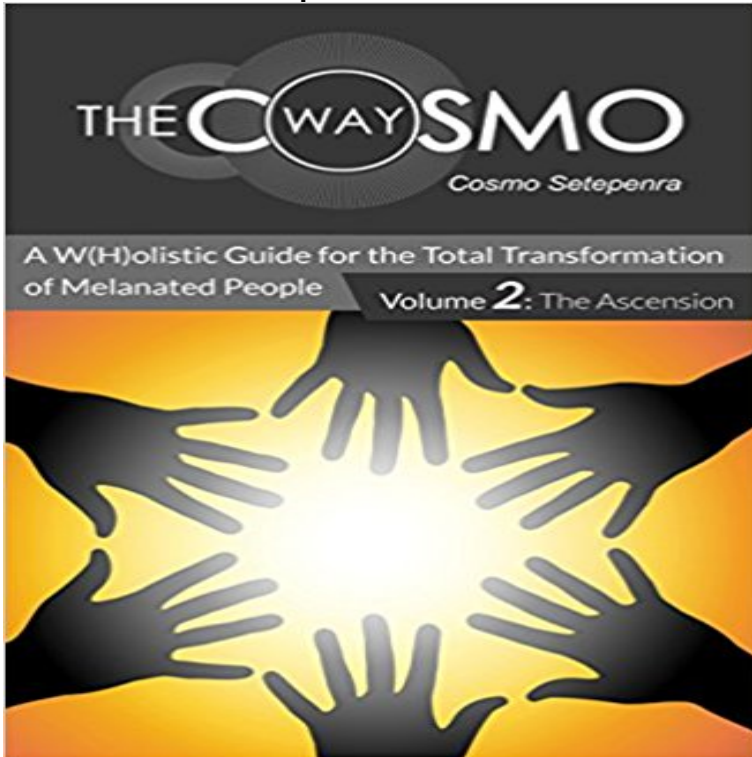


# The Cosmo Way: A W(H)olistic Guide for the Total Transformation of Melanated People: Vol. 2: The Ascension



Bringing together the untold science of Melanin, ancient esoteric secrets of the Pineal Gland, and how to develop your higher-self, The Ascension Volume Two in The Cosmo Way series will help you achieve higher consciousness, inner strength, as well as your mental and spiritual goals. The Cosmo Way is a holistic guide for the skeptic, the believer and the inquiring mind. While most health programs focus only on physical wellbeing; holistic health is an approach to life, a philosophy, a way of life. Instead of focusing on illness or specific parts of the body, holistic health heals the whole person body, mind, spirit, and emotions for optimal health and wellness. The Cosmo Way Vol. 2 will teach you how to fully maximize your Melanins potential and use it to your advantage. You will learn the essential properties of this substance, how to properly nourish it, and why it is important to your mental-spiritual growth and development. You will also learn why Melanin causes melanin dominant people to be more susceptible to drugs, alcohol and addiction. In addition to revealing how to heal your pineal gland and accelerate enlightenment, Cosmo discusses how repairing your pineal gland improves intuition, intelligence, and perception. Your pineal gland is the quintessential gland for maintaining holistic health, responsible for making the majority of your melatonin (a derivative of melanin), and the studies cited in this book suggest that melatonin may very well be the most powerful cell-protecting, immunity enhancing molecule in existence. Cosmo studied proven health systems such as Chinese (Taoist Tradition), Indian (Vedic Tradition), and traditional Afrikan methods of natural healing, and nutrition, and has merged these teachings with findings from modern holistic doctors, scientist, and health experts. If youre ready to make a change for the best, to live consciously and

holistically, and to elevate yourself, physically, mentally, emotionally and spiritually; The Cosmo Way can show you how.

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