



Meridian Exercise for Self-Healing, Book 2: 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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Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the reserve untitled Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) can be great book to read. May be it could be best activity to you.

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