



## Women's Qigong for Health and Longevity: A Practical Guide for Women Forty and Older

By Deborah Davis

Shambhala Publications Inc. Paperback. Book Condition: new. BRAND NEW, Women's Qigong for Health and Longevity: A Practical Guide for Women Forty and Older, Deborah Davis, Qigong is an ancient Chinese system of movements and breathing exercises that promotes health, relaxation, and mental clarity; improves stamina; and can even treat specific health issues. It can be learned and practised easily by people of any age, and can be extremely effective even if practised for only a few minutes a day. Acupuncturist and long-time qigong practitioner Deborah Davis has created this user-friendly guide specifically for women forty and older. She shows that qigong practice can help women dramatically boost their energy level, promote well-being, and treat common health issues, and she offers do-it-yourself exercises that are safe and accessible. Davis' book includes three parts. Part one explains the traditional Chinese approach to health and the various components of qigong practice, including exercises, breathing techniques, massage, and vocalizations. Part two gives general health routines for women of age categories 39-49, 50-64, and 65 and over. Part three gives routines for dealing with specific health issues, including insomnia, hypertension and heart disease, menopause, sexual vitality, breast health, breast cancer, osteoporosis, and depression, among others.



**READ ONLINE**  
[ 6.6 MB ]

### Reviews

*Complete guide for publication fanatics. It is full of knowledge and wisdom You will not really feel monotony at at any time of your respective time (that's what catalogues are for about should you question me).*

-- Arely Dare

*These types of book is the perfect pdf available. I actually have study and that i am sure that i will planning to read through again again in the foreseeable future. Its been designed in an exceedingly basic way which is simply soon after i finished reading through this publication in which basically changed me, modify the way i believe.*

-- Laney Morissette