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The Solar Body: The Secret to Natural Healing (Paperback)

By Ilchi Lee

Best Life Media, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Experience a powerful, natural way to vibrant health that has transformed millions of people worldwide! A bestselling author and the founder of mind-body practices with phenomenal success, Ilchi Lee now presents the secret to maintaining your natural healing power at an optimal level. The secret is hot, because it's about raising your body temperature and keeping its perfect energetic balance. In this condition, you let your body's systems work at their best. With the simple visualization, movements, breathing, and observation of the mind that make up Ilchi Lee's Solar Body Method, anyone can enjoy the vibrant health that we all deserve. Like the sun that generates life-giving heat without fail, you can craft your body into a Solar Body that self-charges with limitless energy. Tap into the hot secret to becoming a Solar Body. Get renewed passion and zest for life, and a glowing vitality that reaches beyond your physical health. As Internal Medicine physician Beauty M. Swe, MD attests, I am seeing great improvement in my patients issues with overweight, blood pressure, arthritis, spinal problems, muscle spasms, insomnia, stress, and, last...



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