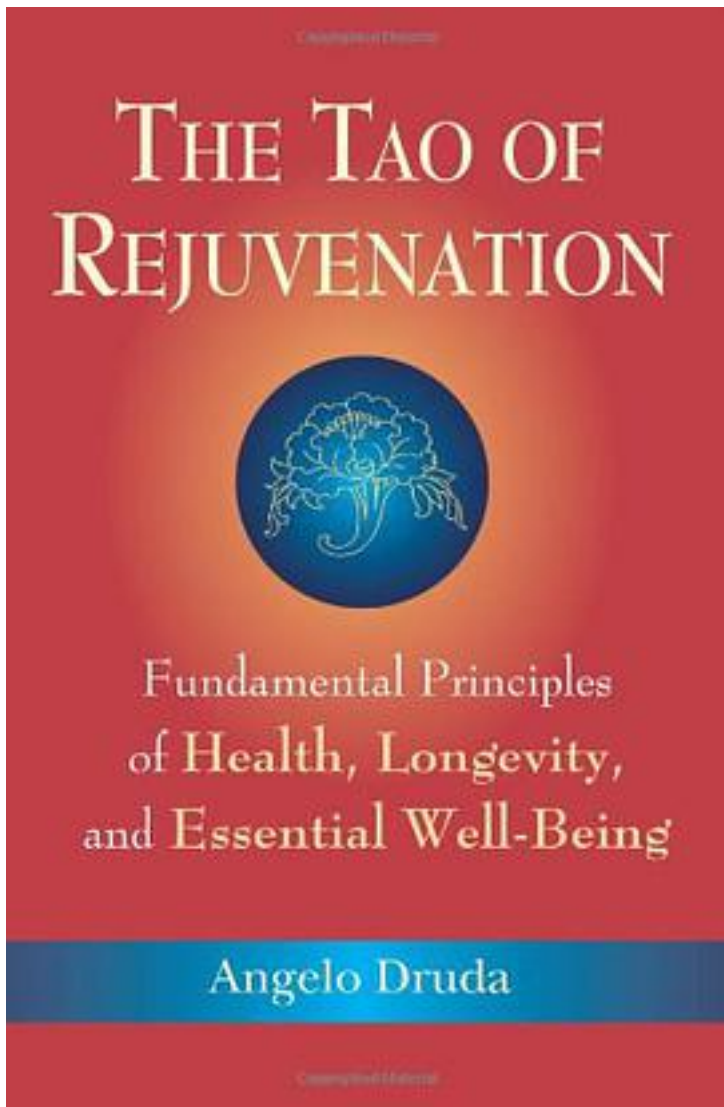


# The Tao of Rejuvenation



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Throughout history Taoists, Christians, the yogis of northern India, and others have learned that the secret of longevity and even bodily rejuvenation lies in unlocking the body's own healing "somas" (or higher chemistry). Traditionally, however, the principles and techniques behind their discoveries have been hidden, transmitted only from teacher to student. Fortunately, these esoteric secrets are but the ultimate expression of a time-tested body of traditional healing wisdom that has taken strong root in the Western world, where it has been clarified and amplified by a new generation of healers and spiritual practitioners. The Tao of Rejuvenation is an inspiring and very well-written guide to the underlying principles and basic practices essential to our ability to not only achieve longevity and bodily rejuvenation, but also to lead a vital, balanced, and happy life. Written in a clear, rational, and highly readable style, it is a book that speaks to all modern men and women ready and willing to assume responsibility for their own destiny.

In The Tao of Rejuvenation author Angelo Druda explains how our health and well-being is based on a simple three-part process of purification, rebalancing, and rejuvenation. He makes specific recommendations for utilizing this process to transform our diet, our exercise regimen, even our sexuality, so that these become powerful sources of rejuvenative energy. Case studies and clear explanations make the practices easier and more engaging. Druda has worked professionally with medicinal herbs for many years, and he skillfully incorporates them in the process of bodily renewal. The Tao of Rejuvenation is a timely and authoritative guide that will be of great interest to complementary and alternative medicine professionals, those in need of radical healing and rejuvenation, and anyone interested in enhancing his or her own health and vitality.

作者介绍:

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