



Bone Marrow Nei Kung: Taoist Ways to Improve Your Health by Rejuvenating Your Bone Marrow and Blood

Mantak Chia, Maneewan Chia

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Bone marrow Nei Kung is a system of health developed by the ancient Taoist master for the cultivation of internal power. They discovered that, through the process of absorbing energy into the bones, bone marrow can be revitalized to replenish the blood and nourish the life force within. Many healers have sought these methods, which are known to make the body impervious to illness and disease. In ancient times, the "Steal Body" attained through this practice was a coveted asset in the fields of chin.

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