



Qigong for Treating Common Ailments: The Essential Guide to Self-Healing

Xiangcai Xu

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Wouldn't it be nice to stop common ailments before they happen? We can prevent many of them once we have the proper knowledge. This book, *Qigong for Treating Common Ailments*, provides a system for maintaining overall health while addressing specific problems with exact treatments. All natural, safe, and easy to learn, these exercises provide a life-long path to wellness! This re-edited edition, originally published by a university press in China, is essential for the home health library!

- Protect & Strengthen the Internal Organs with Qigong Exercises.
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