



# Qigong: Un Metodo Chino Para Prevenir Y Curar La Artritis (2<sup>a</sup> Ed),

*VARIOS AUTORES*

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# Qigong: Un Metodo Chino Para Prevenir Y Curar La Artritis (2ª Ed),

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En Occidente, son cada vez más las personas que se están volviendo hacia las antiguas prácticas sw salud chinas, como un complemento a la medicina moderna. Una de tales prácticas es el Qigong o cultivo de la energía vital del organismo. El Qigong no requiere de ningún equipo especial ni incluye movimientos complicados. los ejercicios de Qigong contenidos en este libro constituyen una forma fácil y natural de aliviar la artritis. En China, el qigong ha sido utilizado durante siglos para tratar la artritis. La práctica asidua de estos ejercicios devolverá la fuerza y la movilidad a las articulaciones afectadas y mantendrá sanas a las todavía no dañadas por la artritis. "El Dr. Yang, Jwing-Ming es un renombrado autor y maestro de Qigong y de artes marciales chinas. Nacido en Taiwan, hace ya más de 37 años que practica y enseña Taijiquan y Qigong. Es autor de 25 libros y vive en Lexington, Massachusetts."

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