**Day Five - Course Handouts & Resources**

Dear student,

Congratulations on attending Day Five, the theoretical and practical parts of the training, completing the foundation course training.

You will find on the today’s lesson page the following documents that directly relate to **Day’s Five** training. You will be able to download and keep them. The password for the locked PDF documents is **TOTALHEALTHNOW** and I will suggest for you to print the instructions and put them in a folder for easy access.

* The instructions for the breathing exercises that you learnt today.

As far as it concerns further support options like private health mentoring and treatments, you are welcome to arrange a call with me and discuss your health needs. Use the contact details on the footer of this email.

Please continue your practice four times per day (first thing in the morning, before lunch, before dinner and before bed), as well as when you have any symptoms /cleansing reactions like blocked nose, breathing difficulties, wake up during the night etc. If you are not hungry after the breathing practice, simply do not eat.

Thank you for your participation and remember that your journey just started and as Plato, the great Greek Philosopher said, “**The Beginning is Half of the Whole**”!

In Health & Harmony,

Kostas

P.S. Regarding feedback I will much appreciate if you could leave me a google review ([click here](https://www.google.co.uk/search?sxsrf=ALeKk03lnQvU0OJISGiGFpyEhRBqw6Rw0Q%3A1611999008560&source=hp&ei=ICcVYMLbH8mG1fAP3eer4As&q=total+health+now&oq=total+health+now&gs_lcp=Cgdnd3Mtd2l6EAMyDQguEMcBEK8BECcQkwIyBAgjECcyBAgjECcyBggAEBYQHjoHCCMQ6gIQJzoNCC4QxwEQrwEQ6gIQJzoHCC4Q6gIQJzoICAAQsQMQgwE6DgguELEDEIMBEMcBEKMCOggILhCxAxCDAToCCAA6CwguELEDEMcBEKMCOgUILhCxAzoOCC4QsQMQgwEQxwEQrwE6BQgAELEDOgsILhCxAxDHARCvAToICC4QxwEQrwE6BQgAEMkDUNF7WO6UAWDxlwFoAXAAeACAAYEBiAHRC5IBBDEwLjaYAQCgAQGqAQdnd3Mtd2l6sAEK&sclient=gws-wiz&ved=0ahUKEwjC65-irMPuAhVJQxUIHd3zCrwQ4dUDCAk&uact=5#lrd=0x48761b309e8de32f:0x28b76c854eaf2bdc,1,,,)) by simply writing whatever comes from your heart. If you have left me a google review in the past, then simply write your experience of the course so I can use it on my website for future students to see.