



## Qigong for Treating Common Ailments: The Essential Guide to Self Healing (Paperback)

By Xiangcai Xu

YMAA Publication Center, United States, 2000. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. Finalist - Health - Book of the Year Award ForeWord Magazine 2000  
Wouldn't it be nice to stop common ailments before they happen? We can prevent many of them once we have the proper knowledge. This book, Qigong for Treating Common Ailments, provides a system for maintaining overall health while addressing specific problems with exact treatments. All natural, safe, and easy to learn, these exercises provide a life-long path to wellness! This re-edited edition, originally published by a university press in China, is essential for the home health library! \* Protect Strengthen the Internal Organs with Qigong Exercises.\*26 Simple Qigong Exercises. \* Improve Circulation and Overall Health using Qigong Massage Methods.\* Discover a Wide Variety of Breathing and Relaxation Techniques.\*19 Specific Treatments for Common Ailments. \* Easy to Learn and Easy to Practice!.

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