



Qigong and Chinese Self-Massage for Everyday Health Care: Ways to Address Chronic Health Issues and to Improve Your Overall Health Based on Chinese Medicine Techniques (Chinese Health Qigong)

Zeng Qingnan

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Discover the quick and easy Chinese exercise approach to common daily health problems in this fully-illustrated and easy-to-follow handbook. Based on millennia of effective Chinese medicine and health practice, the Qigong and self-massage techniques described take just a few minutes a day, and can resolve on-going issues such as knee pain, hemorrhoids, insomnia, sciatica and lower back pain. More immediate problems such as a stiff neck or a headache can be addressed straight away, and there is even a remedy for grey hair.

The last part of the book introduces simple and quick exercises, based on Chinese medicine, which can be used to promote overall health and wellbeing. Learn how to strengthen and protect your teeth, how to get a better night's sleep, and how to refresh and tonify your brain. All of the exercises are clearly explained with easy-to-follow written instructions and illustrations, and they all take less than 10 to 15 minutes to complete. No drugs or equipment is involved in any of the exercises - all you need is your own body.

This practical book will be invaluable to anyone who is seeking respite from particular chronic health problems, or who simply wants to improve their overall health and wellbeing.

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