



Meridian Exercise for Self-Healing (Paperback): Classified by Common Symptoms

Ilchi Lee

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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

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