



Chinese Secrets of Health and Longevity

By Alan Gingrich

Outskirts Press, United States, 2014. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Chinese medicine emphasizes the balancing of energy through acupuncture and herbs, among other things. For thousands of years, the Chinese have believed that a person's emotions and beliefs—along with social, physiological, and psychological factors—all affect the immune system and, therefore, the aging process. By using gentle, safe techniques such as meditation and breathing exercises, the body's energy can be awakened, strengthened, and circulated evenly throughout the body. The result? Physical, mental, and emotional challenges often disappear as the mind and body begin to heal themselves. Chinese Secrets of Health and Longevity provides a connection between the physical body, the spiritual being, and the energy field, including: Traditional Chinese Medicine, Diet Therapy, Qi Gong Exercises, Breathing Exercises, Self-Massage, Meditations, Plus charts that develop physical, spiritual, and energy flow. With clear, concise language and excerpts from ancient classical texts, this book lays out all you need to know for a longer, healthier life!.



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