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A major goal of Taoist diets is to enhance sexual potency by stimulating

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sexual glands and strengthening sexual organs. The purpose here is not to increase sexual pleasure -- though that is a definite side benefit -- but rather to increase the body's store of hormones, semen and other forms of 'vital essence' required for optimum vitality and immunity.

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The Tao of Health, Sex, and Longevity : A Modern Practical ...

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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 Tao Of Health, Sex And

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Longevity by Reid, Daniel (ebook)

Sex usually depletes your battery, if the methods recommended by Taoism are ignored. Because sex causes a great deal of tension—and tension closes up the meridional points of entry and exit—the body's ability to receive energy is blocked. Moreover, a person with a very low energy level will drain a great

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deal of energy away from the partner.

Tao of Sexology: Sexual Wisdom and Methods

Taoist sexual practices are the ways Taoists may practice sexual activity. These practices are also known as "Joining Energy" or "The Joining of the Essences". Practitioners believe that by

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performing these sexual arts, one can stay in good health, and attain longevity or spiritual advancement.

Taoist sexual practices - Wikipedia

"As the great Taoist Doctor Sun points out, diet, exercise and sexual discipline form the three pillars of Taoist health and longevity regimens. The principles

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of Tao apply equally to men and women. In both men and women, semen-essence is the fuel that drives sexuality.

HPS Health - Tao Sexual Yoga, Chinese Sex Secrets

In THE TAO OF HEALTH, SEX AND LONGEVITY, Daniel Reid has combined his personal experience with original

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research and in an accessible, informed and often anecdotal style he presents the issues and answers of practical concern to a Western audience.

The Tao Of Health, Sex And Longevity eBook: Reid, Daniel ...

A self-help guide that explores the balanced and holistic system of health

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care used by Chinese physicians, martial artists and mediators for over 5000 years. It introduces Taoist philosophy and presents issues and answers of practical concern, including esoteric sex, to a Western audience.

The Tao of Health, Sex and Longevity: Amazon.co.uk: Reid ...

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Written by a Westerner for the Western mind, The Tao of Health, Sex, and Longevity is perfect for the modern reader interested in exploring the balanced and holistic health care system used by Chinese physicians, martial artists, and meditators for over 5,000 years.

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