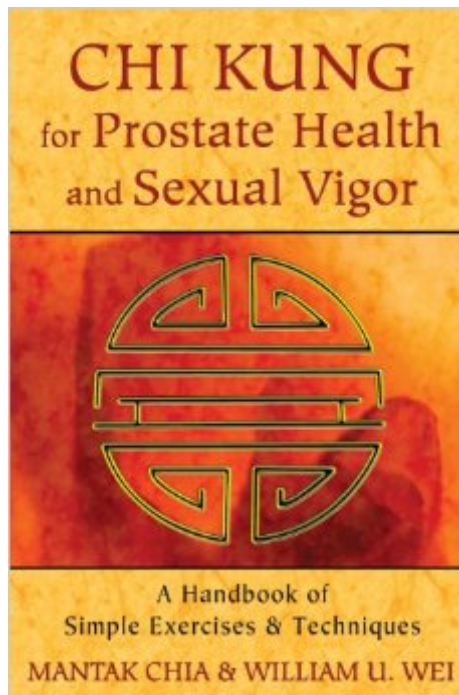


The book was found

Chi Kung For Prostate Health And Sexual Vigor: A Handbook Of Simple Exercises And Techniques



Synopsis

A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

Book Information

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Customer Reviews

Pretty unusual exercises for European men. But very efficient to relief and heal prostate problems (together with some herbs). I recommend the book to men with open mind to heal or the prevent problems with prostate.

The beginner may find this book difficult to comprehend, even "hilarious", but as a student of Mantak Chia for over twenty years I consider this book crucial for all men who want to avoid the prostate problems that majority of mature men will have otherwise. Before you can derive benefit from this book you need to master the process of circulating your energy thru the microcosmic orbit. After you have opened this channel there is a wealth of benefits to be obtained thru the various practices that master chia makes available to us westerners in easy to understand English language. The least EVERYBODY should do is ex recipe the PC muscle at least 300 times a day. So easy to do anytime anywhere, if you only have the will power to do it, and follow thru, every day. You will be grateful to Mantak Chia and your Heavenly Father.

I recommend this book to middle age men who want to remain sexually healthy and happy. That would be all of them.

This book has the fundamental principles for a healthy prostate but far beyond for the chi energy development through the sexual energy. Super guide for the beginner and key ideas for advanced. It is clear and has helped me a lot only following the basic exercises.

Excellent book on prostate health and related problems...

This is the Taoist approach to a very controversial area of men's health and sexuality. Whether or not the authors actually adhere to pure Taoist rituals is debatable, however, what concerns me the most is that most of the techniques illustrated either don't actually improve anything or present considerable health risks. First we are presented with prostate massage, followed by testicular stretching and breathing techniques, and various muscle exercises. It should be noted that men with BPH may find urination even more challenging after performing these exercises. Next we enter the realm of prostate "milking" hanging weights from the genitals. I'm sorry, this stuff is not only quite ridiculous but also DANGEROUS. Later, the authors plug in some advice about diet and supplements. Meh. You'll find much better advice online and from natural foods stores' web sites

forums for that. In short, this book is more of an experiment rather than a showcase of proven and safe methods. Any perceived gains of prostate health or "sexual vigor" are most likely a placebo effect. An entertaining and chuckle-inducing read .. Proceed with extreme caution!

Bought for an aging friend. Liked it and he is 91?

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Tai Chi for Beginners: Find Serenity and Inner Peace through the Ancient Art of Tai Chi (Tai Chi Chuan | Taijiquan)
The Prostate Massage Manual: What Every Man Needs To Know For Better Prostate Health and Sexual Pleasure
Shang-Chi: Master of Kung-Fu Omnibus Vol. 2 "And then Arnie told Chi Chi...": A Collection of the Greatest True Golf Stories of All Time
Chi Nei Tsang: Chi Massage for the Vital Organs
Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health
The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health
Exercises in Oral Radiography Techniques: A Laboratory Manual for Essentials of Dental Radiography (3rd Edition) (Thomson, Exercises in Oral Radiography Techniques)
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