

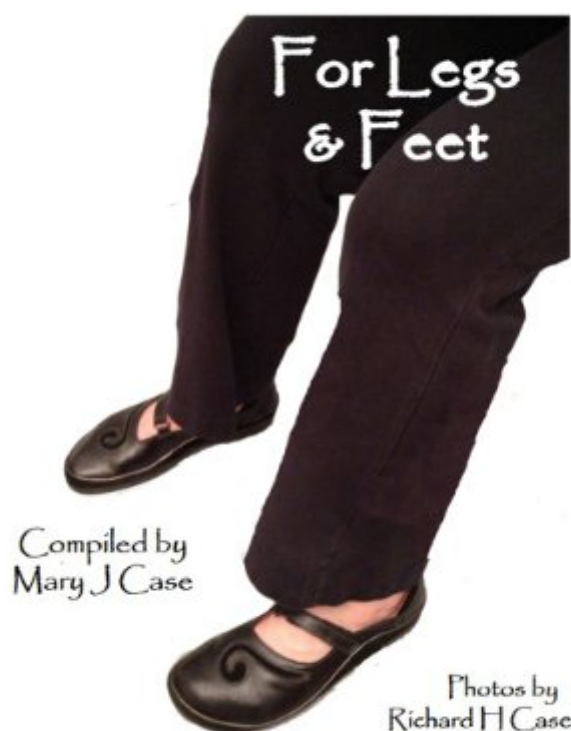


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QiGong Movements For Legs And Feet

QiGong Movements



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Synopsis

What are some of the benefits of QiGong for your legs and feet? You may have poor circulation in your legs and/or your feet. Remember that your feet have the least amount of circulation compared to the rest of your body. It is said it takes approximately 25 minutes for your big toe to receive the oxygen you are breathing at this moment. You may have pain in your feet, like heel spurs or plantar fasciitis, or neuromas, even problems with your arches. You may have leg cramps after you exercise or even during the night as you are sleeping, waking you up. You may also have neuropathy in your legs. Also knee issues are universal as we age. QiGong may be able to help you with some of these problems or help reduce some of their discomfort. The tapping or cupping is said to open the energy points in your legs and feet, allowing the chi or life energy to circulate. QiGong movements for your feet and legs can be done anytime and nearly anywhere. These gentle exercises or movements have been used for thousands of years to aid ailing feet and legs. This booklet contains a number of specific QiGong exercises to use for both leg and foot discomfort.

Book Information

File Size: 1077 KB

Print Length: 44 pages

Publisher: Mary J Case; 1 edition (July 25, 2013)

Publication Date: July 25, 2013

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00E5UDV8Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #342,428 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #223

in Æ Æ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #729

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Customer Reviews

The book was well presented. I could follow the exercises easily. Did not cause me any additional pain, and I think it's going to help me with my circulation. Made me feel positive.

Love the pictures. Easy to read, easy to follow...I just wish there was more background information so I could relate to what form of qigong the movements come from.

This is very simple to follow and easy to do and very beneficial - am very glad I kindled this book- love it.

good

This little book is amazing!! I could feel the difference in my legs the first time I did the exercises. I will continue to use this practice always

it does not really add anything new to ways to do chi gong but it does show things just for the legs and feet . most already are in standard chi gong movements but it is a nice change if you want to isolate just your legs

I might have been overly energetic, but my legs feel very alive the first time I did this. Very easy to follow and great simple pictures. I put this on my cell phone to use as a guide. Thank you Mary Case.

Easy ,helping for my wellbeing.Very well

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Exercises: Combining Qigong, Yoga, & Acupressure Wu Qin Xi: Five-Animal Qigong Exercises
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