

# What Doesn't Kill You Makes You Stronger: Freezing Water and Environmental Conditioning Will Get You Back To Your Roots and Renew Your Health:

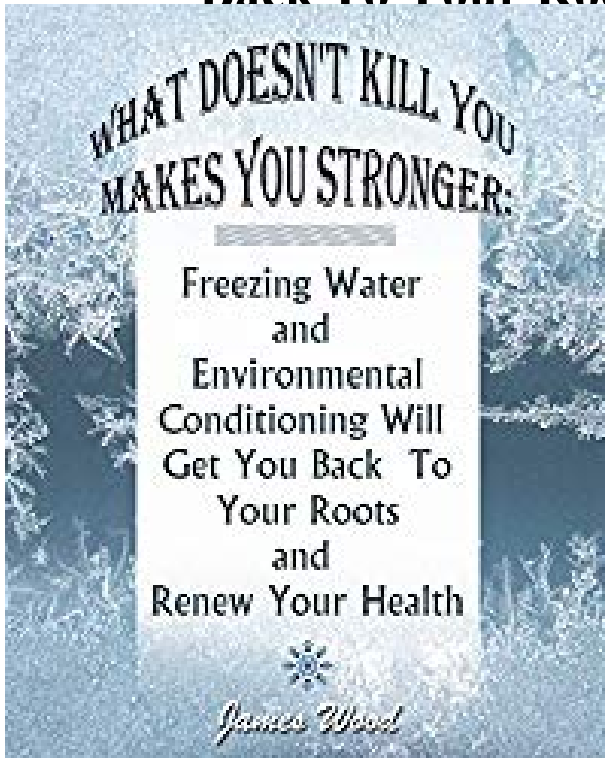
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What Doesn't Kill You Makes You Stronger: Freezing Water and Environmental Conditioning Will Get You Back To Your Roots and Renew Your Health Man has tried his best to leave his footprint on the environment, cutting down trees, building dams, and even changing the climate with CO2 emissions. But as much as man tries to change his environment, in the end, it is the environment that will change him! We are shaped by all of the environmental processes that surround us, if we just educate ourselves as to how these natural processes can benefit and enrich our lives, we would be much better for it. This book explores all of the ways that we can use natural environmental conditions to enhance our lives. So let us hearken back to the world of our ancestors and let the primal forces of this world, such as the wind, water, the mountains, the valleys, the heat and the cold, forge us into better functioning beings. In this book you will learn how to unlock some of the evolutionary traits that humanity has lost, by getting back to the environmental conditioning that made humanity great in the first place. Did you know that most of our health problems are simply due to the fact that we don't get enough fresh air? Constantly breathing in recycled air in the office, robs our bodies of precious vitamins and minerals needed for survival. Most of us who have lived primarily sedentary lives indoors, are in desperate need of a tune up of the senses. Environmental conditioning will provide you with that tune up. Keep reading to find out more! In this book you will learn how to: Recharge your electrochemical system Learn how to condition yourself with water Make the best of hot weather Become more resilient And much more!