

# How modern Chinese Medicine helps **BURN DISEASE** **OUT OF YOUR BODY** ... lying flat on your back, using nothing more than the palm of your hand!

THE CHINESE DO NOT BELIEVE IN SURGERY OR MEDICINE FOR MAJOR ILLNESSES. THEY HELP PREVENT SUCH ILLNESSES INSTEAD—WITH A SERIES OF MILD, ALMOST EFFORTLESS INTERNAL EXERCISES.

At last! A new (although it is 4,000 years old), and different type of self-healing. Born in China over 40 Centuries ago, it is called Taoist medicine. And we will let the foremost practitioner of it in the Western world—Dr. Stephen T. Chang—give you a brief and startling introduction to it:

"Presently, growing old conjures images of high blood pressure, arterial sclerosis, embolisms, cancers and diseases of all imaginative types. Until recently, Westerners have been given few alternatives for dealing with these. We have allowed our bodies and minds to weaken.

However, the main emphasis of the Internal Exercises, is on strengthening our bodies and minds. By performing these simple exercises on a daily basis, we can look forward to living a life free from anxiety of future illnesses and weakness due to present diseases.

"We are thus able to gain control over the vast energy upon which all life depends. We can then use this energy to heal ourselves as well as others."

**"...SELF-HEALING, WHICH IS THE NATURAL RESULT OF DOING THESE EXERCISES ON A REGULAR BASIS, IS GUARANTEED."**

"The Internal Exercises are easily performed, require no strenuous activity, and do not require a great deal of time to perform.

"They are the very opposite of an external exercise. While external exercises may produce an attractive outer figure, they often do so by depleting the energy of the internal organs, therefore causing not only any number of illnesses, but also premature aging.

"Internal Exercises encourage the circulatory system without speeding up the heart rate. All the exercises are done slowly, without effort. You see, the number of times our heart beats during our lifetime indicates the length of our life. We do not want the heart to wear out prematurely. The heart rate does not increase during the practice of these exercises and, indeed, through their practice the heart rate actually slows down."

**FOR EXAMPLE, LET US GIVE YOU THE SIMPLE INTERNAL EXERCISE THAT ENERGIZES THE HEART.**

No movement is required. All you do instead is this:

Sit or stand, with your hands simply extended in front of your chest at the level of your shoulders as shown on page 82. Make sure that the fingertips of each hand almost touch—but keep about a quarter of an inch distance between them. Keep your eyes

INSTANT IMPROVEMENT



**ABOUT THE AUTHOR**

Currently, he is on the faculty, or consulting or conducting classes and lectures in Chinese medicine (which he has been practicing for more than 25 years) in such universities and organizations as: The University of Oslo, Norway... U.S. Public Health Service Hospital, San Francisco... The University of Oregon... College of San Mateo... Golden West College... Center for Chinese Medicine, Continuing Education... and many more.

In addition, Dr. Chang has given many workshops for registered nurses. When held in California, for example, each workshop provided Continuing Education Credit by: California State Board of Registered Nursing... American Medical Association Category II... and California State Board of Dental Examiners.

focused on the tips of your fingers. THAT IS ALL THERE IS TO THE ENTIRE EXERCISE.

Nothing more. Not a single strain on any part of your body. Your heart beat doesn't rise a single beat. And yet, what happens is this—

"This exercise creates a flow of energy which comes in through the fingers of the right hand, comes across the chest and into the heart, then passes through the heart. IT STRENGTHENS THE HEART TISSUES AND SURROUNDING BLOOD VESSELS. With practice, you will be able to feel the entire circle of energy as it passes through your arms, body and heart. Then you will know that you are building a stronger heart."

**AND THESE ARE THE RESULTS DR. CHANG PROMISES YOU—**

"Solar plexus exercise," in which the Chinese help BURN DISEASE OUT OF THEIR BODIES... lying flat on their back, using nothing more than the palm of their hand.

"Likewise, by massaging the outside of the legs in a downward fashion, problems, such as high blood pressure, water retention, and overweight... can be cured or prevented from occurring. Problems of bursitis and arthritis can be reversed, or at least prevented from degenerating further.

"Excess fat, water and flesh muscle will be eliminated, and the belly will shrink.

"This motion breaks up constipation, encourages absorption of nutrition and strengthens

the entire digestive track."

"This way, invading germs do not have a good environment in which to settle and germinate, because one's bowel movements are so strong and regular. Then it is not easy to get disease.

"By following this exercise, you will insure yourself of good hearing into old age.

"Clicking the teeth—as shown to you on page 59—will help tighten the joints of the body, and keep the teeth healthy."

**PLUS ALL THIS—BY DR. CHANG**

How to eventually throw your glasses away, simply by rubbing around your eyes for a few minutes each day.

How to keep your lungs strong, acquire fewer colds, allergies, and sinus conditions, simply by stimulating certain points about your nose.

How to use natural healing water as a form of medicine, so powerful that it may be used to treat cuts and other infections. And so powerful, indeed, that, when properly used, it helps prevent tooth decay.

Brain cleansing—by breathing.

The state of inner vision, that helps you see the signs before a disease begins to take hold in your body.

How to check stomach sag, merely by concentrating on your feet.

For men, how to prevent or reverse prostate enlargement by using a simple three-minute sitting exercise.

**AS DR. CHANG SAID, "IF ONE NEVER HAS A MILD ILLNESS, THEN A SERIOUS DISEASE WILL NEVER DEVELOP."**

Many years ago, most medical men would have laughed at the Taoist medical invention of acupuncture. Now thousands of doctors all over America are using it for their own supplementary treatment. Will the same story now be repeated with these Internal Exercises?

No one knows, but already they are being used by thousands of people to heal themselves, through this great new book.

Here's all you do. To receive a return-mail copy of THE BOOK OF INTERNAL EXERCISES by Dr. Stephen T. Chang, send \$12.98 in full payment (which includes handling and postage) to Personal Realization, Inc., 535 Fifth Ave., Dept. WW1-6 New York City, N.Y., 10017.

Try these Internal Exercises for as long as you wish, entirely at our risk. If they do not do everything that Dr. Chang says, simply return the book at any time, for every cent of your money back.