



The Tao of Health, Sex and Longevity

Daniel P. Reid

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People are increasingly looking to alternatives to Western medicine and here is a practical self-help guide to a balanced and positive lifestyle. Tao, the most ancient and fundamental element in the world's oldest civilisation, is as relevant to today's world as to classical China. For the contemporary reader, this accessible book is the first to explore, in the light of the findings of modern Western science, the balanced and holistic system of health care used by Chinese physicians, martial artists and meditators for over 5,000 years. Exploring the ancient teachings of characters such as The Yellow Emperor and The Plain Girl, Daniel Reid lights the path to sexual fulfilment. The instructions of the Way of Yin and Yang 'serve as signposts along the winding road to a woman's orgasm, and' - says the author - 'every man should learn to read them.' In THE TAO OF HEALTH, SEX AND LONGEVITY, Daniel Reid has combined his personal experience with original research and in an accessible, informed and often anecdotal style he presents the issues and answers of practical concern to a Western audience. The book covers every aspect of health with concise information on diet and nutrition, fasting, breathing and exercise, medicine, meditation and sexual yoga.

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