenty of good and useful information in it). Reading this book feels like being gently lifted and transformed, taken to a place where the war that western society imposes on our bodies, is over, where it's not only OK to be friends with your body: it's the right thing to do. Reading this book makes you think. If you read it like I did, slowly, deeply, inhaling its wisdom into your pores, you will be a different person by the time you finish reading it. You will be a person who feels good about their body, who loves every cell and organ and microorganism that is part of you. This book will make you think differently. Instead of fighting with myself for being "too fat", I now have a scientific understanding of how fat works as a protective mechanism to fight inflammation. Instead of urging me to listen to an authority figure speaking from on high about what I need to do for my body, this book takes a totally different approach. This book teaches me to understand that the ultimate authority on what is good for my body is my body itself... and teaches me how to listen to the wisdom my body wants to share with me. The chapter on diet inspired me to put together my own list of simple, healthy foods that work for me. I don't need to consult a book to know what those are (not even this book). In fact, this book

doesn't give you a standard list of foods you should eat at all... because the book's whole point is that YOUR BODY will tell you what it needs to eat. And indeed, I know very well what my body does and doesn't need to eat, but I hadn't been listening because what I knew didn't match with what experts were saying I SHOULD eat. Instead of feeling guilty or wrong because my food list does not agree with what an expert or theory says I SHOULD eat, I now feel happy and confident because I have been supported in my inner knowing about what my body wants and needs. This book will take you on a journey in which you will learn that your body is not the enemy, a foe to be subdued. You will feel different after reading it, than you did before. You will have a different relationship with your own body. I don't want to give too much away... read it for yourself. Reading it will be a different experience for each person, because this book is not about how to make one size fit all. It's about how to make YOU fit YOU. Your experience of reading it will be unique, and different from mine, because you are different from me. But trust me on one thing: This is not just a book. It's a revolution.

Otakara Klettke opens her book with her heartfelt story of being so sick as a teen that she wanted a way out of all the pain. She began to listen to her body and is now in good health, having seen a doctor only two times in 15 years other than for pregnancy visits. With a wealth of information, she builds the case for listening to your body and covers the gamut, including such topics as your brain, drugs, GMO vs. organic foods, detoxification, meditation, use of affirmations, exercise, drinking pure water, being in the outdoors, and getting healthy. It is an approach to listen to and honor your body to be healthy. I love the quote she used by Dean Ornish, "Healthy is not something that you need to get; it's something you have already if you don't disturb it." *Hear Your Body Whisper* is well worth the read!

I'm just half way through and, without a doubt, this is one book I will finish. The writing style is engaging. Every page I read makes me want to read more. With a lifetime of experience in dieting, I've never before learned that listening to my own body could make the difference. What the author had to go through as a child to put her in a place to seek out the knowledge in this book just proves that bad things can be the driving force for good things. These words are destined to help many.

When we get sick, it's so easy to blame our bodies for letting us down, failing to ward off the attacker and causing discomfort, perhaps pain and inconvenience. When we're well, we so often

take our bodies, and the hard work they do, for granted. Otakara's book is a reminder - perhaps a wake-up call - that your body needs some loving from you, and not just when you happen to remember to do it, but as a daily habit."The only way to win is to become friends with your body," she writes. "Your body is sending you messages. Receive them. Act on them."This book examines the questions of good nutrition, non-GMO eating, diet and weight loss and healing from serious illness.The author also reports on the role of meditation, and suggests how to get started (and keep going) if you don't already use this powerful tool for your own mental, spiritual and physical health.There are many gems in this book, but one in particular is the author's information and insights into why certain people enjoy spectacular longevity, remaining active and healthy well beyond their 90th birthdays - and how you (or almost anyone) can do most (perhaps all) of what they do to reap more quality years of life.

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