



Qigong Through the Seasons: How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs

By Ronald H. Davis

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Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic changes throughout the year.

The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season.

This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

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Editorial Review

Review

Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic changes throughout the year. The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season. This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

Review

Ron Davis's nutritional guidance and emphasis on whole simple foods is sound and timeless. *Qigong through the Seasons* adds a new dimension to the concept of eating seasonally as a way to support the flow of our internal energy by mimicking the circulation of qi in the natural world. This is an excellent resource with clear instructions for health practitioners, nutrition professionals and any individuals wanting to enhance their health. (Alison Harmon PhD RD, Associate Professor of Food and Nutrition, Montana State University)

This book is a refreshing, elegant, and in-depth coverage of qigong for health. Accessible and yet profound, it is a complete joy to read. Good for seasoned practitioners or anyone interested in a healthy life, it translates ancient wisdom into a compelling and relevant model for health in today's world. (Suzann Duquette, Daoist-Qigong Instructor)

Long before I had read any Chinese text or had even heard the word 'dao', I was searching for a book like this. With clear diagrams and simple, precise language, it illustrates how to harmonise our bodies and souls with the passing of the seasons using movement, self-tapping, diet and breathing, all tied in with gentle visualisations in the Chinese tradition. The transformative power of such practice is now well attested, and Ronald Davis, imbued as he is with many, many years practice, comes over as a consummate teacher. How much wiser to *ensure*, than *insure* our health! This book is a timely addition to Singing Dragon's growing library of accessible qigong manuals. The merit of this text is its clear and gentle coaxing - giving us no excuse not to get down to it right away! (Richard Bertschinger, acupuncturist and author of several books including Everyday Qigong Practice and Essential Texts in Chinese Medicine: The Single Idea in the Mind of the Yellow Emperor)

About the Author

Ronald H. Davis is an acupuncturist and chiropractor. He has been practicing Qigong since 1986 and is the founder of The Health Movement, a group of classes and educational materials designed to improve a person's wellbeing through the use of traditional and complementary healthcare methods. Ronald offers classes in Qigong, Taiji and spinal healthcare and lives in Bozeman, Montana, USA.

Users Review

From reader reviews:

Gavin Wilkins:

The experience that you get from Qigong Through the Seasons: How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs may be the more deep you digging the information that hide into the words the more you get considering reading it. It does not mean that this book is hard to be aware of but Qigong Through the Seasons: How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs giving you thrill feeling of reading. The writer conveys their point in certain way that can be understood by anyone who read the idea because the author of this reserve is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this Qigong Through the Seasons: How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs instantly.

Denise Niemi:

People live in this new morning of lifestyle always aim to and must have the free time or they will get lot of stress from both daily life and work. So , if we ask do people have free time, we will say absolutely sure. People is human not a robot. Then we inquire again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, often the book you have read is usually Qigong Through the Seasons: How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs.

Randy Gable:

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David Reed:

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