



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

*Ilchi Lee*

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

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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Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite publication and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled Meridian Exercise for Self-Healing, Book 1: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health). Try to face the book Meridian Exercise for Self-Healing, Book 1: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) as your buddy. It means that it can to be your friend when you feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you considerably more confidence because you can know anything by the book. So , let us make new experience and also knowledge with this book.

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