

<<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.

### 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 be was five and has studiedthe human body and body building for over 30 years. Guo Baowei attendedBeijing Teachers'College from 1982to 1985 where he studied the hisloryand pbilosophy of Chinese cuhure. Hisstudy of nutrition has enabled him toresearch and develop food recipes tocomplement the health-promoting benefits ot Qi Gong and Taiji. In 1988 hemoved 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 descentwith tribal affiliations to Te Arawa,Ngati Porou. Tuwharetoa and Ngati Kahungungu. He graduated from Auckland University College with aBSC ( Maths ) and has worked in thecomputer field in New Zealand. Australia, England and Germany. Hepresently ahelnates his time be tweenhis family, computer work, organic fanning and writing health books inpartnership 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.

编辑推荐

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