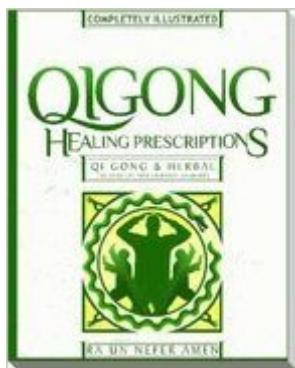


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# Qi Gong Healing Prescriptions



## Synopsis

This book will show you how to relate the specific functions of the body, mind and emotions (soul) so that you will be able to prescribe specific Qi Gong exercise for the improvement of specific areas of your body, mind and soul.

## Book Information

Paperback

Publisher: Khamit (2009)

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Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,141,546 in Books (See Top 100 in Books) #557 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #1468 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

## Customer Reviews

I had gotten sciatica a few months ago from lifting weights. I did the deadlift that I hadn't done in a long time without warming up properly. I have cured my body of sciatica from doing 5 Organ Qigong. It took a few months but its been a few months since its been healed and its good bye forever sciatica lol. This is the book that helped me with doing the 5 Organ Qigong.

Qi Gong healing was a positive step in the right direction. It is very helpful for training and keeping a person in excellent shape, unfortunately, there are so many free videos on Youtube and free advice on the internet about Qi Gong, that that information could have been downloaded for free.

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