



Body Energy: Unlock the Secrets of the Chinese Body Energy Clock

Matthew Harrigan

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Learn how to:

- Enhance Your Energy Anytime of The Day (without energy drinks or drugs)
- Sync Your Daily Activity To The Chinese Energy Clock
- Open Your Meridians With 6 Simple Stretches
- Just 5 Minutes Everyday To Perfect Health (Relieve Pain, Sleep Deeply, Lose Weight)

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Body Energy - Unlock The Secrets Of The Chinese Body Energy Clock will guide you through the day and night showing you how to enhance your body energy system (chi meridians) through acupressure, chi kung (qi gong), yoga, tai chi, breathing exercises, sleep, play, rest and Japanese meridian stretching (makko-ho). Makko-ho is a complete system of 6 stretches for each brother and sister meridian pair. The stretches originate from Buddhist prayer positions, are said to be performed innately by children all over the world, and very effective at rehabilitating the physical body.

Body Energy - Unlock The Secrets Of The Chinese Body Energy Clock will show you many "tweaks" to your lifestyle you can make throughout the day and night to make sure your body energy stays fully charged and you have the energy healing and clarity to be at your best all day long. *Body Energy - Unlock The Secrets Of The Chinese Body Energy Clock* will be your owner's manual for easy reference on how to enhance your body energy anytime of day!

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