



Qigong for Treating Common Ailments: The Essential Guide to Self Healing

Xiangcai Xu

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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.
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