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The technique works, and in 5 minutes one can rejuvenate one's spirit mind and body. There is an Accu pressure and acupuncture point in the lower leg known as "3 more miles" because it is said and does allow the absolutely tuckered and fatigue person who is needed at this point to get up and walk as far as their original strength allowed, absolutely returning it to oneself.

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Jon Rogers 26 minutes ago SCOTLAND RECORDS 56 COVID DEATHS Scotland has recorded 56 deaths from coronavirus and 1,357 positive cases in the past 24 hours, John Swinney has announced.

When thinking about acupressure, most of us think about complicated procedures and never try using it. If they ever try, most people give up quickly. However, acupressure (the ancient art of healing by the simple use of hands and fingers) as described in this book is a well-proven self-healing process that anyone can quickly learn. The author (Master of the traditional Chinese art of Chi Kung, Sifu William Lee) reveals simple techniques that you can easily apply, so that you can enjoy an immense energy boost that you (most probably) need! Quickly get relief from headaches, lack of energy, colds, the flu, insomnia, inability to concentrate, chronic pains, and many other common health disorders. This 5-Minute Chi Boost method is all about providing maximum results in the simplest possible way. Using photos and detailed descriptions, this book explains all that one needs in order to know about why and how to apply the ancient Chinese art of Chi Kung, without the aid of anything else. This simple yet powerful method helps people get more energy, heal faster, stay healthy, and feel great.

Easy to Learn, Complete Program (book + video) for Improved Health, Pain Annihilation, and Swift Healing For those interested in Traditional Chinese Medicine, relaxation techniques, and Chi (Qi) healing methods - don't pass up the chance to get the chi flowing and enjoying in long list of health benefits. Through 99 photos, easy to follow guidelines and a 30 min long video, Sifu William Lee explains how very simple self-massage methods can maximize your energy and reduce symptoms of ill health - from arthritis to allergies, back pain to weight loss. These methods are practical and effective, not theoretical - work through them at your own pace, depending on the level of effect that you need. From your eyelids to the bottom of your feet, self-massaging those important meridian points can release your stress and allow you to live fully and drink deeply of life and its natural healing power. THIS IS PROBABLY MOST COMPLETE AND FASTEST TO LEARN QIGONG MERIDIAN SELF MASSAGE GUIDE - CHECK YOURSELF WHY

Better Balance: Simple exercises to improve stability and prevent falls", a Special Health Report from Harvard Medical School states "Tai chi

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moves, which involve gradual shifts of weight from one foot to another combined with rotating the trunk and extending the limbs, offer a series of challenges to improve your balance." I practice Tai Chi 30 years now since my university time in China around 1991! I created 18 Tai Chi video courses in 2020, interrupted by Covid19 lockdowns after going through all my collection and comparing with different Tai Chi styles systematically. Covid19 epidemic make more people realize how important the health. The demanding for sports video and personalized sport are increasing. I begin to write a dissertation about Tai Chi Fitness in 2021. This may became my Ph.D. dissertation. I will break the whole dissertation into small topics publish them one by one. Here is the first one for you.

An international authority and recognized expert in Chi Kung, Tai Chi, Feng Shui, and traditional Chinese medicine unveils the secrets of longevity with easy-to-follow short daily workouts for seniors who want to stay young, fit, and healthy. Original.

Transform your body--5 minutes at a time! In Fit Quickies: 5 Minute Targeted Body Shaping Workouts, health and fitness expert Lani Muelrath gives you a complete collection of quick, easy-to-follow body-shaping exercises that zero in on your problem areas and gives them a solid challenge for change. These effective, research-driven collection of exercises for functional fitness cut through the confusion of trends and complicated weight loss routines. Fit Quickies minimizes the time investment needed to see results, yet is honest about what is needed to achieve fitness and body-shaping goals. Clear, step-by-step instructions and photographs eliminate all the guesswork! With these exercises, you'll lift and shape your body and soon see a flatter belly, shapelier thighs, firmer arms, a tighter tush, a whittled waist, a strong core, and so much more. Each illustrated step-by-step exercise helps you get motivated, stay focused, and avoid common errors. Lani has helped thousands of people transform their bodies--and their lives--with her 3 pillars of healthy weight and fitness: a simple exercise plan, a whole-food plant-based diet, and mindset mastery. In this book, she gives you specific strategies on exactly what to do for success in each area. The body you've always dreamed of can be yours. Fit Quickies gives you the tools to make it happen.

An introduction to Chi Kung presents a daily fifteen-minute program that helps students master the forms while learning how the meditation technique can help relieve stress, high blood pressure, headaches, chronic fatigue, as well as other ailments. Original.

Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes:

- The basic program, illustrated by more than 50 photographs
- Practical tips for integrating Tai Chi into everyday activities
- An introduction to the traditional principles of Tai Chi
- Up-to-date summaries of the research literature on the health benefits of Tai Chi
- How Tai Chi can enhance work productivity, creativity, and sports performance
- And much more

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For the first time the lay public can benefit from the anti-aging secrets discovered by the Life Extension Foundation, the world ' s largest, most respected organization dedicated to anti-aging research. Working with the Life Extension Foundation, renowned anti-aging physician Philip Lee Miller shows you how to retain your physical health and vigor, mental clarity, and youthful appearance—for life. This groundbreaking book translates cutting-edge anti-aging advances into a practical, easy-to-use program that will maximize your chances of living not only a long life—but a healthy, vibrant life. Drawing on his own clinical experience as well as the latest research from the Life Extension Foundation, Dr. Miller demystifies the aging process and provides you with:

- Detailed strategies integrating the most advanced mainstream therapies with nutrients, hormones, and holistic approaches from around the world
- A comprehensive plan to protect yourself from cancer, heart disease, arthritis, and Alzheimer ' s disease at the cellular level by controlling inflammation and oxidation—two degenerative processes that cause us to age prematurely
- A guide to individualizing this lifesaving program, including the Longevity Diet for maximum vitality and effortless weight loss and a unique supplement regimen—plus how to use medical tests to monitor your progress
- An inspiring vision of the future of life extension science and what your future will be like without disease, premature death and aging—with novel strategies to help you get there

This far-reaching anti-aging program will change your life forever. Like many of Dr. Miller ' s patients, your physical and mental health will actually soar as you age chronologically. Your new longer, healthier life begins now as you embark on The Life Extension Revolution.

Achieve Optimal Health with the Top 25 Immunity-Boosting Foods Build immunity that beats disease and slows down aging while increasing your energy Who doesn't want fewer colds, softer skin, or youthful vitality? Frances Sheridan Goulart, author of the ever-popular Super Healing Foods, now brings you a program for the 25 foods that strengthen the body's six immune centers and help heal and reverse the most common ailments. Focusing on the top 25 foods provides a simple plan that you can easily incorporate into your lifestyle. With delicious recipes and complete menus, a newer, healthier you is now within reach. Did you know these food facts?: Orange and tangerine rinds are a good source of probiotics for digestive health Cooked broccoli is higher in the antioxidants called carotenes, but raw broccoli is higher in vitamin C Apple peels are rich in a compound that helps to halt the growth of cancer cells

Fit stretching exercises into your day with easy 10-minute routines Discover how easy it is to improve your flexibility, reduce pain, and eliminate stress with just a few minutes of stretching every day. This illustrated guide provides you with essential stretches and simple routines for increasing your range of motion, supplementing physical therapy, and more. Featuring 60 individual stretches for your neck, feet, and everything in between, the detailed instructions and informative images in this book give you everything you need to incorporate stretching into your life. You'll also find insight on how to develop short, multi-muscle routines for everyday living, exercise, and even injury recovery. This collection of stretching exercises includes: Stretches for the whole body--Practice a variety of stretching exercises that target nine critical muscle groups, from head turns and cross-body stretches to hurdler's stretches and towel pulls. 10-Minute routines--Improve the effectiveness of your stretching and make it easy to stick with thanks to 35 short routines you can do virtually anywhere. Clear guidance--Find the exact stretches and routines you need fast thanks to chapters focused on specific muscle groups. Keep yourself fit and flexible with this guide to simple and effective stretching exercises.

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