

The Tao of health, sex, and longevity: a modern practical guide to the ancient way

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Abstrak

Written by a Westerner for the Western mind, here is the first book to explore in light of modern science the balanced and comprehensive system of health care used by Chinese physicians, martial artists, and meditators for over 5,000 years. Drawing on original Chinese sources and years of personal experience, the author introduces the philosophy of Tao and gives detailed, practical information on: diet and nutrition, including sample menus food combining, and detoxifying the body specific foods and juices as treatments for a wide range of diseases (including such modern Western concerns as hypertension, cancer, infertility, herpes, and AIDS) fasting and excretion breathing exercises physical exercises for long life, total relaxation, and general health acupuncture and massage techniques Taoist birth control sex therapy bedroom arts and techniques to ensure complete satisfaction for both partners (considered essential for good health and long life) herbal aphrodisiacs and other sexual aids meditation -- turning essence into energy and energy into spirit With many helpful charts and clear illustrations, The Tao of Health, Sex and Longevity makes the ancient "Way" easily accessible to those seeking the latest in New Age health car