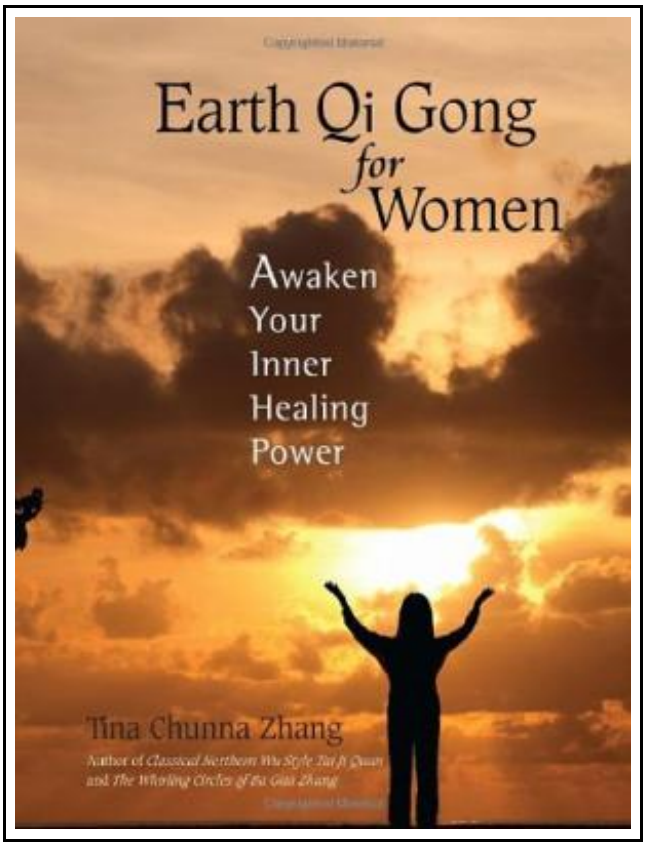
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Reviews

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North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, Earth Qi Gong for Women: Awaken Your Inner Healing Power, Tina Chunna Zhang, This special medical Qi Gong was developed and perfected over the course of 1,700 years by Taoists, traditional Chinese medical doctors and Qi Gong experts in China to feed the needs of a woman's unique anatomy. This simple and very pleasurable Qi Gong "set" will help women cultivate more of the Earth energy (female energy) that they naturally have in their bodies. It moves the blood and generates female energy through a series of very gentle, conscious, and graceful Qi Gong movements, working as a natural medicine that focuses on the body's own power to heal.Through this practice, women discover and connect the positive energy existing in all internal organs and systems to improve or maintain the functions of those organs. This creates pelvic health, which in turn helps women balance their emotions and hormones, in order to ease or arrest uncomfortable symptoms of menstruation or menopause, in all stages of their lives. In addition, "Earth Energy Qi Gong" has correlations to the theory of traditional Chinese medicine, and explains how these simple exercises activate and harmonize the energy pathways of the body to promote long-range anti-ageing, and a natural mind and body approach to women's general health even in the context of a busy, often stressful modern lifestyle. May the ancient practices of "Earth Energy Qi Gong" bring you a new, healthy, and a happy life!.

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