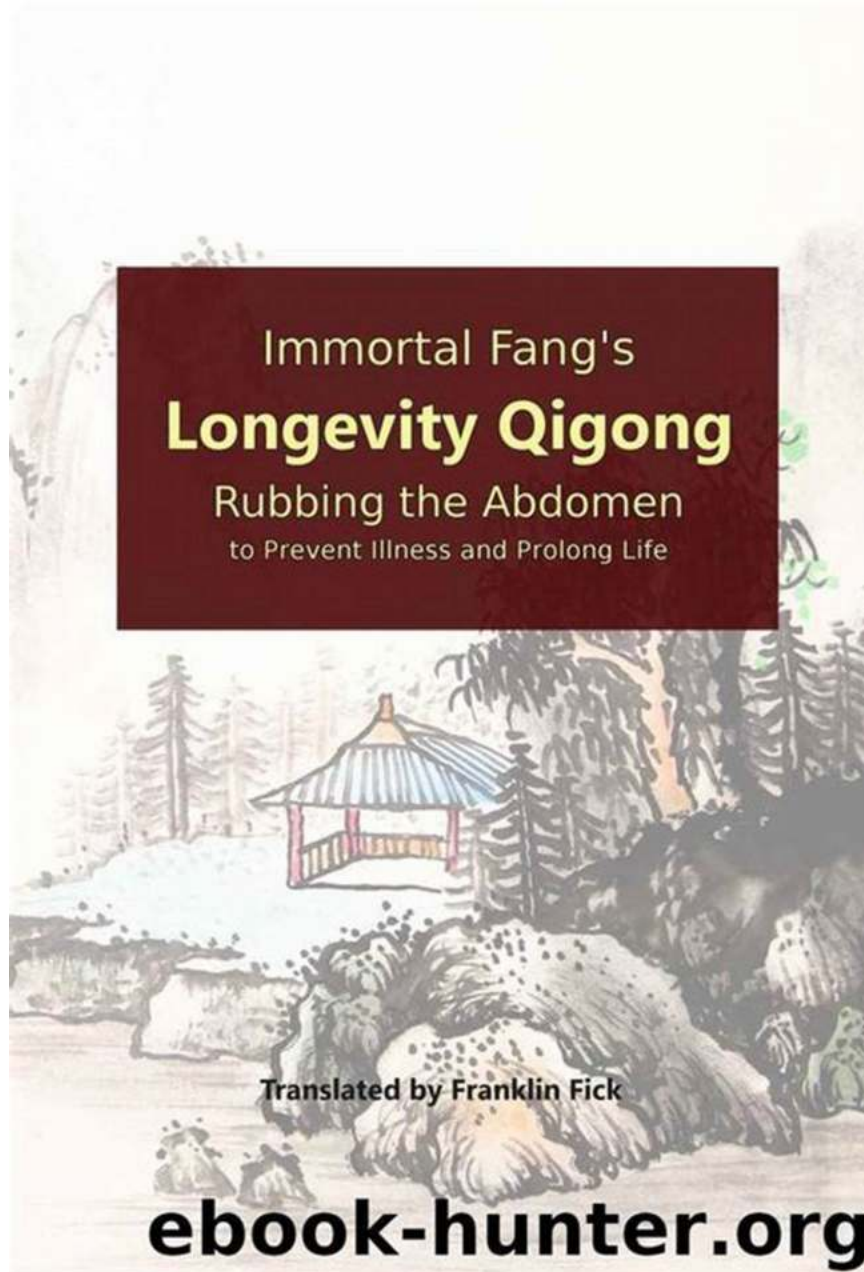


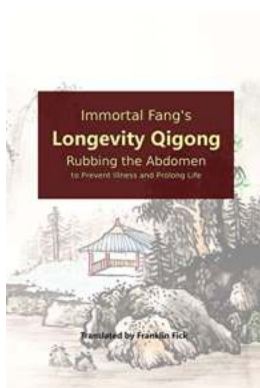
Rubbing The Abdomen To Prevent Illness And Prolong Life



The concept of rubbing the abdomen to prevent illness and prolong life may sound peculiar to some, but it is actually rooted in ancient practices that have been passed down through generations. This time-honored technique offers numerous health benefits and can be easily incorporated into your daily routine.

The Art of Abdominal Rubbing

Abdominal rubbing, also known as abdominal massage, is a simple and gentle technique that involves using your hands to softly massage your abdomen in circular motions. By stimulating the abdominal region, you can improve digestion, boost blood circulation, and promote overall well-being.



Immortal Fang's Longevity Qigong: Rubbing the Abdomen to Prevent Illness and Prolong Life

by Franklin Fick (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English
File size : 83294 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 71 pages
Lending : Enabled
Screen Reader : Supported



The Power of Abdominal Rubbing

1. Enhances Digestion:

Abdominal rubbing aids in stimulating the digestive system, including the intestines, stomach, and liver. It helps to increase the production of digestive juices and enzymes, leading to better absorption of nutrients and prevention of digestive disorders.

2. Relieves Constipation:

Many individuals struggle with occasional or chronic constipation. By regularly rubbing your abdomen, you can stimulate bowel movements, prevent bloating, and relieve constipation. This natural approach is safe, drug-free, and highly effective.

3. Boosts Immunity:

The abdomen houses a significant portion of the body's immune system. By rubbing the abdomen, you can stimulate lymphatic circulation, which helps to flush out toxins and strengthen the immune response. This can lead to a reduced risk of infections and a stronger overall immune system.

4. Alleviates Stress & Anxiety:

Incorporating abdominal rubbing into your daily routine has a calming effect on the body and can significantly reduce stress levels. The gentle pressure and motions during the massage help to release tension, promote relaxation, and alleviate anxiety.

5. Improves Sleep Quality:

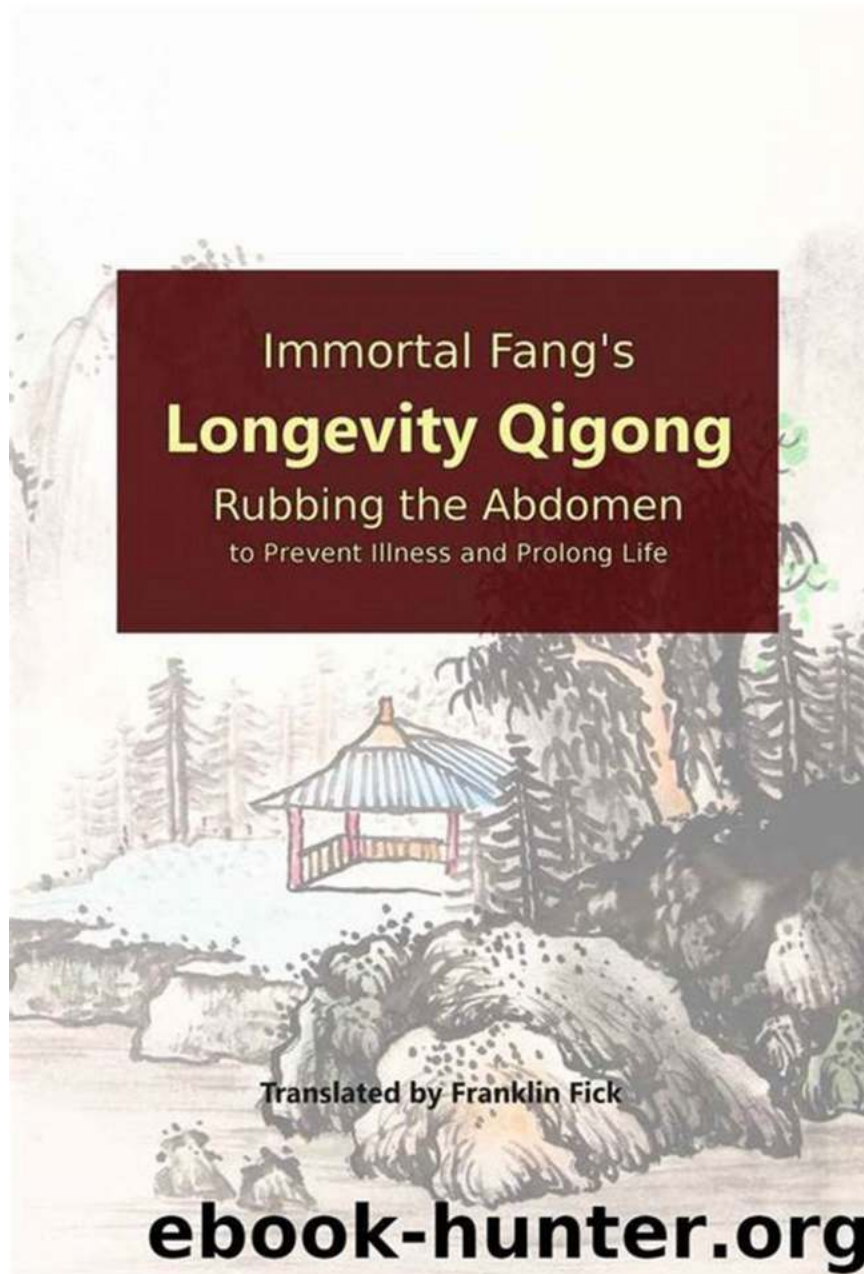
For those who struggle with sleep disorders or insomnia, rubbing the abdomen before bed can prove beneficial. The relaxation induced by the massage helps to wind down the body and mind, making it easier to fall asleep and enjoy a restful night's sleep.

How to Perform Abdominal Rubbing

Performing abdominal rubbing is a relatively simple process:

1. Find a comfortable position either sitting or lying down.

2. Take a few deep breaths to relax your body and mind.
3. Place your hands gently on your abdomen.
4. Use circular motions to massage your abdomen in a clockwise direction.
5. Gradually increase the pressure as tolerated, but avoid excessive force.
6. Continue the massage for 5-10 minutes, focusing on your breathing and relaxing.
7. Repeat the process daily or as desired for optimal results.

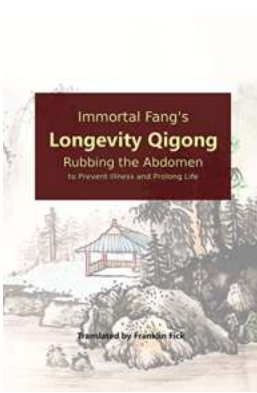


Immortal Fang's
Longevity Qigong
Rubbing the Abdomen
to Prevent Illness and Prolong Life

Translated by Franklin Fick

ebook-hunter.org

Rubbing the abdomen may seem like a simple act, but its benefits extend far beyond its apparent simplicity. Incorporating this ancient practice into your daily routine can promote digestion, boost immunity, relieve stress, improve sleep quality, and help you lead a healthier, more fulfilling life. Give it a try and experience the profound effects for yourself.



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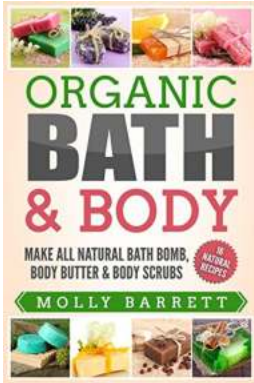
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This text, originally published in 1723, presents a set of Abdominal Rubbing Exercises for Preventing Illness and Prolonging Life that was passed on by Daoist Fang. This set of 9 exercises is simple to learn and easy to practice. They can be done laying down or standing up and should be done at least twice a day.

"This method of Rubbing the Abdomen uses movement to transform stillness and stillness to facilitate movement. It conforms with Yin and Yang. It complies with the Five Elements, their mechanism of generation and the spirit of their changes. That is why it can connect and harmonize the top and bottom, put Yin and Yang back in order, get rid of the old and generate the new, replenish the five internal organs (Heart, Liver, Spleen, Lungs, and Kidneys), expel all the externally contracted evils, and get rid of all kinds of internally generated diseases and ailments. It supplements deficiency and drains excess. This method of dispersing and strengthening has infinite wonderful results. Why use medicines and elixirs when you have actual results of preventing illness and prolonging life (without them)?"



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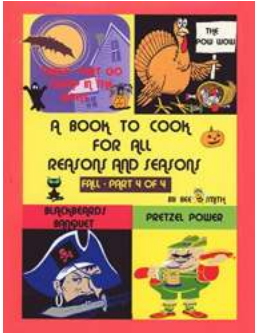
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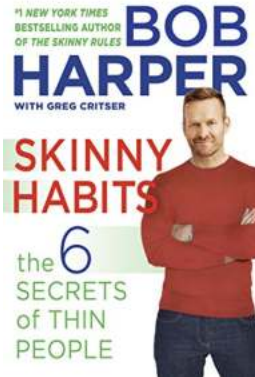
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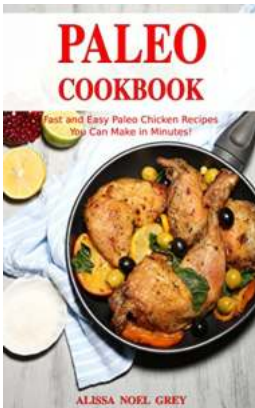
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