



Perfect Health the Taoist way: A Complete Reverse Aging and Rejuvenation Program for Vitality and Longevity

Hua Sun

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Historical records show many Taoists achieved life spans of hundreds of years. Was it true and how did they do it? This book revealed the secrets of their practices where ordinary people can follow and achieve similar outcomes. Ten simple practices are presented for those who aim to reach the primary and intermediate level of perfect health and rejuvenation. Five practices which are called the Golden Five are provided for all who wish to achieve reverse aging, vitality, and longevity. For those who aspire to reach the ultimate goal beyond perfect health, this book will form a solid foundation for obtaining the youth fountain out of an ancient art that has lasted for over 5,000 years. Dr. Hua Sun explains his own 12 year journey along the Taoist path, which serves as an illustration of how the goals and milestones can be achieved on the way to reverse aging, rejuvenation and immortality.

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