

# Su Jok Acupuncture Park Jae Woo

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we are a part of the vast sea of humanity that is searching the ultimate utopia mislead by the thought that successful careers and wads of currency will buy us a place here so in a bid to accumulate those wads and reach the pinnacle of successful careers we have surrendered our peace of mind unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture slave driving their employees with promises of more

greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self so man today is sick because he thinks he is sick sickness and disease have no place in the life of person who does not accept and tolerate the self limiting thoughts which are real seeds of our myriad ailments we stand hypnotized by the belief that disease and illness are our fate and destiny rather than health and bliss which are truly our birth right and heritage in order to emerge from our mass hypnosis and collective hysteria and to experience health joy and creative fulfilment we must make a systematic application of holistic living through alternate therapies in our daily life the success of efficacy of alternate therapies he experienced provided the impetus inspiration to him to come with compendium of his documented collection over a decade in this book in effect this book makes a humble effort in finding a genuine and truly helpful lifeline for many people giving important popular alternate therapies in single window for ready reference self study and self treatment as its primary objective it is to help you live life to the hilt that his book has been written life is not about toil and ambition alone it is about enjoying each moment it is learning to relax and take things in stride it is about the blissful enjoyment of the years granted to us on this planet believe me you will be more successful happier and contended if you pursue your career relationships and ambitions in a relaxed manner outlined in this book

this is a unique book which describes ways and means to maintain good health based on energy healing systems and super anti oxidant foods that heal in a natural way without the use of medicines the book is divided into 3 main parts part 1 general introduction to holistic health and wellness activating the natural intelligence of body to heal by itself part 2 natural energy healing systems ashtang yoga kriyas and yoga asanas pranayama mudras and bandhas surya yoga meditation and energy healing reiki energy healing pranik healing sujok acupressure acupuncture emotional and soul healing therapeutic massage part 3 anti oxidant super foods that heal and cure introduction to super foods calorific values of food items vitamins and minerals proteins and amino acids anti oxidant super foods berries aloe vera avocados beetroot raw honey wheatgrass extract and many more dairy products and camel milk foods containing hormones seeds sprouts bitter foods vitamin d3 formation under sun and cholesterol detox your body diseases and their treatment with natural energy healing and super foods 15 numbers glossary of ailments and their cure with super foods in tabular form 100 numbers i am sure the book will be of great help to all in maintaining good health in a natural way

this open access book is a collection of interviews published by china news service a beijing based

news agency in its west east talk column it has been divided into five sections mutual learning among civilizations hot issues about china sino u s relations and cultural collision the interviews are with more than 50 eminent scholars scientists politicians authors etc from different parts of the world as well as china who have an association with china and see the real china beyond the stereotypes besides current global issues the book also covers chinese culture history as well as china u s relations described as one of the most important bilateral relationships in the world today the book aims to build a platform for dialogue among different civilizations and appreciate the harmony within diversity of different cultures especially of the east and west we hope it will foster tolerance and rationality dispelling the misconceptions about china in particular

first multi year cumulation covers six years 1965 70

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