



Imperial Secrets Of Health And Longevity

Author :Bob Flaws / **Category :**Medical / **Total Pages :** 113 pages

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Summary : Free imperial secrets of health and longevity pdf download - the 14 secrets of longevity of the qing dynasty emperor qian long cover all aspects of living long and healthy life this book offers qian long s sage advice on the role of diet exercise relaxation emotions sex and environment in achieving long life and good health this traditional chinese medical theory includes self-massage stretching and qi gong exercise as well as how to use chinese tonic herbs

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