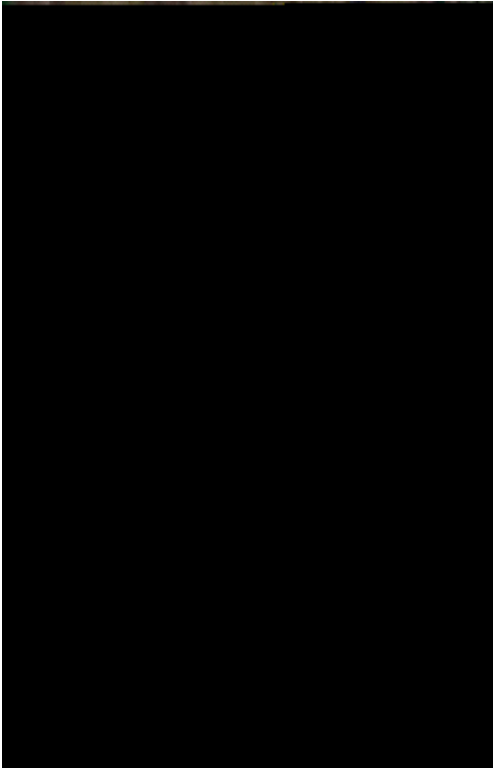


ISBN 0908121180

1. Self-care, Health. 2. Exercise. I. Title.

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Cover photograph: Sandra Montague



Foreword

By Master Wang Xin-wu, China

Martial art is a Chinese national sport. It is also to be reassured by all people of the world. Martial arts have both attack and

The area test influence on the mind is the way we live. Tension created by just living in the twentieth century is the greatest cause of ill health, and not many doctors realise this. We may be given a pill to ease the tension, but this does nothing to attack the cause of the tension and so the disease grows.

Around our bodies we have channels called meridians through which energy flows, something like the vessels through which the blood flows. All eastern philosophies of health talk of such a flow The Indians talk of prana, the Japanese call it ki, the Chinese call it ch'

This exercise harmonises the three vital forces, respiration, digestion and reproduction. Link your fingers down near the tan-tien (3'

A gorilla doesn't

Taoist yoga

During the so-called 'primitive period' in China (10,000-3000 BC), the Chinese looked into the supernatural and mystical

good for bowel problems.

Photograph 32 shows the 'Turtle Posture'. This posture affects the heart meridian and is very good at keeping anger at bay It is also good for insomnia caused by 'fire in the heart'. People with heart troubles should take it easy with this posture.

their vital parts. When we eat meat it takes around 16 hours or more for the food to pass through our intestines. If we eat vegetables, it takes around 20 hours for this food to decompose inside the body and by this time it has passed and is harmless.

Dairy products: It is my belief that adults need no dairy produce at all. The production of lactose around the age of two, as

High blood pressure

Pears