

## Pdf The Subtle Body An Encyclopedia Of Your Energetic Anatomy

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drawing from 2 500 years of wisdom that has been adapted to today s lifestyles facing east teaches you how to restore your qi the vital energy at the root of every function in

the human body to become both internally healthy and externally radiant in facing east dr jingduan yang a fifth generation practitioner of chinese medicine and a respected authority in integrative medicine joins forces with wellness advocate norma kamali to reveal ancient healing secrets adapted for the modern age that will help preserve maintain and restore vitality health and beauty in all its forms style icon norma kamali having felt deeply and noticeably rested and rejuvenated after dr jingduan yang s unique acupuncture treatments encouraged her remarkable physician to share his mastery of both traditional chinese medicine and modern medicine with the world the result is facing east a book filled with practical day to day health beauty wellness and lifestyle practices that can radically enhance the way you look feel and interact with everything and everyone around you inside you ll discover the ways each of the primary organs can affect every aspect of your life from your physical health to your mental well being and how to keep them in balance tips to help revitalize the hair skin eyes lips teeth and nails self assessments to help determine your unique general energy constitution personal checklists for preventative care a year round wellness plan that includes advice on sleep sex exercise and nutrition and much more by exploring the mind body spirit connection from a truly integrative perspective facing east helps you maintain wellness in every aspect of your life dr yang and norma kamali share ancient wisdom in a friendly modern and engaging dialogue making timeless eastern health practices relevant to the present and easy for everyone to apply in their lives if you want to design happy vibrant wellness for yourself read facing east vincent pedre m d author of happy gut the cleansing program to help you lose weight gain energy and eliminate pain harness the power of the east to feel better look younger and live healthier no matter your age are you easily fatigued is there too much fat around your belly are you often unhappy do you have chronic nasal congestion do you have black circles under your eyes does your skin often feel dry do your hands and feet feel cold is your skin prone to acne if you answered yes to any of these questions your qi the vital energy essential to your body s every function is probably out of balance filled with ancient health and beauty secrets facing east can help you rebalance your body and turn back the hands of time facing east looks to the past for a vision of the future drawing on ancient knowledge to devise simple strategies to allow you to stay young vibrant and healthy this book by dr yang a foremost expert on chinese medicine and his patient norma kamali will help you to correct imbalances with techniques so simple anyone can use them with success andrew weil m d 1 new york times bestselling author

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