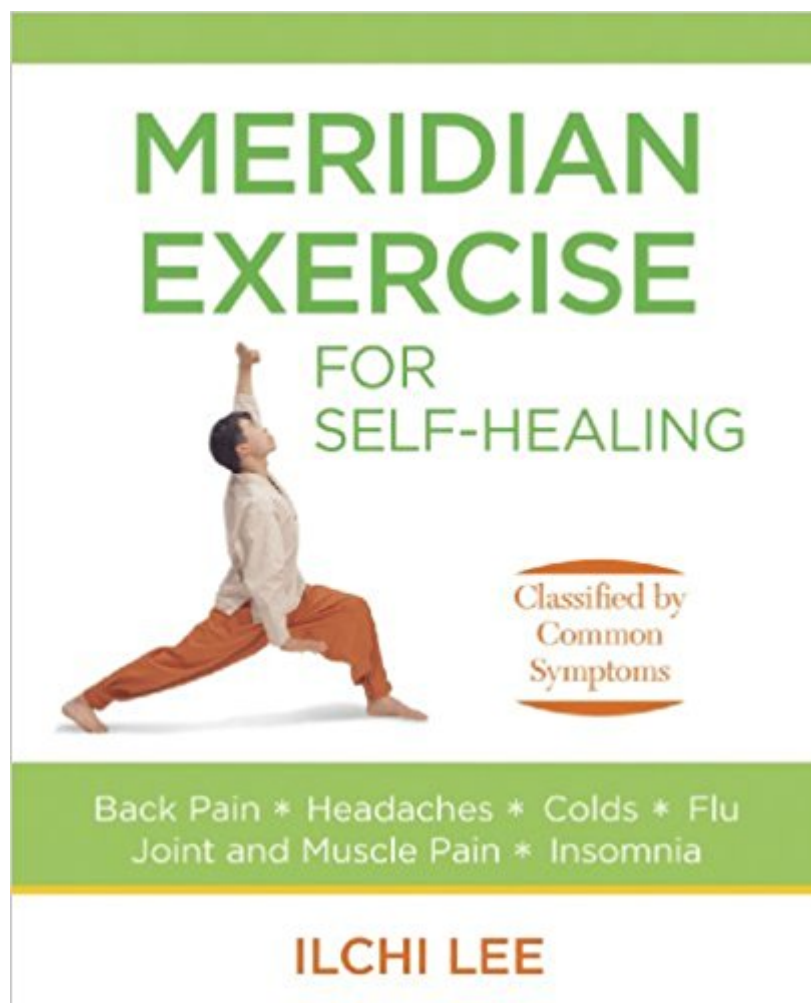




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Meridian Exercise For Self-Healing (Paperback): Classified By Common Symptoms



Synopsis

This full-color, user-friendly book features simple meridian exercises that combine breathing, movement, stretching, and focused attention to improve overall balance and flexibility. The book identifies specific meridian exercises to alleviate common ailments, including headaches, colds, and the flu, as well as more serious conditions, such as high blood pressure, diabetes, and thyroid disorders. Meridian exercise is a technique developed and perfected over the course of thousands of years in the Asian healing arts traditions. This book includes the following features: * Low-impact, time-efficient exercises * that relieve stress, restore physical health, and rebalance the mind * Step-by-step instructions with accompanying photos for dozens of exercises specifically designed for common symptoms * Breathing and relaxation techniques to awaken innate healing power and

Book Information

Paperback: 336 pages

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Average Customer Review: 4.7 out of 5 stars 24 customer reviews

Best Sellers Rank: #344,755 in Books (See Top 100 in Books) #61 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #587 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #1100 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

Ilchi Lee originated Brain Education System Training (BEST), which seeks to enhance human potential and quality of life through a variety of mind-body training methods. His self-development programs are unique in their blending of Eastern philosophical concepts with Western scientific understanding. As president of the Korea Institute of Brain Science and the International Brain Education Association, Ilchi Lee has dedicated himself to the nurturance and development of the human brain. He is also the founder of Dahn Yoga and author of more than 30 books.

"Health is best maintained on a daily basis. In order to do this, one must have a clear and intimate

understanding of the basic principles of how health is maintained in the body. By intimate, I do not mean an intellectual understanding. Rather we must know our own body like we would know a loved one. Taking care of ourselves, being in charge of our lives, is a way of saying we are worthwhile, an acknowledgment of our self-worth. We must awaken to the many inherent sensibilities and sensitivities of our body and be able to feel when we are moving toward health or away from it."

Very clearly written, easy to understand and do. You can adjust the positions to fit your purpose. A book to keep on the shelf for referral. If used properly, it will help you release and maintain great health. After much research, this book confirms with other health modalities.

I loved the way these exercises were sectioned out to work on certain conditions of the body. I've tried some of these exercises in their classes but I'm going to make a point to work each section.

Great book on to go along with my Yoga class as Curves.

I took a class on Meridian exercise, but this book has excellent tips. It has the exercises according to whatever part of the body you want to self-heal. it's totally worth it.

Excellent exercises based on eastern medicine, feel very good and very helpful. I love the classification per disease and symptoms

As an Acupuncture Physician, I encourage patients to exercise, eat well, and manage stress. I recommend patients to purchase this text for self-healing.

good

Found this book to be most helpful

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