



# Chinese Health Care Secrets: A Natural Lifestyle Approach

*Henry Lin, Richard Webster*

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Discover how you can heal yourself and others and achieve optimum health, when you practice the techniques in *Chinese Health Care Secrets* by Henry B. Lin.

Grounded in Taoist principles (Nature's Way), the age-old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health and wellness. *Chinese Health Care Secrets* is a comprehensive reference to the history and practices of Chinese health care. It offers highly effective techniques that are completely natural and easy to use. Many have never before been published and are considered secrets even in China.

Easy to read and fully illustrated, *Chinese Health Care Secrets* explains:

?Secrets of sexual vitality

?Qigong: breathing, meditation, and energy exercises

?Dharma: massage and gentle physical movements

?Secrets of rejuvenation and longevity

?Over sixty of nature's most potent healers

?Acupressure: learn techniques and the locations of over 100 acupoints (with full illustrations)  
so you can perform this powerful healing system

?A handy, A to Z reference guide to common ailments, with their treatments and therapies

Never before has so much information about Chinese healing been available in one location. Learn about nutrition? Yes. Learn the secrets of exercise? Of course. Walk the road to immortality? Naturally. Discover the inner health secrets of sleep and rest? Correct. It's all presented in a way that is clear and easy to understand, in *Chinese Health Care Secrets*.

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