



Stella polishes the stars

**A modern hands-on fairy tale about eye fitness
for children and young at heart people
(Ebook|English Edition)**

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Gottfried Eckert

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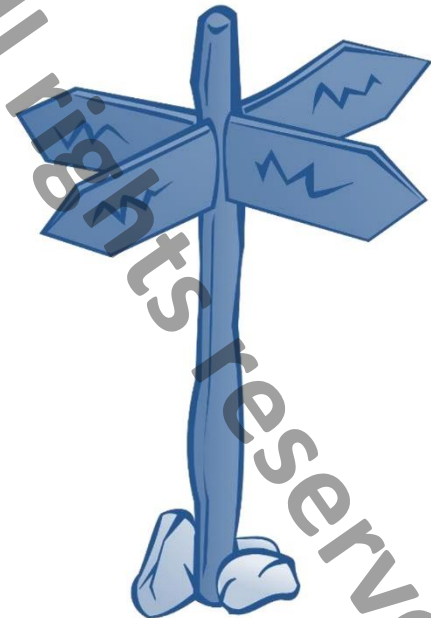
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Once upon a time ...

This is just how this modern hands-on fairy tale begins, with Stella and her heavenly mission to do the stars a favor.

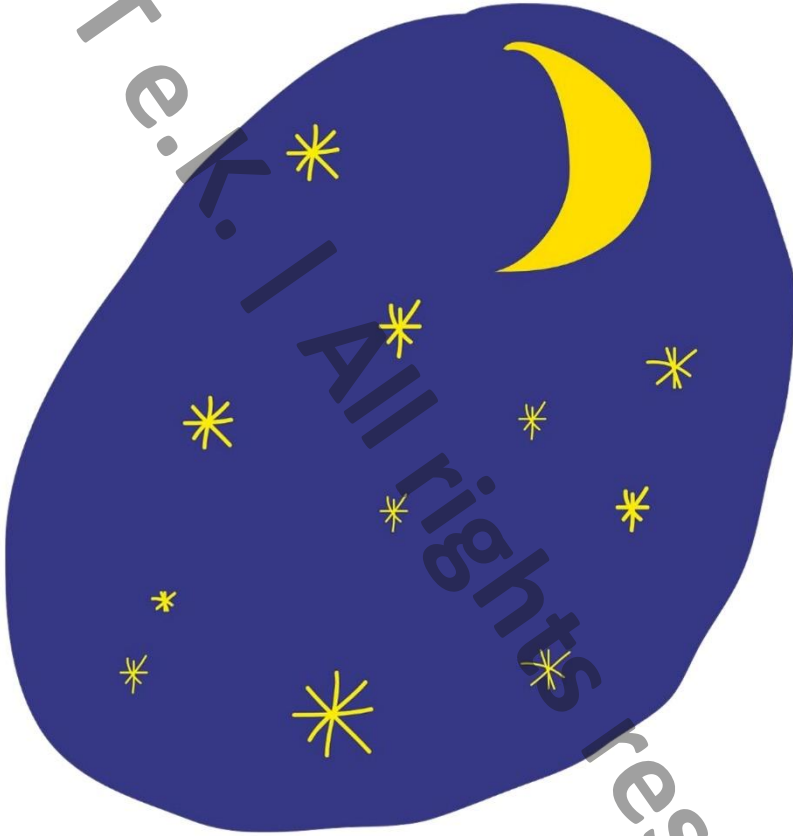
The story is used to present a complete eye fitness program with 10 easy-to-learn and effective individual techniques.

The health focus is on revitalizing and harmonizing the eyes, relaxing and strengthening the eye muscles, fortifying the relevant organ systems, supplying the eyes with vital substances, and achieving mental calm.

Enough words. Let's go for the eye stars ...

With a cheerful wink ;-)

Gottfried Eckert







2 Fairytale time





Well then ... let's go for the stars.

The very next morning, Stella cheerfully packed some provisions, a bottle of polish and a soft cloth to polish the stars to a high gloss in her favorite backpack and hit the road.



Cloth

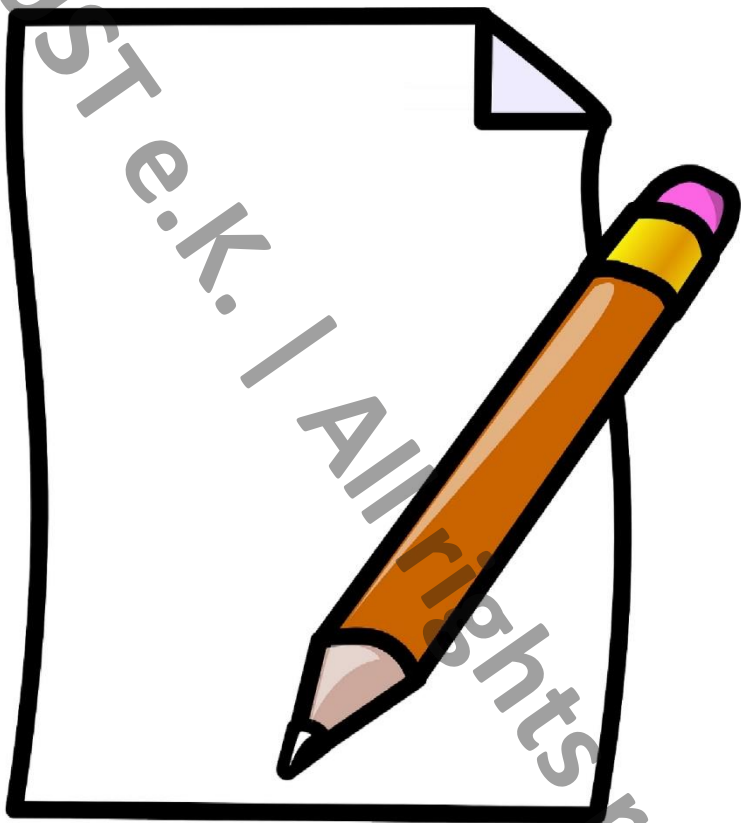




Instructions

 ■ **Standing** ■ **Sitting** ■ **Lying down**

Rub your hands. Then use your thumbs and index fingers to gently massage the earlobes in small circular movements (clockwise).










3

My hands-on cheat sheet



My hands-on cheat sheet

1		Cloth
2		Little bat in the cave
3		Windshield wiper
4		Carrot
5		Whiskers



6		Shutters
7		Blinkers
8		Headlamps
9		Binoculars
10		Light-house



Zzz





4

Last but not least



Author



Gottfried Eckert

Gottfried Eckert (born 1966) is an expert in health promotion and management. He heads the Institut für berufliche Bildung, Gesundheit und Soziales and is the owner of 3TRUST e.K.

Publisher

3TRUST e.K.

In der Schleth 7
D-56567 Neuwied
Germany

Phone: +49 2631 405535

Email: mail@3trust-media.com

Web: www.3trust-media.com

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Institut für berufliche Bildung, Gesundheit und Soziales. Gottfried Eckert

In der Schleth 7

D-56567 Neuwied

Germany

Phone: +49 2631 405535

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Strategic partner

ADVERTISING

WissGroup GmbH

Richard Hemberger Street 7

D-69412 Eberbach

Germany

Phone: +49 6271 77231

Email: m.paetzold@wissgroup.de

Web: www.wissgroup.de

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One laughing and a crying eye ...

You've done it! The inevitable end of this fairytale book is in sight. Thank you for your purchase, your interest and your appreciated attention. It has been a great pleasure to accompany you on your way to shining eye stars.