

The Tao Of Health Sex And Longevity

Guarding the Three Treasures - Daniel P. Reid 1993

'The body is the temple of life. Energy is the force of life. Spirit is the governor of life. If one of them goes off balance, all three are damaged. When the spirit takes command, the body naturally follows it, and this arrangement benefits all Three Treasures. When the body leads the way, the spirit goes along, and this harms all Three Treasures' - Wen-tzu Classic (first century BC) Inspired by the enthusiastic response to the TAO OF HEALTH, SEX AND LONGEVITY, GUARDING THE THREE TREASURES is a companion volume which can be read independently as an introduction to the philosophy and practice of Taoist health care. Bestselling author Dan Reid acquaints the reader with the three treasures of Taoist medicine - essence, energy and spirit. The Way of Tao is the way of harmony with nature, a dynamic balance of yin and yang. Maintaining this balance in your own mind and body will strengthen your immune system and build up your general health. Whereas Western medicine attempts to fix the affected body part or organ when something goes wrong, Chinese medicine takes a holistic and preventative approach and lets you take charge, through diet and exercises, of your mental and physical wellbeing. GUARDING THE THREE TREASURES will steer you onto the 'Great Highway' of health, longevity and spiritual discovery.

The Tao of Love and Sex - Jolan Chang 1977

The Tao of Love and Sex is a revealing and vivid account of the ancient Chinese sexual teachings and techniques banned by the invading Mongols in the 13th century. The book describes, through text and contemporary illustrations, the ways in which Taoist teachings about sexual love can be used as a means to achieving ecstasy and as a therapeutic and healing force. The modern Western reader can here discover the ancient Eastern methods of ejaculation control, types of thrust, love-making positions, erotic kissing, the conquest of impotence and about sex and

longevity. Frank and explicit, yet inseparable from the Taoist spiritual tradition, The Tao of Love and Sex will enrich the variety, subtlety and sheer sexual pleasure of all who read it. Taoist Secrets of Love - Mantak Chia 1984 entered here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

100 Days to Better Health, Good Sex, & Long Life - Eric Yudelove 1997

Offers a complete course in Taoist health, sexual rejuvenation and longevity practices, based on the Chinese philosophy of Taoist yoga.

Taoist Bedroom Secrets: Tao Chi Kung - Chain Zettnersan 2003

This Book Describes The Loving And Extraordinary Structure Of A Harmonious Sexuality, Which Guarantees Health And Longevity For Both Men And Women.

The Tao of Sex - Yasuyori Tanba 1970

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 retoxification," 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 retox," we can enjoy long and healthy lives and still be able to "eat, drink, and be merry."

A Source Book in Chinese Longevity - Livia Kohn 2012

People today live longer than in any time in history and they want to stay young and active for many years to come. The Chinese have successfully practiced longevity techniques for millennia, working with process-oriented and energy-based methods. Their literature is full of essential insights and practical guidelines to longer, healthier, and happier lives. This is the first comprehensive collection of traditional longevity sources in English translation. Arranged chronologically, it presents materials from ancient medical manuscripts through medieval manuals and Daoist scriptures to late imperial works that specifically focus on women. Well organized and illustrated, it provides easy access to a treasure trove of information, fascinating to scholars, practitioners, and lay readers alike.

Complete Book of Chinese Health - 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 T'ai 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

Chi-gung - Daniel Reid 1998

Second Spring - Maoshing Ni 2009-04-07

THE CHINESE REFER TO A WOMAN'S MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. *Second Spring*, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

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

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 along and healthy life -- Offers practical, fully

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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 Detox - Daniel Reid 2016-09-08

It is time we recognised the direct correlation between the external pollution of the environment and the internal pollution of the body. The toxins in the air, in the water and in our food inevitably make their way into the human body, but until we take drastic measures to clean up our planet, we have to detoxify the human system from the inside. Combining the best of ancient eastern and the latest of modern western thinking, THE TAO OF DETOX offers a solution to restoring and preserving your good health through detox. If you want to fight chronic disease, live longer, lose weight or just feel the benefits of good health with glowing skin and masses of energy, Daniel Reid's rational and scientific advice will tell you how. Highly practical, THE TAO OF DETOX shows the way to enjoy immediate wellbeing and the promise of a longer, ailment-free life - and all without sacrificing the enjoyment of life's pleasures.

The Tao of Sexology - Stephen Thomas Chang 1986

The Essence of Chi-Gung - Daniel P. Reid 2012-07-10

The beneficial health effects of daily chi-gung practice have long been known in China, but in the West, chi-gung is becoming increasingly used for general well-being and to complement conventional medical treatment. The Essence of Chi-Gung is an easy-to-use workbook that teaches the fundamentals of chi-gung practice and provides a safe, basic daily regimen that can be adapted for people of all ages and physical abilities. The view in Chinese medicine is that good health is maintained by circulating and increasing chi, the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body

movements, in a way which is beneficial to both the nervous and immune systems and to overall health. This manual includes over fifty step-by-step illustrations of the warm-up exercises and movement forms.

The Sexual Teachings of the Jade Dragon - Hsi Lai 2002-10-01

Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess. • A companion guide to The Sexual Teachings of the White Tigress that focuses on the male side of White Tigress sexual practices. • Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality. • Offers physical and spiritual solutions for the sexual issues facing men. Hsi Lai continues the work he began in The Sexual Teachings of the White Tigress by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--ching (sexual and physical energy), qi (breath and vital energy) and shen (spiritual and mental energy). The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

Li Qingyun - Stuart Alve Olson 2016-08-21

This book provides a succinct organization of materials and advice Li Qingyun provided on the subject for attaining health and longevity. Stuart Alve Olson's The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun is a large book

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covering many aspects of Li's teachings and life, and since it is a direct translation of Yang Sen's Chinese edition, it can be more challenging to navigate the teachings. Stuart's purpose in translating *The Immortal* was to present that work as Yang Sen intended, and he didn't provide any personal in-depth commentary and instructions to clarify the teachings. This book then fills in the gaps regarding Li Qingyun's advice and instructions for attaining health and longevity. The first chapter, *The Fundamentals of Longevity*, starts out with basic, but unique, regimes on acquiring longevity. The second chapter, *Foods and Herbs for Longevity*, covers more clearly the herbs Li Qingyun and Yang Sen recommended for improving health and life span. The third chapter, *Sex and Longevity*, explains what Li Qingyun meant by the sexual practices of Refining the Rosy Clouds. The fourth chapter, *The Eight Diagrams Elemental Exercises*, more popularly called *Eight Brocades*, includes a detailed look at these exercises. The fifth chapter, *Embryonic Breathing and Longevity*, delves into Li's teachings on Opening the Three Passes and Embryonic Breathing Qigong methods named after the two primary images from the Book of Changes (Yi Jing)-Qian (Creativity of Heaven) and Kun (Receptivity of Earth). The sixth chapter, *The Six Qi*, is about the practice of the Six Healing Sounds used for both the cure and prevention of illness and disease, and as a meditation practice. The seventh chapter, *Calming the Mind*, is about

regulating the mind and calming the spirit, the very roots of maintaining good health and acquiring longevity. These seven chapters provide a clear path for improving health and attaining longevity. You may not incorporate all of them into your daily practice, but you'll find numerous little regimes and insights that can prove most useful in your daily life. The intention of this book is not to convince you to take on all the practices, even though that would be quite effective, but to select those elements you find useful and appropriate to your life and schedule. *A Complete Guide to Chi-Gung* - Daniel Reid 2000-03-07

Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

The Tao of Health, Sex, and Longevity - Daniel Reid 1989-07-15

Discusses the philosophy of Tao and offers information on diet and nutrition, fasting, breathing exercises, physical exercises, acupuncture, massage, birth control, sex therapy, and meditation

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