

<<中国传统自疗男性性功能障碍秘法>>

图书基本信息

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内容概要

Iron Crotch Qi Gong, as the name would suggest, strengthens the abdomen and lower parts of the torso by exercises developed and used in ancient Chinese times. It was developed a thousand years ago alongside Chinese martial arts (Wushu) that were also developed at that time. The aim of Iron Crotch Qi Gong was to strengthen the male organs and lower abdominal area against trauma. It was also discovered at that time to have remarkable effects in strengthening the sexual prowess of males and has more recently been used to overcome impotence and associated sexual diseases.

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作者简介

作者：郭保卫 (新西兰) 温艾塔 郭保卫, Guo Baowei was born in Beijing, China in 1948. He has trained in KungFu since he was five and has studied the human body and body building for over 30 years. Guo Baowei attended Beijing Teachers' College from 1982 to 1985 where he studied the history and philosophy of Chinese culture. His study of nutrition has enabled him to research and develop food recipes to complement the health-promoting benefits of Qi Gong and Taiji. In 1988 he moved to New Zealand and became a New Zealand citizen in 1999. 温艾塔, Tom Winiata was born in Te Puke, New Zealand and is of Maori descent with tribal affiliations to Te Arawa, Ngati Porou, Tuwharetoa and Ngati Kahungunu. He graduated from Auckland University College with a BSC (Maths) and has worked in the computer field in New Zealand, Australia, England and Germany. He presently alternates his time between his family, computer work, organic farming and writing health books in partnership with Guo Baowei.

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插图：Take several deep breaths, relax the body, relieve the mind and get rid of stray thoughts. Concentrate on the Dantian (Lower). Breathing should be natural, free and smooth, slow and gentle. Respiration exercises should be conducted on the foundation of tranquillity. One can adopt abdominal respiration, deep abdominal respiration, mixed respiration and others according to the training requirements. As for hallucinations that may emerge during tranquillity, there should be no nervousness, no pursuit, no association and no alarm or panic. Regard them with equanimity. Regulate uncomfortable postures whenever necessary. Local cold, hot, touching and itching sensations should be left alone to alleviate naturally unless the cause is insect bites or stings or if the sensation is unbearably painful. If saliva increases during the training, swallow the saliva three times. Never spit it out. If the body feels tired during the training, one can concentrate the mind on the Dantian to rest for a short while or breathe freely and relaxally. There should be no alarm or panic in the case of sudden and drastic provocation during the training. One can first regulate respiration and employ mind-will to conduct Qi to return to the Dantian. If it is ascertained that there is no direct danger to the body, one can go on with the training or close the training according to the closing requirements.

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编辑推荐

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