



BRAIN FITNESS

The Easy Way of
Keeping Your Mind Sharp
Through Qigong

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Aihan Kuhn

Brain Fitness: The Easy Way of Keeping Your Mind Sharp Through Qigong



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Kuhn's studies in martial arts along with Eastern and Western healing. Aihan Kuhn shares her experience in tai chi, qigong, and medicine, giving visitors exercises designed to prevent human brain aging. This book symbolizes a synthesis of Dr. In Mind Fitness Dr. Tai chi and qigong practitioners all over the world have lengthy known these arts promote fitness and self-defense. In this book Dr. Kuhn discusses their physical, mental, emotional, and spiritual benefits. Kuhn's keys to prevent human brain aging Discover the physical, mental, emotional, and spiritual benefits of tai chi Learn how tai chi and qigong help out with individual healing Dr. Kuhn says we've long assumed that growing older means facing a decline in memory space, attention span, numerical ability, creativity, alertness, learning capability, and language. "New findings from science display that if the brain is consistently stimulated, regardless of at what age group, the mind can remain youthful and healthy. She emphasizes how tai chi and qigong aid in memory, emotional stability, and lifelong learning. This book features An illustrated manual detailing tai chi and qigong exercises to avoid brain aging Elements of Eastern and Western medicine combined to form a new vision of brain health Dr. "But we were wrong," she gives. Kuhn's concise, accessible guidance from an eternity of studying fighting techniques and medicine With this reserve you will Learn Dr. "She has written Mind Fitness to help us all maintain that clarity, creativity, and vitality.



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I know I really do! Aihan Kuhn, director and owner of the Chinese Medication for Wellness Clinic in Holliston Massachusetts, president and founder of the non-profit Tai Chi and Qigong Curing Institute, and accomplished author, has added another volume to her bundle of books that draw together Tai Chi, Qigong, and personal wellness. "Mind Fitness: THE SIMPLE Way of Keeping Your Brain Sharp Through Qigong" is a 160 web page softback manual on the "Whys" and "Hows" of employing qigong for mental health insurance and human brain stimulation. And who doesn't want a healthier, sharper, even more balanced and focused brain? The majority of the front material is usually instructive, explaining the rationale behind tai chi and qigong, and how these might help prevent human brain aging and memory reduction. Kuhn's idea would be to "use physical exercises and motions to stimulate the brain and get the brain chemicals activated. By balancing the left and correct sides of the mind, upper and lower mind, cross-brain, frontal and back again brain through body motions and bringing new info to the mind, we help mind cells talk to each various other" (4). There lies the overall idea that ties the publication together in its simplicity. I highly recommend this book for newbie and advanced practitioners as well. Lastly, twelve exercises that help with the nervous system and autonomic system are illustrated. Dr. Dr. Kuhn also clarifies the part Daoism plays in her curriculum, and how it offers benefited her individuals. The first section may be the main area of the publication, and is filled with personal examples, tales and observations. The final segment of "Brain Fitness" walks the practitioner through "Total-Body Twenty-Seven-Motion Warm-Up Exercises." Each exercise is nicely photographed with obvious descriptions. Once the warm-up is full, after that Dr. Kuhn outlines a specifically designed exercise routine that will help visitors to sharpen their thinking, improve memory and interest span, and increase learning capability on both sides of the brain. She maps out fourteen exercises which are particularly for brain and memory. Then there are thirteen particular motions that help "to reduce anxiety, depression, high tension caused by emotional imbalance, and panic attacks" (113). "Brain Fitness" unfolds in two parts. "Human brain Fitness" is fantastic for anyone interested in a simple group of routines that bring together Asian and American ideas of health. Nonetheless it is a lot more specifically helpful for those who wish to be proactive within their long-term cognitive wellbeing. Kuhn, and this book is not any exception. Must-read new book on the mind and aging Dr. for providing, upon my request, the free of charge copy of the book useful for this review. She makes a solid case for utilizing the refined movement in tai chi or qigong to keep the mind sharp and prevent memory reduction. My appreciation would go to YMAA Publication Center, Inc. Aihan Kuhn provides Western and Chinese medical sciences jointly in this remarkable new book on the brain and ageing. The assessments are mine given without restrictions or requirements (according to Government Trade Commission's 16 CFR, Part 255). Her extensive experience as a medical doctor and get better at instructor gives her a wealth of case research to attract on, and the email address details are compelling. In addition to providing an excellent overview of Traditional Chinese Medicine and qigong philosophy, Dr. Kuhn demonstrates how exactly to make use of qigong for three particular areas. Having practiced qigong for a long time, I can attest that these exercises will enhance energy levels, mental clarity, emotional stability, and disease fighting capability response. This book is usually a must-read for anyone interested in improving brain function and delaying growing older in body and mind without medication. Great Read I love anything by Dr. I happily recommend the book. She actually is such a great way to obtain understanding on the topics of Qigong, Tai Chi and Traditional Chinese Medication. I love how this book prospects you through accessible methods that not only benefit your body, but also the brain. It is simply written so that anyone can follow along and benefit from her proposed regimen. Cognitive Well-

being Dr. The Four steps are well written and easy to follow This book presents basic concepts of Tai chi, qigong and shows how tai chi and qigong to prevent brain aging. Superb! The exercises are great for the improvement of body, mind and brain. I enjoy reading the publication and practice the four methods. The Four techniques are well crafted and an easy task to follow. Five Stars It is the best publication to improve your wellbeing without medication and I love this book. This Publication is a Gem! Dr. She states in the preface, "I have already been teaching and practicing for a long period, so when the years have eliminated by, I've started to see the difference, I have begun to see myself as someone different, as a grasp of my very own life. Wonderful teacher/author Dr Kuhn is a wonderful teacher and author. The many Qigong forms outlined in the book are illustrated and well defined to provide even the newbie a model for operating toward brain fitness and general improved health. And the program itself demonstrates and clarifies unsophisticated exercises that integrate specific actions with breathing and creativity. Having devoted her lifestyle to learning and mastering these procedures, she goes further to combine her expertise as a Doctor of Chinese Medicine with the clinically confirmed benefits of Tai Chi and Qigong practice to offer concrete steps to improve and maintain brain fitness. Kuhn offers authored a concise synopsis of how mind fitness can be directly impacted by our overall life-style choices, specifically as it pertains to Tai Chi and Qigong practices." This is the third book that I have read by Dr Kuhn and this statement rings true. Dr Kuhn writes and teaches so that each of us will get, "the healer within" Thank you Dr Kuhn. Great read! She actually is quick-witted. Dr Kuhn does a wonderful work of conveying the significance of mind and body for healing all factors in existence and for improving human brain function. She has a means of writing creatively merging her keen sense of humor and her cleverness with her years of encounter. I highly recommend this book.



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