

## Choose your way

**Self-help.** Litur. St. Petersburg 2002. 240 pages

**Publishers:** France - Macro, Germany - Random House, Italy - Macro, Romania - Editura Paralela 45

Over 5 Million copies sold in Russian language  
Over 250.000 copies sold in German language

Health is a precious commodity. Who is freer than a healthy person? He who is well has the world in his hand, is full of strength, projected into the future and ready to realize his most ambitious projects. But why then does humanity degenerate? Why is the increase in the costs of the health service seen as a positive fact, as one of the most important parameters in a socially just organization? Why have chronic diseases become our inseparable travel companions? The intention of Shatalova, as a doctor and as a person, is to return the human being to himself, to help him become as nature conceived and shaped him. For this reason she has created a natural healing method, concrete and theoretically founded, which summarizes in itself the centuries-old experience of humanity, which has brought healing and health to many people who had already been passed off by traditional medicine. There is nothing mystical about this method and the individual is not required to have supernatural qualities, nor long and complex preparations, but only common sense and willpower. Shatalova argues that the human being is designed to live at least 150 years, but current habits make it age already at 60 years. With this natural healing method, based on plant nutrition, breathing exercises, physical activity and new daily habits to harden the physique, we will be able to ensure longevity, physical and mental well-being and a lot of health.

Inspired by the Hippocratic statement that our food should be our remedies and our remedies our food, Shatalova has developed a concept of natural recovery. Her diet strictly opposes the calorie theory of balanced nutrition, which is contrary to human nature. According to her, the human organism is restricted exclusively to plant foods and does not need more than 250 to 400 calories of daily food intake to maintain its basic metabolism. Everything we eat too much burdens the body and must be „disposed of“ by it. In this book she explains the anatomical and physiological backgrounds of her concept and reports on her experiences during his practical trials. The reader gets interesting insights into her daily work and research routine and receives important information on medicinal herbs, cooking recipes and relaxation exercises in order to be able to practice their comprehensive health concept themselves.



### THE AUTHOR

**translations**  
4 languages

**samples available**  
full german

**other works**  
Healthy Nutrition  
Philosophy of Health

A surgeon, Galina Shatalova (1916-2011), has taught at the Institute of Medical Specialization for Physicians and, since 1961, has been the head of the department for the selection and preparation of cosmonauts at the Space Research Institute of the Academy of Sciences of the former USSR. She has always been involved in the organization of information and pedagogical activities, with the aim of making people understand a sense of responsibility for their own health. In 1960 she began to develop her revolutionary healing concept. To prove the success of her theories, in 1990 she undertook a 500 kilometer long walk through the desert together with the patients she treated.

# Galina Shatalova

body | mind | spirit

## Healthy Nutrition

**Self-help.** Litur. St. Petersburg 2003. 316 pages

**Publishers:** France - Macro, Germany - Random House, Italy - Macro, Romania - Editura Paralela 45

This book follows on from the theses of the successful first one. Shatalova describes how chronically ill patients, especially those with cardiovascular problems and cancer, can be cured by strengthening the immune system and detoxification.

## Philosophy of Health

**Self-help.** Litur. St. Petersburg 1997. 130 pages

**Publishers:** Germany - Random House

A fascinatingly consistent approach that brings together scientific research, practical experience and holistic thinking. Here she presents the world and human image on which her method is based. We rational human beings have been given the task by nature to be guardians of life. Therefore we have insight into the natural development processes and balances and can control our behaviour in the sense of health.

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# Galina Shatalova