



Chi Kung para la salud prostática y el vigor sexual (SALUD Y VIDA NATURAL) (Spanish Edition)

William U. Wei

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La edad no tiene por qué ser una sentencia de muerte para la salud y la vitalidad sexual masculina. En esta guía, los maestros taoístas Mantak Chia y William U. Wei nos explican cómo utilizar los ejercicios físicos y energéticos del chi kung para mantener no sólo una vigorosa vida sexual hasta una edad avanzada, sino también para reducir el agrandamiento de la próstata y prevenir el cáncer de esta glándula. Paso a paso, con instrucciones ricamente ilustradas, los autores nos muestran ejercicios y técnicas útiles para abrir los canales energéticos relacionados con los órganos reproductores masculinos y eliminar los bloqueos energéticos que provocan disfunciones y enfermedades sexuales. Se trata de unos sencillos masajes energéticos sexuales y de la glándula prostática, así como de diversos ejercicios de estiramiento y de levantamiento de pesas chi que, si bien son técnicas principalmente preventivas, se pueden utilizar, asimismo, para regenerar y restablecer la función sexual, previniendo cualquier intervención quirúrgica en las primeras etapas de una enfermedad de la próstata.

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