

Chi Gong The Ancient Chinese Way To Health

The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi

Roger Jahnke 2002-03-22 An internationally respected doctor of Chinese medicine and author of the bestselling "The Healer Within" clearly and simply explains the concepts of qigong. 125 illustrations.

Earth Qi Gong for Women Tina Chunna Zhang 2008-01-29 The special medical Qi Gong described in this book was developed and perfected over the course of 1,700 years by Taoists, traditional Chinese medical doctors, and Qi Gong experts in China to meet the needs of a woman's unique anatomy. Author Tina Zhang leads readers through a variety of pleasurable postures and easy exercises that address specific areas of the body. In turn, these exercises, which work progressively to strengthen the spirit-mind-body connection, enhance natural female energy to help prevent or alleviate health issues and conditions from puberty to post-menopause, including high blood pressure, stress, fatigue, endometriosis, age-related problems, and more. Emphasizing a balance between hormones and emotions, the book includes concise descriptions of selected acupuncture points, meridians, and orbits that promote long-range anti-aging and long-term optimal health. Women empowered by these benefits can take control of their bodies and better direct and assist their physicians in maintaining their health without the cost, risk, and side effects of pills, hormones, and supplements. Qi Gong for Women also contains useful information on addressing women's physical and spiritual health for physicians, acupuncturists, and doctors of Traditional Chinese Medicine

(TCM).

The Healing Art of Qi Gong Master Hong Liu 2008-12-21 Dr. Liu describes how he risked his life under the Communist regime in China to study Qi Gong and meet secretly with a master who lived in a mountain cave above Shanghai. If there is one concept that comes up in all forms of Chinese medicine it is that of Qi, or vital energy. Qi is the very backbone of the Chinese healing arts. It refers to the energy of the universe that is channeled from nature and runs through all of us. To have Qi is to be alive, while to have none is to be dead. Qi Gong relies on the manipulation of this vital energy, and Qi Gong masters can see this energy. This book explores the basics of Qi Gong to create a guide for greater health, the Chinese way.

The Harvard Medical School Guide to Tai Chi Peter M. Wayne, PhD 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of T'ai Chi as well as a practical daily program for practitioners of all ages. Conventional medical science on the Chinese art of T'ai Chi now shows what T'ai 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 T'ai 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 T'ai Chi actually works. Dr. Peter M. Wayne, a longtime T'ai 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 T'ai Chi into everyday activities
- An introduction to the traditional principles of T'ai Chi
- Up-to-date summaries of

the research on the health benefits of T'ai Chi • How T'ai Chi can enhance work productivity, creativity, and sports performance • And much more

Musical Qigong Shen Wu 2001 Musical qigong is a special healing energy therapy that combines two ancient Chinese traditions -- healing music and qigong. Focusing on the five major organs, this method enlivens the mind, relaxes the body, and lifts the spirit, while enhancing one's healing energy. This guide contains two complete sets of exercises with photograph illustrations and discusses how musical qigong is related to acupuncture, tai chi, feng-shui, and the five elements in the ancient Chinese concept of the universe -- metal, wood, water, fire, and earth.

The Root of Chinese Qigong Jwing-Ming Yang 1997 *The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment* is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, this will help you make the right decision; "is qigong going to be a good choice for me?" When you know why qigong is so effective, this will help you set realistic goals for your use of qigong in your health or martial arts training. When you know how qigong should be practiced, this will absolutely help you to attain your health or martial arts goals in an efficient and timely manner. We strongly recommend this book for everyone who wants to study qigong, tai chi, or marital arts. Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct

breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in the Root of Chinese Qigong. Improve your health with Qi (vital energy) training. Relieve stress with simple breathing techniques. Learn the secrets that will advance your practice. Discover the foundations of Chinese medicine. Eliminate tension with soothing relaxation exercises. Includes more than sixty detailed photos and illustrations.

Chinese Fitness Ching-shan Liu 1997 The hows and whys of Qigong— includes two complete sets of exercises.

Chi-gung Daniel Reid 1998

Wu Style Tai Chi Chuan Wen Zee 2002 Developed over many centuries, Tai Chi Chuan incorporates the principles of Taoist philosophy with the accumulated knowledge of the traditional martial arts. Wu Style is known as the "three-in-one exercise," invigorating the mind, the internal energy (qi), and the body. Wu Style Tai Chi Chuan describes the origin and philosophy of Tai Chi Chuan, and then details its multiple health benefits. Step-by-step instruction in the practice of the Tai Chi Chuan solo form is presented.

Xiu Yang Mimi Kuo-Deemer 2020-06-17 A simple yet powerful principle, xiu yang fosters balance and peace. This expert guide to its ancient teachings features a combination of practices from meditation and mindfulness to yoga and qigong.

Traditional Chinese Qigong for Health Chan Siok Fong

2013-06-18 Traditional Chinese Qigong for Health is about the healing powers of an ancient Chinese art of self-healing in the form of Meditation, Mobile Qigong and Self-Massage with Acupresuure. All the forms have no links to any religion or philosophy. They are chiefly a source of health. By writing out each set of exercise with useful information on healthcare, Chan

Siok Fongs book provides knowledge and facts about the uniqueness of each form of Qigong practice. It is her hope to bring readers to the point of knowing and understanding how to use Traditional Chinese Qigong as their regular form of exercise to maintain health at an acceptable level to overcome disease and premature aging.

A Complete Guide to Chi-Gung Daniel Reid 2000-03-07 Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

Ancient Way to Keep Fit 2000-11-06 Chi gung is a 3,000-year-old physical discipline that practitioners consider to be more essential to health than cardiovascular exercise. The ancient system, called the "internal martial arts," emphasizes improving the life force flow, chi, by opening the body's energy centers. These simple exercises derive their power from repetition. They are illustrated in more than 300 watercolors based on ancient Chinese scrolls and cave paintings.

Qi Gong for Health & Longevity Simon Wang 1994

The Healer Within Roger O.M.D. Jahnke 2013-07-02 Release your natural powers for healing, endurance, and longevity With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing. The methods—gentle movement, self-applied massage, breathing exercises, and meditation—are drawn from the ancient Chinese healing system of Qigong (Chi Kung) and are easily adaptable to every lifestyle. You can practice them almost anywhere—in the car, in line at the bank, at your desk, while walking, even in bed.

Using these methods for as little as ten minutes a day can dramatically increase your endurance, vitality , and longevity. Self-care has never been so easy!

Eternal Spring Michael Acton 2009-03-15 The traditional arts of Taijiquan and Qi Gong are sophisticated expressions of Chinese martial. health and spiritual culture. Rooted in China's ancient past they are still practised by many people in China today to achieve good health, mental well-being and a long and active life; commonly called 'Eternal Spring'. This book, written for a Western audience, explains the essential theories and strategies of Taijiquan and Qi Gong in an insightful and accessible way. It expounds their value in our daily lives as a most effective means of combating the stresses, strains and illnesses that are now so much a part of our modern lifestyle and positions these two disciplines as the most comprehensive strategies for health, happiness and rejuvenation currently available. Michael W. Acton guides the reader through core concepts with an insight and wisdom borne out of many years of practice, study and teaching. This book will be of use to anyone who is already on this path or who is interested in self-development, health and well-being or the fascinating philosophy and ideas that underpin these traditional Chinese disciplines.

Chinese Healing Exercises Livia Kohn 2008-09-30 Daoyin, the traditional Chinese practice of guiding the qi and stretching the body is the forerunner of Qigong, the modern form of exercise that has swept through China and is making increasing inroads in the West. Like other Asian body practices, Daoyin focuses on the body as the main vehicle of attainment; sees health and spiritual transformation as one continuum leading to perfection or self-realization; and works intensely and consciously with the breath and with the conscious guiding of internal energies. This book explores the different forms of Daoyin in historical sequence, beginning with the early medical manuscripts of the Han dynasty, then moving into its religious adaptation in Highest Clarity

Daoism. After examining the medieval Daoyin Scripture and ways of integrating the practice into Tang Daoist immortality, the work outlines late imperial forms and describes the transformation of the practice in the modern world. Presenting a rich crop of specific exercises together with historical context and comparative insights, *Chinese Healing Exercises* is valuable for both specialists and general readers. It provides historical depth and opens concrete details of an important but as yet little-known health practice.

Beginning Qigong Stephen Comee 2011-12-10 Learn traditional Chinese Qigong with this illustrated guide. The urgent pace of modern life has led to a quest for ways to relieve stress. One of the best methods for doing so is Qigong—an ancient Chinese system of breathing techniques and exercises that strengthen the mind, body, and spirit as they balance and augment Qi, or “life force.” This thorough volume presents many different forms of Qigong in detail and through fully illustrated exercises. Included are an explanation of the principles of Qigong, warming-up exercises, breathing exercises, and a guide to massaging the inner organs. The authors have also provided a table that describes the various exercises, listing their physical benefits and classifying them according to level of difficulty, so that readers can practice their own routines.

Simple Qigong Exercises for Health Jwing-Ming Yang 2023-08 A beginner qigong book, in which, every qigong movement is presented with large photographs and instructions, followed by an analysis of how the movements aid in improving health. It includes two routines: the sitting set that can be performed on the floor, and the standing set that can be performed in a small space.

Living Qigong John Alton 1997 An accessible presentation of the philosophy and practice of the traditional Chinese martial art known as qigong, a form of meditative exercise aimed at promoting good health, this book contains easy-to-follow

descriptions of the eight essential movements, accompanied by numerous photos. 100 photos. 30 illustrations.

Chinese Medical Qigong Tianjun Liu 2013-05-28 Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners. The editors emphasize the practice of Qigong, and this section of the book has been revised and expanded; a wide range of Qigong forms are presented, taking full account of the history, correct practice, and development of Qigong. The section on the clinical applications of Qigong in the treatment of a wide range of conditions, with the recommended Qigong forms for treatment, and relevant references to the ancient texts has been substantially revised, and focuses on conditions more common in the West. The book also presents the newest research on Medical Qigong, including groundbreaking new discoveries about the physiological and psychological mechanisms. Omitted from this paperback edition are the extensive excerpts from the ancient texts, and the detailed history, more appropriate for academic study. This is an unparalleled resource for practitioners of Qigong and Chinese medicine, as well as medical students and other healthcare professionals seeking a better understanding of the theory, practice and beneficial health applications of Medical Qigong.

Qigong and the Tai Chi Axis Mimi Kuo-Deemer 2019-10-16 Reduce stress, release pain, and create bodily harmony with this introduction to qigong and tai chi. Includes practical information, insights, and widely practiced sequences and forms that lead to improved health.

Chi Gung L. V. Carnie 1997 Practising Chi Gung helps you to tap into the chi, the life force, a power that permeates everything in existence. By directing your flow of chi you can achieve better health and pursue your ultimate dreams and desires. This text explores the discipline.

Cultivating Qi Jun Wang, Ph.D., C.M.D. 2011-01-25 While Chinese acupuncture and herbalism enjoy widespread popularity in the West, traditional Chinese exercise techniques—with the exception of qi gong—have rarely been taught outside China. This book is designed to change that. Written by Jun Wang, a doctor of Chinese medicine, *Cultivating Qi* draws on classic Chinese texts to introduce these body-mind healing exercises to Western readers. In simple, accessible language, Wang presents three specific qi exercises: the Yijin Jing, a popular form of calisthenics associated with both Chinese Buddhist and Daoist traditions; Taiji Neigong, a series of 34 movements adapted from the Wu-Hao style of Taiji Quan; and the “Six Healing Breaths,” which combines spoken sounds with movements associated with the six major vital organs of Chinese medicine. Written for beginning students of Chinese medicine as well as laypersons, healthcare practitioners, and martial artists, *Cultivating Qi* includes clear explanations of Chinese medical terminology—and provides the original Chinese characters for more advanced students—as well as step-by-step instruction in the three exercises. Accompanied by 100 photographs, these exercises are suitable for all ages and activity levels, and most of them take no more than 10 to 15 minutes to complete.

The Essence of Chi-Gung Daniel P. Reid 2012-07-10 The beneficial health effects of daily chi-gung practice have long been known in China, but in the West, chi-gung is becoming increasingly used for general well-being and to complement conventional medical treatment. *The Essence of Chi-Gung* is an easy-to-use workbook that teaches the fundamentals of chi-gung practice and provides a safe, basic daily regimen that can be adapted for people of all ages and physical abilities. The view in Chinese medicine is that good health is maintained by circulating and increasing chi, the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body movements, in a way which is beneficial to both the

nervous and immune systems and to overall health. This manual includes over fifty step-by-step illustrations of the warm-up exercises and movement forms.

Chinese Qigong 气功 1997

Chinese Medical Qigong Tianjun Liu 2013 Correlating the traditional therapies of Qigong with the most recent outcomes of scientific research, this is the authoritative introduction to the knowledge system and content of Qigong study. Substantially revised and updated reflecting changes made to the new Chinese edition, the text now has an accompanying DVD showing the forms in action, new information about key concepts and practice, and coverage of the applications of Qigong for a range of medical conditions. The only official textbook used in colleges of traditional Chinese medicine in China, this is an essential reference for medical and health practitioners working in complementary and alternative therapies.

Chinese Medical Qigong Therapy: Energetic anatomy and physiology Jerry Alan Johnson 2002 The information contained within the Chinese Medical Qigong Therapy: A Comprehensive Clinical Text has currently been tripled and reformatted into five exciting new textbooks. The five new Medical Qigong textbooks are composed of both modern and ancient knowledge, graphics, and expanded techniques guaranteed to fascinate and intrigue the reader. Never before in the history of Chinese Medicine has a textbook series been made available to the public that includes such comprehensive and thorough understandings on ancient Chinese energetic healing techniques. Written by an internationally recognized Grand Master of Martial, Medical, and Spiritual Qigong training, this five textbook series (often referred to as the "Medical Qigong Encyclopedia") provides the first complete explanation of ancient Chinese esoteric theory that has for centuries eluded and confounded the West. This fourth textbook includes a thorough understanding of ancient Daoist and Buddhist energetic exercises, secret meditations and advanced

energetic theories, as well as many other aspects of training related to the practical applications of Chinese energetic medicine. This text also covers a wide range of energetic treatment protocols, such as the treatment of stroke, paralysis, M.S., and parkinson's disease. The featured highlights of this clinical textbook include: -Prescription Exercises -Internal Organ Self-Massage Prescriptions -Healing Sound Prescriptions - Prescription Meditations -Daoist Medical Qigong Prescription Exercises -Qi Emission Therapy for Liver Diseases -Qi Emission Therapy for Heart Diseases -Qi Emission Therapy for Spleen and Stomach -Qi Emission Therapy for Lung Diseases -Qi Emission Therapy for Kidney Diseases -Treatment of Miscellaneous Diseases -Medical Qigong Therapy and Pediatrics -Medical Qigong Therapy for Geriatrics -Medical Qigong Therapy and Gynecology -Medical Qigong Therapy and Neurology -Medical Qigong Therapy and Psychology.

Wisdom of Tai Chi Peter Fenton 1998

The Complete Idiot's Guide to T'ai Chi and Qigong Bill Douglas 2002
You're no idiot, of course. You know that Trs"ai Chi and QiGong are ancient Chinese practices known to lower stress; slow aging; boost the immune system; help with asthma, arthritis, and migraines; and heal a host of chronic health problems. But when it comes to signing up for a Trs"ai Chi or QiGong class, you feel tied to the sofa. Let The Complete Idiots"s Guidereg; to Trs"ai Chi and QiGong, Second Edition, untie your bonds by giving you step-by-step ways to use Trs"ai Chi and QiGong to boost your health and work and expand your life in many ways. In this updated and revised Complete Idiots"s Guidereg;, you get: Simple definitions and explanations of Trs"ai Chi jargon and philosophy. Useful tips on bringing the soothing calm of Trs"ai Chi into your daily life to enhance your work and relationships. Important warnings on what can block the full effect of Trs"ai Chi-including a vastly improved instructional chapter. Practical applications for kids, adults, seniors, and people with special

physical concerns. An expanded health and medical research reference section and listings of Trs"ai Chi and QiGong contacts throughout the world.

Qi Gong Paul Fraser 2019-12-31 Qi Gong is seen by many as something mystical or other-worldly, yet, in ancient China, it was considered an internally based technology, accessible to all, offering powerful yet simple techniques to strengthen health and vitality, heal illness, enhance martial power - a path to connect with the realms of Nature and Spirit. All living beings are part of a vast profound Whole, beautifully knit together with inexhaustible vibrant energy called Qi. The cultivation and exploration of Qi deepens and enriches our human experience through awakening and amplifying our own innate capabilities. We are designed to help others heal, communicate with Nature, receive Divine guidance and participate in life enhancing evolution. Accessing these deeper levels of our own humanity may be seen as a two fold path: one consists of forms or routines designed to connect us to the flow of Qi to absorb and direct it, and the other as a quest for virtue through love and kindness. When these outer and inner paths merge, a profound transformation occurs. Qi Gong: Rediscovering Our Humanity offers a remedy for many of today's concerns involving physical health, emotional balance and the nurturing of the planet we inhabit, discussing the nature of Qi, the history of Qi Gong and its influence on medicine, martial arts, and ancient and modern culture. It includes safe, easy to follow instructions with illustrations for three styles of Qi cultivation, suggesting that this concept is much closer to us than we may have thought.

Complete Book of Chinese Health Daniel Reid 1994-12-05 Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional

techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T'ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

A Complete Guide to Chi-Gung Daniel Reid 2000-03 Describes the basic concepts, core beliefs, and practices behind chi-gung, a religious system that encourages physical exercises to ensure health and longevity.

Opening the Energy Gates of Your Body Bruce Kumar Frantzis 2006 "Bruce Frantzis demystifies the fundamental principles of chi gung and provides a comprehensive exercise program with detailed illustrations to increase life energy, improve health, boost sports performance, and combat stress and aging."-- Provided by Publisher.

Qigong Empowerment Shou-Yu Liang 1997 Qigong Empowerment is the most unique and complete volume ever written in the English language on qigong (Chi Kung). This volume can be used for attaining better health, for healing, for gaining extraordinary power, and for spiritual development. This volume consists of five books which covers: - Traditional Chinese Medical theories and qi cultivation methods. - Taoist methods to foster Essence, Qi, and Spirit. - Buddhist Esoteric Abilities of the Body, Speech, and Mind. - Emitting, Absorbing, and Healing Qigong. - Wushu (martial arts) Iron Shirt training. Qigong (Chi Kung) has been an integral part of Chinese culture since ancient China. High level qigong masters have always been respected and held in high esteem in Chinese society. Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the vital force behind all things in the universe. It is the medium between and within all material substances. We are all immersed in it. The term gong refers to the power to produce an effect, an attainment

of, or an accomplishment that is achieved with steady practice. Loosely, qigong can be translated as the attainment of qi. Healers and the medical society use qigong for healing and preventing illness. Martial artists use qigong for developing incredible strength and abilities. Others use qigong to attain a greater consciousness.

An Illustrated Handbook of Chinese Qigong Forms from the Ancient Texts Li Jingwei 2013-12-21 Originally published as: An illustrated handbook of traditional Chinese health preservation. Beijing, China: Foreign Languages Press, 2010.

Heal Yourself with Qigong Suzanne Friedman 2009-04-02 Qigong (pronounced chee-gung) is an ancient Chinese practice consisting of physical movements, meditation, creative visualization, and breathing exercises to help revitalize the body and heal the spirit. Similar to tai chi, qigong cultivates vital life-force energy in the body for better health, heightened energy, and longevity. Its powerful benefits have been known in China for thousands of years. This unique book presents over 100 easy, five-minute qigong exercises designed to target specific health issues, from strengthening an aching back and reducing stress to improving sexual function and boosting energy. You can use this book to quickly find the best qigong exercises to target your particular physical and mental health needs. *Heal Yourself with Qigong* allows you to customize routines, making it ideal for both experienced practitioners and those new to qigong. Choose and combine from these four sections: •Instant energy boosters •Exercises for restoring physical vitality •Emotion-balancing techniques •Practices for calming the spirit

The Way of Qigong Kenneth S. Cohen 2018-12-04 Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer,

immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

China's Super Psychics Paul Dong 1997 According to Paul Dong, the Chinese health discipline "chi gong" generates psychic abilities--which may explain China's numerous psychics and why, since 1982, the Chinese government has been studying and supporting the work of psychics for medical and military purposes. Dong is the author of "Chi Gong: The Ancient Chinese Way to Health". 25 photos.

Chi Gong Paul Dong 2008 Chi Gong: The Ancient Chinese Way to Health bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments; and achieve a relaxed and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners to augment and strengthen their martial and spiritual disciplines, but also to develop external energy for the benefit of others. More than an instruction manual, Chi Gong functions as a complete survey of this healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and the role of chi in exceptional human functioning and mind-body interactions. Combining information from Western scientific investigations as well as personal insights from Paul Dong's practice, the authors provide a thorough explanation of the concept of chi and its role in traditional Chinese medicine, discuss the groundbreaking use of chi gong in cancer treatments, and take the reader on a visit to

one of China's many chi gong clinics.

Chi Gong The Ancient Chinese Way To Health :

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