

Healing with Ki-Kou: The Secrets of Ancient Chinese Breathing Techniques, 2003, Xiuling Li, 1891434179, 9781891434174, Agora Health Books, 2003

Using easy to follow descriptions and illustrations this practical workbook teaches the reader an ancient system of Chinese breathing exercises known as Ki Kou. These powerful healing techniques were previously held secret handed down from one generation to the next of Chinese healers. Author Dr. Li Xiuling comes from a long line of traditional Chinese doctors. With formal schooling in both western and Traditional Chinese Medicine Dr. Xiulings education actually began much earlier. As a child she was taught the secrets of Chinese herbal medicine and the care of the vital life force known in Chinese as chi. Filled with a love of teaching and an enthusiasm for sharing the ancient wisdom was that was passed on to her by her family Dr. Xiuling opened her own Chinese medical clinic by the age of 18. She later entered Beijing Medical University followed by further study at the Institute of Chinese Traditional Medicine. Healing with Ki-Kou is a practical step-by-step guidebook. Through the use of easy-to-follow instructions and informative illustrations the reader is taught to harness the powerful healing forces within themselves. You will learn a natural self-care system that allows you to regulate the flow of energy throughout your body. By combining simple yoga like postures and targeting breathing you can learn to unblock the toxins that restrict chi and can lead to illness and disease. Performed properly and regularly Ki-Kou relaxes the mind and body allowing healing energy to flow freely. Readers are instructed exactly how to perform each exercise to help bring their body into the perfect balance that leads to good health and a long life.

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