



# Chinese Healing Exercises: A Personalized Practice for Health & Longevity

By Steven Cardoza

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## Chinese Healing Exercises: A Personalized Practice for Health & Longevity

By Steven Cardoza

### Reduce Pain and Enhance Your Well-being With Simple Chinese Healing Exercises

Improve your health and longevity with 88 easy-to-learn exercises. Gentle enough to be practiced by anyone?regardless of age, gender, or state of health?these exercises can be done for as little as one or two minutes each day to help you:

- Increase fitness levels
- Minimize and even reverse many of the signs of aging
- Extend the healthy years of your life
- Work on specific health challenges
- Improve athletic performance
- Reduce the likelihood of injury
- Get through the day with more energy and vitality

Based on the principles of acupressure, taiji, qigong, and Daoist yoga, each exercise includes illustrations, easy-to-follow instructions, and its physical and energetic benefits. This book also includes an index, so you can look up exercises for specific aches and pains, allergies, digestive disorders, insomnia, stress, and other common health concerns.

**"A real find . . . A book to refer to again and again!"**

?Angela Hicks, author of *The Principles of Chinese Medicine*

**"An important book for anyone interested in helping him or herself be and stay well . . . I highly recommend the book."**

?Fritz Frederick Smith, MD, author of *The Alchemy of Touch*

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### **Editorial Review**

About the Author

**Steven Cardoza** is a nationally certified and licensed Chinese medical physician who has practiced for over eighteen years. He holds a master of science degree in traditional Chinese medicine, is a licensed acupuncturist and herbalist, and is certified in Wu taiji and many styles of qigong. He has been teaching classes on Daoist practices, including workshops at acupuncture colleges, since 1985. He lives in Arlington, Massachusetts.

### **Users Review**

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