

The Complete System of Self-Healing: Internal Exercises

Dr. Stephen T. Chang

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Dr. Stephen T. Chang : The Complete System of Self-Healing: Internal Exercises before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Complete System of Self-Healing: Internal Exercises:

10 of 10 people found the following review helpful. Your body **wants** to heal itself! (this system lets you do it) By Patrick Williamson I stumbled across this tome in my quest to eradicate my hypertensive high-blood pressure condition through natural means. There are various elements of this condition that are bad, but the worst effects involve low-quality sleep due to poor circulation throughout the body, irritability, brain fog, and poor memory due to poor circulation to the brain, and (worst of all) blurry vision and light sensitivity due to poor circulation to the eyes combined with their inherent susceptibility to oxidative stress. All this (and more) at age 32. Before I even received the book in the mail, I started doing a simple little exercise from the book that was given away in an old advertisement for the book (an old advertisement that I heard referenced in my study of marketing and selling). This exercise just so happens to target the heart and encourages its operation. All I have to do to perform this exercise is to lay on my back, lift my arms up vertically in relation to my horizontally positioned body, and hold them there for a period of time. Holding my arms up like this drains the blood from them and circulates it back to the heart and to the rest of the body. When I lower my arms and let them rest before raising them again, blood circulates from my heart and body back through to my arms. This exercise creates a propulsive dynamic that causes my heart to start energetically beating and for the circulation throughout my entire body to become energized and vibrant. Since I don't have the book's full instruction of this exercise yet, I've been doing my own version of it (as far as the duration of the exercise and how many reps I do). The results, after only doing it for a few days in a row, have been staggering. I've experienced

energized blood flow to my head, brain, and eyes that I haven't felt for a few years. It feels like my brain is being tickled with a feather! My eyes have also improved and are receiving much needed blood flow to them. My sleep has drastically improved in quality, as well. All this.....after only doing just *1* exercise from the book... without knowing the exact instructions on how to do it... before even receiving the book! I'll be doing this exercise - and I'm sure more exercises - from the book for the rest of my life. That's how potent this stuff is for giving your body added firepower to do what it's already desperately trying to do... to heal itself of all maladies and to become vibrantly healthy and energetic. I recommend you buy this book and do the exercises that have the most relevance to whatever health conditions you may be suffering from. Also, if you're trying to wean yourself off of poisonous pharmaceuticals (or don't want to take them in the first place) and are looking for natural alternatives to treat whatever health conditions you may have, I highly recommend you check out nutrimedical.com and truehealth.com. They sell potent nutraceuticals for just about any health condition you can think of. nutrimedical.com receives my highest recommendation, because they have a whole list of health conditions and the exact nutraceutical protocols to take for each one. Plus, you can ask any health-related questions you want when you become a customer of theirs. I hope that you find this review helpful and have renewed hope that you *can* heal your body of any maladies through natural means. 4 of 4 people found the following review helpful. Revealing, a must have book for anyone who is bound on the road to being healthy! By Ceefjay This is an interesting book which points to what we do to ourselves in the interest of saving time. Dr. Chang address what is needed to lead a truly healthy and balanced life. He goes beyond the regular, do this, do that, he reveals why every step is essential in healing the total self. I find the background to be very interesting as well as helpful. Highly recommend this read. 2 of 2 people found the following review helpful. Great info in this book not sure how practical those ... By iprking I have purchased over 5 copies of this book and I always give it away. Great info in this book not sure how practical those exerciser are but it definitely provides a deeper understanding of our health