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Daniel Reid
405 pages
Prentice Hall (a Pearson Education Company)
9780671648114
English
Hemel Hempstead, United Kingdom

Make an offer. Acquired this gem on a recommendation, doesn't disappoint. Written by a Westerner for the Western mind, The Tao of Health, Sex, and Longevity is perfect for the modern reader interested in exploring the balanced and holistic health care system used by Chinese physicians, martial artists, and meditators for over 5, years. Member Reviews Overall rating. Shots from the Hip is the memoir of Daniel Reid, a world-renowned expert on consciousness, holistic medicine and living life to the full. 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. Add to Cart. You may select your own preferred dates any time within the announced schedule times. About this product Product Information With a detailed introduction to the ancient philosophical, ethical, and religious Chinese practice of Taoism, The Tao of Health, Sex, and Longevity is a unique, comprehensive, and practical self-help guide to live a balanced and positive Taoist lifestyle. Both begin with an orientation day that includes fasting, supplements, introductory protocols, but no bowel cleansing and deep toning of the bowel wall to restore optimal excretion of digestive waste. Dates are limited to a maximum of 8 persons per day, so please book your preferred dates as early as possible. Written by a Westerner who lives in Taiwan and has studied under several masters. Show More Show Less. Author: Reid, Daniel. Members, please login. Reid's explanations of alternate ways to understand reality, drawn from Eastern teachings, may provide readers with new perspectives on their own lives. Bill o'Reilly's Killing Ser. Already have an account? This book gives a comprehensive, deep, and extensive insight into the Chinese history, practices and philosophy of Tao. He provides breathing exercises, massage techniques, and soft exercises such as yoga and tai chi that help the body to heal itself. 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. Featuring helpful charts and illustrations, The Tao of Health, Sex and Longevity makes the ancient practice easier to understand and more applicable to a modern Western audience than ever before. Add to Club Selections. Brand new: Lowest price The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging where packaging is applicable. 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I am so grateful for all the past and future masters that have assisted in my current wellness, both of feeling my youth and strength again after half a century of this life, coupled with the extraordinary Taoist immortal turn around which raised my perception of human potential exponentially. I'm doing a slightly different breath, but due to inspiration from this book. Add to Possible Club Selections. Tao signifies the primordial essence or fundamental nature of the universe and is both a religion and a philosophy. Synopsis With a detailed introduction to the ancient philosophical, ethical, and religious Chinese practice of Taoism, The Tao of Health, Sex, and Longevity is a unique, comprehensive, and practical self-help guide to live a balanced and positive Taoist lifestyle. Written by a Westerner for the Western mind, The Tao of Health, Sex, and Longevity is perfect for the modern reader interested in exploring the balanced and holistic health care system used by Chinese physicians, martial artists, and meditators for over 5, years. View larger image.

Taoist diet

View larger image. More recently I'm so extremely grateful to share a form of Qi Gong practice with Dan personally and also read his latest memoirs written with the truth and poetry of experience that makes the book quite difficult to close and take a breath. Verified purchase: Yes Condition: Pre-owned. Snow Reid. A central section of the book explores for the first time the alchemy of Chinese tea, an esoteric aspect of Chinese tea culture that remains unexplored by modern science but was known and cultivated in ancient China. Western audience than ever before. All rights reserved. Featuring helpful charts and illustrations, The Tao of Health, Sex and Longevity makes the ancient practice easier to understand and more applicable to a modern Western audience than ever before. Up-coming Programs: The introduction with a whole history of the Tao philosophy and the sections about sex and longevity were interesting and informative, also. I was thinking it was new, but it was used but well I have to read it. In this second volume of Daniel Reid's surprising memoir, he tells us the rest of his remarkable story, describing the unlikely turn of events that steered him by detours, shortcuts, and roundabouts that few would wish to take, onto the Great Highway of "Energy, Light and Luminous Space. Groups of 5 or more persons may select dates for their own own private program, without inclusion of other clients. Also a great way to rethink the way our body works and behaves in time. Additional Product Features Dewey Edition. Illustrated with many photographs, by Christan Janzen, the book contains detailed descriptions of many Chinese tea varieties, especially the High Mountain Oolong Tea of Taiwan, which is considered by many to be the pinnacle of perfection in both the art and alchemy of Chinese tea. Member Login. Not a member yet? Members, please login. Love it! Daniel Reid is a bestselling author and a leading expert on eastern philosophy and medicine. In , he relocated to Chiang Mai, Thailand, where he continued his research and writing until , when he immigrated with his wife Snow to the Byron Bay region of Australia. Great book! Written by a Westerner for the Western mind, The Tao of Health, Sex, and Longevity is perfect for the modern reader interested in exploring the balanced and holistic health care system used by Chinese physicians, martial artists, and meditators for over 5, years. So much further depth can be felt between the lines of our English and it is so rare to find deep practical experience bridging this gap. The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging where packaging is applicable. Add to cart. Sign Up Now! Both options may be extended by days, even after the program begins, as long as our supply of supplements, accommodations, and scheduling permit. Most relevant reviews See all 9 reviews. If you are interested in any of these subjects, I recommend it. You may also like. Informative and captivating Acquired this gem on a recommendation, doesn't disappoint. Daniel Reid. Grab a copy Vol. Deposits are non-refundable, but if you wish to change your

dates, you may apply the deposit to new dates any time within one year. Grab a copy. You may select your own preferred dates any time within the announced schedule times. About this product. With a detailed introduction to the ancient philosophical, ethical, and religious Chinese practice of Taoism, *The Tao of Health, Sex, and Longevity* is a unique, comprehensive, and practical self-help guide to live a balanced and positive Taoist lifestyle. Add to Possible Club Selections. Great insights on Chinese philosophy. Remember me. Reservations are taken on a first-come first-served basis. Featuring helpful charts and illustrations, *The Tao of Health, Sex and Longevity* makes the ancient practice easier to understand and more applicable to a modern Western audience than ever before. We offer your choice of 7-day or day programs, including colon cleansing and clearing impacted obstructions from the bowel wall, bowel wall toning, and intensive liver flush. He describes the principles that lie at the heart of tea culture in China, the potent medicinal properties of Chinese tea, and how to cultivate Cha Dao, the Daoist way of tea, in daily life. We have recently upgraded the program with new protocols and supplements, and you can read complete details about the Core Program here. The mysteries of the human bio electric field and its healing application through Chinese medicine has required such a lifetime and labour of love, especially in the old Chinese language and the true old ideogram written form, in order for us to more deeply translate and apply this work in between the lines of our English 'Spell-ing' pun intended. Written by a Westerner who lives in Taiwan and has studied under several masters. Traditional Chinese medicine is perhaps the oldest system of health care in the world—and one of the safest and most effective. Over the years, Snow has continued to fine-tune her healing techniques and amplify her power to heal the human system on all three levels of body, energy, and mind by virtue of her ability to locate the root sources of human. Not a member? Title says it all! Full payment must be received 15 days before your program begins to ensure availability of accommodations, facilities, and products. Drawing on his extensive personal experience and research from original sources, author Daniel Reid covers all aspects of the healthy Taoist lifestyle, delivering concise information and instruction on diet and nutrition, fasting, breathing and exercise, sexual health, medicine, and meditation. Learn about membership options, or view our freely available titles. See all 11 - All listings for this product. Featuring helpful charts and illustrations, *The Tao of Health, Sex and Longevity* makes the ancient practice easier to understand and more applicable to a modern Western audience than ever before.