



## Cultivating Ch i (Paperback)

By Ekiken Kaibara

Shambhala Publications Inc, United States, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Samurai are best known for taking life--but here is a samurai doctor s prescription for how to preserve life, and to make yours a long and healthy one. Unlike other samurai of his time, the samurai Kaibara Ekiken (1630-1714) was concerned less with swordsmanship than with how to maintain and nurture the healthy mind and body upon which martial techniques and philosophy depended. While serving as the chief medical doctor and healer to the Kuroda clan, he came to a holistic view of how the physical, mental, and spiritual lives of his patients were connected. Drawing from his medical practice, the principles of traditional Chinese medicine, and his life experience, Ekiken created this text as a guide to sustaining health and stamina from youth to old age. Ekiken s advice regarding moderation, food and drink, sleep, sexual activity, bathing, and therapeutic practices is still amazingly intuitive and appropriate nearly three hundred years after this book was written.



**READ ONLINE**  
[ 7.87 MB ]

### Reviews

*Great e-book and useful one. It usually does not cost an excessive amount of. I am just very easily will get a enjoyment of looking at a created ebook.*  
-- Emory Bogisich

*Great e-book and valuable one. This can be for all who statte that there was not a worthy of studying. I found out this book from my i and dad recommended this publication to understand.*  
-- Gertrude Pfannerstill IV

## You May Also Like



### [Music for Children with Hearing Loss: A Resource for Parents and Teachers](#)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...



### [THE Key to My Children Series: Evan s Eyebrows Say Yes](#)

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



### [From Kristallnacht to Israel: A Holocaust Survivor s Journey](#)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



### [Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. \[Us English\]](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



### [Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. \[British English\]](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



### [The Well-Trained Mind: A Guide to Classical Education at Home \(Hardback\)](#)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...