



TAO
health

Herbale & Nutraciutale
din China

Ginkgo biloba, Ginseng & Royal Jelly

Supliment alimentar

energizant

tonic general

10 fiole x 10 ml = 100 ml (3.5 fl.oz.)



Made in China



Tao Of Health

Dennis Lewis



Tao Of Health:

The Tao of Health, Sex, and Longevity Daniel Reid, 1989-07-15 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 Tai and gives detailed practical information Back cover

The Tao of Health, Longevity, and Immortality ,2000-12-05 Here is a classic Chinese text on the Taoist arts of longevity and immortality The text dates from the Five Dynasties 907 960 C E and is attributed to Chungli Ch uan and L Tung pin two of the most popular figures of Taoism and Chinese culture This text focuses on Taoist inner alchemy a theory and method for transforming the mind from within by using practices such as breath control calisthenics meditation practices and sexual alchemy the method of gathering energy from a sexual partner The teachings address the following topics The nature of immortality and how it can be attained by realizing the laws of the Tao within us The art of health The art of longevity How to deal with obstacles and recognize spiritual progress The Art of Health Longevity and Immortality will be of interest to both beginning students of Taoism and scholars Wong s introduction includes a concise overview of the evolution of Taoist longevity practices as well as an elucidating section for readers who are unfamiliar with the teachings and practices of Taoist inner alchemy She also includes a list of helpful hints for reading and understanding each section of the text

The Tao of Health, Sex, and Longevity Daniel P. Reid, 1998

The Tao of Healthy Eating Bob Flaws, 1998 This small concise book on Chinese dietary therapy has been written specifically for lay readers It is meant to replace two earlier book I have written on Chinese dietary therapy Prince Wen Hui s Cook and Arisal of the Clear Preface

Tao of Health and Longevity ,1978

The Tao of Health and Longevity Liu Da, 1978 A treatment of the philosophy and techniques of Taoism contains exercises and advice aimed toward the harmonious functioning of all bodily systems

The Tao of Health and Longevity Da Liu, 1982

The Tao of Detox Daniel Reid, 2006-10-25 A practical guide to preventing and treating the toxic assault on our bodies Shows how the practices of periodic detox and rational retox can counteract the toxic nature of our modern lifestyles diets and environment Provides ancient Chinese methods and remedies that help the body repair itself Includes detoxification techniques formulas and exercises that work within 10 days Despite the wonders of modern medicine the state of human health throughout the world is eroding at an alarming rate The long term accumulation of toxins and acid waste in our bodies both from the chemically contaminated air we breathe and water we drink as well as the toxins we ingest in the form of low quality food preservatives and additives damages our organs corrodes our joints and arteries enervates our nervous system and inhibits our immune system Chronic pain and fatigue hypertension and heart failure cancer diabetes arthritis indigestion insomnia and even acne are all caused by the long term accumulation of toxins in our bodies In *The Tao of Detox* Daniel Reid combines traditional Eastern practices and the latest of modern Western thinking to offer detoxification methods that can

repair in as little as seven to ten days much of the long term damage done He provides breathing exercises massage techniques and soft exercises such as yoga and tai chi that help the body to heal itself He also explains the importance of rational detoxification which allows the careful reintroduction of less healthy substances and offers ways to counteract those toxins we can't or don't want to avoid including alcohol and tobacco Reid explains that just as we care for our cars with regular tune ups by practicing periodic detox as well as rational detox we can enjoy long and healthy lives and still be able to eat drink and be merry

The Tao of Rejuvenation Angelo Druda, 2009-01-20 Throughout history Taoists Christians the yogis of northern India and others have learned that the secret of longevity and even bodily rejuvenation lies in unlocking the body's own healing somas or higher chemistry Traditionally however the principles and techniques behind their discoveries have been hidden transmitted only from teacher to student Fortunately these esoteric secrets are but the ultimate expression of a time tested body of traditional healing wisdom that has taken strong root in the Western world where it has been clarified and amplified by a new generation of healers and spiritual practitioners The Tao of Rejuvenation is an inspiring and very well written guide to the underlying principles and basic practices essential to our ability to not only achieve longevity and bodily rejuvenation but also to lead a vital balanced and happy life Written in a clear rational and highly readable style it is a book that speaks to all modern men and women ready and willing to assume responsibility for their own destiny In The Tao of Rejuvenation author Angelo Druda explains how our health and well being is based on a simple three part process of purification rebalancing and rejuvenation He makes specific recommendations for utilizing this process to transform our diet our exercise regimen even our sexuality so that these become powerful sources of rejuvenative energy Case studies and clear explanations make the practices easier and more engaging Druda has worked professionally with medicinal herbs for many years and he skillfully incorporates them in the process of bodily renewal The Tao of Rejuvenation is a timely and authoritative guide that will be of great interest to complementary and alternative medicine professionals those in need of radical healing and rejuvenation and anyone interested in enhancing his or her own health and vitality

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The Tao of Health Michael Blate, 1978

The Complete Book of Chinese Health and Healing 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 Tai 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

The Tao of the West J.J. Clarke, 2002-01-04 In this book J J Clarke shows

us how Taoist texts ideas and practices have been assimilated within a whole range of Western ideas and agendas We see how Chinese thinkers such as Lao tzu and Chuang tzu along with practices such as Feng Shui and Tai Chi have been used as a key Western inspiration in religion philosophy ethics politics ecology and health The Tao of the West not only provides a fascinating introduction to Taoism it also offers a timely insight into the history of the West s encounter with this ancient tradition and into the issues arising from inter cultural dialogue Anyone interested in understanding the key influence Taoism has had on the West will welcome and embrace this book

Tao of Health Rei-Kwen Chiou,2001 *The Tao of Health and Longevity* Liu Da,1997-06-01 The Master who brought t ai chi ch uan to the West shows how Chinese exercises can lead to a long and healthy life Offers practical fully illustrated instructions in breathing and 50 essential t ai chi ch uan forms This introduction to the benefits of t ai chi ch uan reveals in a reissued edition the powerful Taoist principles that have helped many to attain longer and healthier lives Master Liu demonstrates various exercises designed to promote good digestion maintain proper blood pressure bolster the immune system and prevent or even cure heart disease and cancer This guide also covers Chinese foods herbs and teas

The Tao of Natural Breathing Dennis Lewis,2016-08-01 Take a life affirming journey with Taoist and breathwork teacher Dennis Lewis into the physiological psychological and spiritual experience of breathing A long time student of Advaita Vedanta Taoism and the Gurdjieff Work Daniel Lewis presents a comprehensive approach to understanding the mechanics of the breath as well as the relationship of breath emotions and energy Along with breathing practices designed to open the three primal energy centers the book defines natural breathing provides a clear illustrated description of the physiology of breathing and offers suggestions on how to use spacious breathing both in times of stress and in everyday life These practices will improve your health increase your energy and support your quest for inner growth exquisite description of the simple act of breathing this is a book to make you and all your organs smile San Francisco Chronicle

Good Stress Jeff Krasno,2025-03-25 Ten protocols to counteract the chronic ease that creates our modern epidemic of dis ease from a wellness industry leader who can prove they work because he s tested them on himself Jeff Krasno the founder and CEO of the global wellness platform Commune Media thought he was pretty healthy Though he suffered from brain fog chronic fatigue and bouts of insomnia those symptoms seemed utterly normal in today s society When he learned he had diabetes his first thought was How can that be I run a wellness company His diagnosis propelled him to consult every expert at his disposal and engage in intensive self search in order to turn his health around On this journey he began to form a larger picture of what s wrong with our health in the modern world In *Good Stress* co authored with his wife Schuyler Grant who shepherded him through 300 plus interviews with doctors and helped distill the results into actionable information Jeff shares what he s learned and outlines a practical program for readers to reset their own health Jeff explains that the comforts and conveniences of modern life in the developed world undermine our biology Humans evolved with Paleolithic stressors and scarcity which conferred health and resilience Modern life sets us up for diabetes dementia heart

disease cancer and more Chronic disease is the result of chronic ease an endless abundance of calories sedentary desk jobs exposure to blue light and separation from nature To come back into balance we need to thoughtfully subject our bodies and minds to the stressors we re naturally built for This book distills the hundreds of conversations that Jeff has had with acclaimed teachers and practitioners in mind body wellness including Gabor Mat Mark Hyman Marianne Williamson and Dr Sara Gottfried Jeff gives readers uncommonly wise and relatable guidance for 10 practices to extend both our lifespan and our healthspan including Time restricted eating Cold and heat exposure Light therapy Eating stressed plants Building our psychological immune system and more For each practice Jeff shares his own experience there s a great story of how Wim Hof finally convinced him to get into an ice bath unpacks the science behind it the place it has in our culture and the effects it has on body and mind and explains how to undertake it safely and mindfully

Managing Stress: Principles and Strategies for Health and Well-Being Brian Luke Seaward,2011-07-22 Managing Stress Seventh Edition provides a comprehensive approach to stress management honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Referred to as the authority on stress management by students and professionals this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance

Eat More Raw Too Steve Charter,2015-04-05 The first book to integrate healthy living raw food and permaculture This a practical helpful and inspiring guide to eating 50%% or more raw and growing more of your own food using permaculture principles and techniques such as forest gardening This handbook for healthy sustainable living also includes a full range of delicious practical day to day raw food recipes and advice on cleansing and realistic transitioning to a healthy lifestyle Informative inspiring and very readable

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