



The Qigong Rejuvenation Diet with Breathing and 14 Movements: An Integrated Method for Health and Wellness

Keiko Murakumo

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This book will enable readers to quickly incorporate an all around self-healing and personal development "way" into their lives, based on the fundamental principles and practices of Chinese Qigong. By integrating right diet, gentle but deeply focused movement, breath training, and meditation we can gain a new state of well-being, peace, and personal strength. The natural healing ability that we all possess is an energy that has been passed on to us from the cosmos. We can harness this inner power and learn to enact positive change in any circumstance. First, it is indispensable that we carry out mind-body maintenance on a daily basis to prolong and hold our good health. Mirrored on my consulting practice in Tokyo, I hope to introduce Qigong as this total system for life enhancement.

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