



Chinese Health Care Secrets: A Natural Lifestyle Approach

By Henry Lin, Richard Webster

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Discover how you can heal yourself and others and achieve optimum health, when you practice the techniques in *Chinese Health Care Secrets* by Henry B. Lin.

Grounded in Taoist principles (Nature's Way), the age-old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health and wellness. *Chinese Health Care Secrets* is a comprehensive reference to the history and practices of Chinese health care. It offers highly effective techniques that are completely natural and easy to use. Many have never before been published and are considered secrets even in China.

Easy to read and fully illustrated, *Chinese Health Care Secrets* explains:

- ?Secrets of sexual vitality
- ?Qigong: breathing, meditation, and energy exercises
- ?Dharma: massage and gentle physical movements
- ?Secrets of rejuvenation and longevity
- ?Over sixty of nature's most potent healers
- ?Acupressure: learn techniques and the locations of over 100 acupoints (with full illustrations)
 - so you can perform this powerful healing system
- ?A handy, A to Z reference guide to common ailments, with their treatments and therapies

Never before has so much information about Chinese healing been available in one location. Learn about nutrition? Yes. Learn the secrets of exercise? Of course. Walk the road to immortality? Naturally. Discover the inner health secrets of sleep and rest? Correct. It's all presented in a way that is clear and easy to understand, in *Chinese Health Care Secrets*.

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Editorial Review

From the Publisher

When many people hear about Oriental medicine, they think of acupuncture needles and not much else. In reality, the Chinese natural health care system is a set of principles and practices based on the Taoist view of life and nature.

In Western medicine, each person is seen as a machine with parts that are isolated from each other and the world—but, in the Chinese system, there is a bond that is seen between human beings and nature. It is a bond that is organic and inseparable. In fact, following the ideas of Taoism, the central belief of Chinese medicine is that, in order to attain physical wellbeing and spiritual satisfaction, you must live in harmony with yourself, with nature, and with Spirit.

Chinese Health Care Secrets by Henry B. Lin presents the Taoistic secrets of increased energy, youthfulness, and vigor. You'll discover nature's abundance of age-old healing therapies and exercises that you can easily incorporate into your daily activities: diet, sleep and rest, massage and light movement, sexual activity, and breathwork.

If you are healthy now, just wait until you read *Chinese Health Care Secrets*. You'll discover that you can be even healthier than you are now. If you feel you're not as healthy as you'd like to be, you can let the time-proven and holistic healing wisdom of China start you on nature's path to health and well-being. Get *Chinese Health Care Secrets* today.

About the Author

Henry B. Lin (Seattle, Wash.) is a third generation master in the ancient Chinese art of face reading. He has been practicing face reading for more than two decades. His service is characterized by astonishing accuracy in the description of the past and the prediction of the future with regard to one's personality, career, health, relations, family and wealth.

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