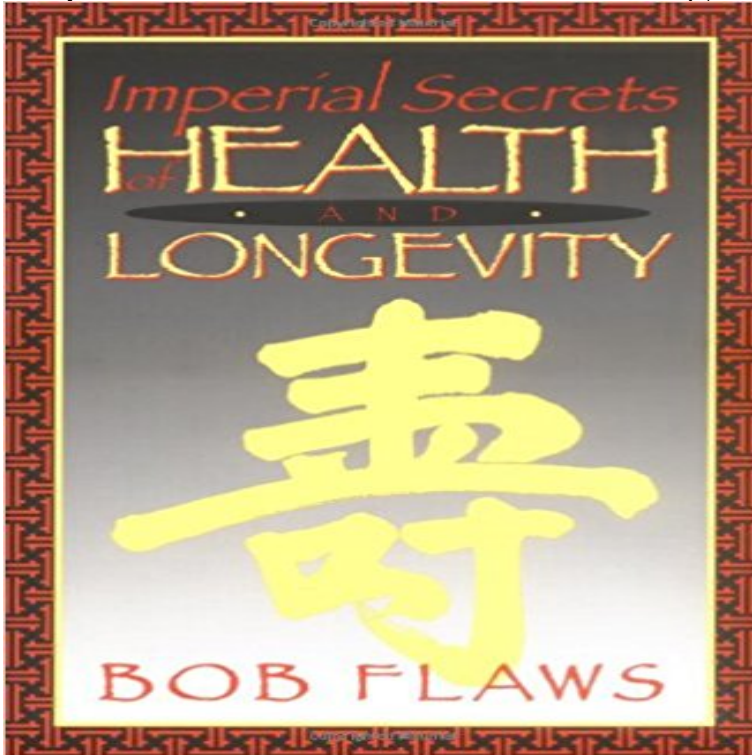


Imperial Secrets of Health and Longevity



The 14 secrets of longevity of the Qing Dynasty Emperor, Qian Long, cover all aspects of living a long and healthy life. This book offers Qian Long's sage advice on the role of diet, exercise, relaxation, emotions, sex, and environment in achieving long life and good health. This traditional Chinese medical theory includes self-massage, stretching, and qi gong exercise as well as how to use Chinese tonic herbs.

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