



Qi Energy for Health and Healing: A Practical Guide to the Healing Principles of Life Energy

By Mallory Fromm

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According to traditional Chinese medicine, qi (pronounced "kee") is the energy that keeps us alive-our life force. So, of course, it is essential to good health. In *Qi Energy for Health and Healing*, Mallory Fromm demystifies the "qi," defining the energy and its properties, and offers techniques that we can incorporate into our lifestyles to effect physical and spiritual change.

In clear, simple language, Dr. Fromm explains how to access and apply qi energy to achieve an optimal level of health. Complete with illustrations, the book provides practical instruction on checking, healing, and maintaining the body's individual systems while promoting the integrity of the body as a whole. The function of each system and its relationship to other systems are outlined in detail, and special attention is given to qi's benefits for the elderly and the very young, and its applications in pregnancy and childbirth, sexuality, and serious illness.

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