



Meridian Exercise for Self-Healing, Book 1: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health)

Ilchi Lee

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A health guide for modern people, this book contains experiences and techniques taught in actual Dahnhak training sessions. Meridian exercise is a health regimen to open acupressure points and facilitate energy circulation. Using pulling and stretching exercises, it increases flexibility of the body to increase natural healing capacity. Presentation of exercises is clear, systematic and easy to follow.

There are exercises to address common complaints including headache, backache, PMS, and shoulder pain, as well as conditions such as diabetes and high blood pressure. Positions are explained in a detailed and friendly manner, and are broken down into a step-by-step explanation. They are easy to follow simply by looking at the pictures.

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