



Bochum Health Training

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What is the Bochum health training? The Bochum health training is based on the knowledge that our health is stable, if we feel confident, satisfied and happy. Very quickly, it turns out that not only benefit people already ill from Bochum health training, but also that each of the exercises and healthy contents of this program may result in large benefits.

Using relaxation techniques, imagination exercises, exercise, dance, painting, and in common conversation all areas of life are addressed, which are responsible for the mental and physical health is of great importance.

The Bochum health training helps their own habits and attitudes of health check to relax and reduce stress to strengthen the immune system and the immune its self-healing powers to revive to maintain the performance of work and leisure to promote self-confidence and self-confidence to develop greater vitality and quality of life to find his life's goals For whom the Bochum health training is recommended? The Bochum Health Training is aimed at those who want to do more to support their mental and physical well-being. Anyone who is concerned with questions of their own health maintenance and preventive health care can benefit from the exercises and content of the training.

Particularly positive experiences were also made ​​in patients with cancer, depression, rheumatism, anxiety, allergies, heart and circulatory diseases, stress and psychosomatic diseases risk.

The Bochum Health training is not therapy, nor a substitute for medical, psychological or drug treatment, but it can support these treatments effectively by strengthening the physical and emotional balance helps.

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