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5 Minute Chi Boost Five

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The technique works, and in 5 minutes one can rejuvenate one's spirit mind and body. There is an Accu pressure and acupuncture point in the lower leg known as "3 more miles" because it is said and does allow the absolutely tuckered and fatigue person who is needed at this point to get up and walk as far as their original strength allowed, absolutely returning it to oneself.

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5-Minute Chi Boost - Five Pressure Points for Reviving ...

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5-Minute Chi Boost - Lee, Sifu William - 9781495364303 | HPB

Take a few deep breaths in this position. Lift your head up and let it rest in your hands with your elbows wide. Now you are in the position for crunches. Curl-up slowly as you exhale and then release half-way back down as you inhale (don't put your head back down on the floor in between curl-ups). Do 3 sets of 10.

5-Minute Energy Boost Workout - Dr. Taz Bhatia M.D.

It is simpler than you can imagine right now. My dear friend, that condition very much exists. It is very real. In simple words we can call it the 'weak flow of Chi' (life energy).". — William Lee, 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast. 0 likes.