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By 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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Editorial Review

About the Author

A student of several Taoist masters, Mantak Chia founded the Healing Tao System in North America in 1979 and developed it worldwide as European Tao Yoga and Universal Healing Tao. He has taught and certified tens of thousands of students and instructors from all over the world and tours the United States annually, giving workshops and lectures. He is the director of the Tao Garden Health Spa and the Universal Healing Tao training center in northern Thailand and is the author of 50 books, including "Taoist Foreplay", "Inner Smile, Cosmic Fusion", "Sexual Reflexology", and the bestselling "The Multi-Orgasmic Man."

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