



# **Chi Kung for Women's Health and Sexual Vitality: A Handbook of Simple Exercises and Techniques**

*Mantak Chia, William U. Wei*

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## **Chi Kung for Women's Health and Sexual Vitality: A Handbook of Simple Exercises and Techniques**

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A guide to restoring women's reproductive health and maintaining sexual desire

- Includes fully illustrated instructions for Chi Kung exercises to clear energetic blockages, tone the female reproductive organs, prevent uterine cancer, and restore sexual vitality
- Explains how to strengthen the pelvic floor with chi weight lifting and how to perform breast and female genital massage
- Offers guidance on supporting your practice with dietary advice, restorative cleanses, and herbal remedies

In this fully illustrated guide, Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to balance hormones, offset abnormal cell growth, prevent uterine cancer, and restore sexual vigor to the female reproductive system. With step-by-step instructions, they provide exercises to open the energetic pathways connected to the female reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform breast and female genital massage to circulate chi and sexual energy. They detail the practice of chi weight lifting--advanced Kegel-type exercises using a jade egg--to stimulate age-delaying hormones and strengthen the pelvic floor.

To maximize the benefits of the exercises, the authors offer dietary guidance, restorative cleanses, and herbal remedies to further support female reproductive healing and maintenance of sexual desire.

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