

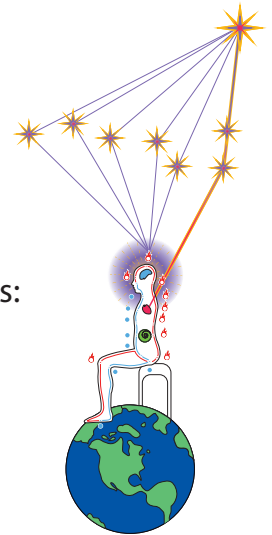


Participation in one of the following seminars can bring you true health and true strength.

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|----------------------------|-------------------------------|
| - Iron Shirt Chi Kung I | see Book Iron Shirt Chi Kung |
| - Bone marrow regeneration | see Book Bone Marrow Nei Kung |
| - Tendon Nei Kung | see Book Tendon Nei Kung |

The techniques learned in those seminars (for example bone breathing) are an ideal combination for our natural and strong regeneration powers. Some useful techniques for comprehensive health and detoxifying all our body systems can be easily learned and are able to produce already great healing effects:

- Helping to prevent osteoporosis or bone fractures
- Increased fresh bone marrow cells which means for the body good cell renewal throughout the whole body tissue
- Following surgery, accidents and serious illnesses stem cells can help to regenerate the body



The tapping methods described below with the beaters are very simple and easy to learn. With regular use they already produce impressive health achievements.

THE STEAL HITTER

The vibrations of this knocker are for example ideal for supporting the bone breathing or stimulating the flow of energy in the meridians. By the vibration and the activated metabolism the formation of new bone cells and bone marrow is stimulated. The red blood cells from the stem cells of red bone marrow produce for the body better oxygenation, more energy and an improved metabolism. Leukocytes (white blood cells) that are formed as a pre stage in the red bone marrow, improve the immunity of the entire organism. The tapping works also particularly well for solving hardened tissue or to get rid of metabolic wastes in the muscles, the tendons, joints, or even in the para nasal sinuses. It serves also to gain improved body awareness for example as a preparation for Chi Kung and Tai Chi exercises because more focused attention is given into the joints and muscles. Standing and movement patterns are experienced much deeper and can therefore be corrected easier. In response to the knocking the vibration and its gentle shaking cause specific tension receptors to produce deep relaxation and opening in tendons and joints, as well as a simultaneous detoxification and reorganization of the body structure.



THE BAMBOO HITTER

In the primary form of Hitting, a bundle of bamboo rods is used to strike specific lines along the body and limbs. The bamboo rods create vibrations which serve to open the pores of the bones for the accumulated energies to access the bone marrow. These vibrations also shake any toxins out of the fasciae, muscles and internal organs, while breaking up deposits of uric acid and releasing tension from the body.



THE RATTAN HITTER

It also helps the nerves to conduct impulses more effectively while increasing the production of hormones. The Hitting lines for rattan sticks are identical to those used for the other methods, but several areas must be avoided. This practice is usually done immediately after the other Hitting methods. It is important to remember not to use any Packing, and to avoid Hitting the bones.



As my grandmother said, tapping is good!
Just to wake up in the morning or to reduce stress after work.