



Traditional Chinese Health Secrets: The Essential Guide to Harmonious Living (Paperback)

By Xiangcai Xu

YMAA Publication Center, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. There s an old Chinese proverb which states, Optimism will help you forget sorrow. It is widely believed that an optimistic, stable mood and mental balance calms the body s vital energies and spirit, aiding in the circulation of blood and Qi, thus improving health. Throughout China s long history, ancient medical texts provided valuable advice on the subject of health: physical, emotional and spiritual. Isn t it time you made use of this wisdom of the sages in your everyday life? Now you can with this user-friendly guide (a re-edited edition originally published by a university press in China). to maintaining your health through Qigong and Traditional Chinese Medicine. Learn to lead a happy, healthy, and fulfilling life not only for yourself, but for your entire family. Traditional Chinese Health Secrets can show you the way. * Includes Easy-to-Follow Remedies Herbal Recipes for General Health, and Healing Specific Ailments Injuries.* Add Years to your Life and Expand your Mental Physical Capabilities.* Learn to Apply Yin/Yang, Five Flavors and Six Sensations Theory to your Diet.* Simple to Practice and Easy to Learn!.



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