

Can We Live 150 years? by Mikhail Tombak

When I first heard the title of this book I thought “who would want to live 150 years?”. Mr. Tombak proposes that we CAN live 150 years based on the way we live. Full health depends on living in harmony with nature. There’s a complete cycle of energy that last 7 years and it cycles every 22 years ($22 \times 7 = 150$).

He proposes there’s 5 main factors to ill health

- Neglected spine
- Incorrect breathing
- Incorrect diet
- Lack of internal body hygiene
- Inability to lead a blissful life

*Respect the basic principles by which our bodies function

Two of my most favorite topics in the book are therapeutic baths and using heat & cold. Therapeutic baths use herbs like sage flowers, chamomile flowers or spruce branches that have soaked in water for a couple of hours and adding them to your bath. Plan to soak for 15-25 minutes. The other is warm water alternating with cold water showers. They are helpful for preventing colds. I swear it helped me tolerate cold weather better.

He is a big fan of fresh vegetable and fruit juices. He has several recipes with conditions that each recipe is good for.

One of the more interesting sections is on consuming lemons. He has a formula for consuming 30 lemons in 10 days! He recommends drinking the straight lemon juice, not diluted unless absolutely necessary. You may mix with honey.

Taking care of oneself is a big theme of this book. He believes in the role of doctors but encourages people to know how to care for themselves. And thus he has a ton of folk medicine remedies for a multitude of conditions. Some are strange like eggshell therapy but many are quite believable and doable.

Overall I liked the book. I found some of the remedies to be a bit daring but he has great ideas about using positivity to live longer. I can’t say I want to live 150 years but however long I live I want to live well.