Contents

Foreword ix
Acknowledgments xiii
Introduction xv

PART ONE
The Miracle of the Human Body

The Cosmos as a Living Organism 3
Yin and Yang: Nature’s Energy Balance 11
The Meridians 15
The Flow of Qi in Nature 24
Harnessing Nature’s Qi: The Three Dantian 27

PART TWO
The Information System of the Body

The Natural Human Life Span 33
Recognizing the Signals Your Body Sends 36
Case Studies from a Specialist Clinic 42
  The Body’s Warning Signals Ignored 42
  Live Now, Pay Later 43
  The Ring that Changed a Woman’s Life 45
  The Engineer Who Ran out of Steam 47
<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Doctor, What’s Wrong with Me?”</td>
<td>49</td>
</tr>
<tr>
<td>A Hysterectomy Avoided</td>
<td>51</td>
</tr>
<tr>
<td>Joints Cracking—Yin Lacking!</td>
<td>52</td>
</tr>
<tr>
<td>What the Back Can Tell Us about Qi</td>
<td>53</td>
</tr>
<tr>
<td>The TCM Approach to Multiple Sclerosis</td>
<td>56</td>
</tr>
<tr>
<td>A Child with Asthma: No Need for Steroids</td>
<td>59</td>
</tr>
<tr>
<td>Who Is the Patient, Mother or Baby?</td>
<td>61</td>
</tr>
<tr>
<td>Holiday Syndromes</td>
<td>63</td>
</tr>
</tbody>
</table>

**PART THREE**  
Learning to Trust the Wisdom of Your Body

Mind and Body in Harmony                                                   | 69   |
Relaxed Mind, Relaxed Body                                                 | 71   |
Ancient Medicine: A Hundred Generations of Study                           | 75   |
The Art of Knowing Your Qi                                                 | 79   |
Whole Body Reactions                                                       | 81   |
Specific Body Reactions                                                    | 82   |
Assessing the State of Your Health                                         | 83   |
Protecting Your Qi                                                         | 88   |

**PART FOUR**  
The Daily Care of Your Body

The Biorhythms of Yin and Yang                                            | 93   |
The Right Way to Start the Day                                            | 97   |
The Art of Breathing                                                      | 99   |
The Rhythm of the Four Seasons                                            | 104  |
Water as Medicine                                                          | 107  |
Washing Is a Skill!                                                       | 114  |
How to Dress                                                              | 120  |
Eating Wisely, Eating Well                                                | 124  |
Natural Body Functions                                                     | 130  |
Medicinal Plants                                                           | 132  |
Drinking Alcohol: Vice or Virtue?                                         | 136  |
Qi and Sex                                                                | 139  |
Contents

Traveling with Ease 145
Keeping Your Home from Harm 149
Preparing for Sleep 151
Enjoy Aging with the Help of Your Qi 155
Postscript 159
Index 163