



Chi Kung para la salud y vitalidad femenina (SALUD Y VIDA NATURAL) (Spanish Edition)

William U. Wei

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En esta guía, ricamente ilustrada, Mantak Chia y William U. Wei nos explican cómo utilizar los ejercicios energéticos y físicos del chi kung para equilibrar las secreciones hormonales, compensar los crecimientos celulares anómalos, prevenir el cáncer de útero y restablecer el vigor sexual femenino. Paso a paso, y con instrucciones detalladas, nos ofrecen ejercicios para abrir los canales energéticos vinculados a los órganos reproductores femeninos y para eliminar los bloqueos energéticos que provocan disfunciones y enfermedades sexuales. Los autores nos indican cómo realizar el masaje de mamas y genitales para que circule el chi y la energía sexual, y detallan, asimismo, la práctica del levantamiento de pesas chi –técnica equiparable a la Kegel que utiliza un huevo de jade– para estimular el retraso hormonal debido a la edad y fortalecer el suelo pélvico. A estos ejercicios se suman consejos dietéticos, limpiezas depurativas y remedios herbales, que estimulan aún más la sanación de los órganos reproductores femeninos y la conservación del deseo sexual.

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