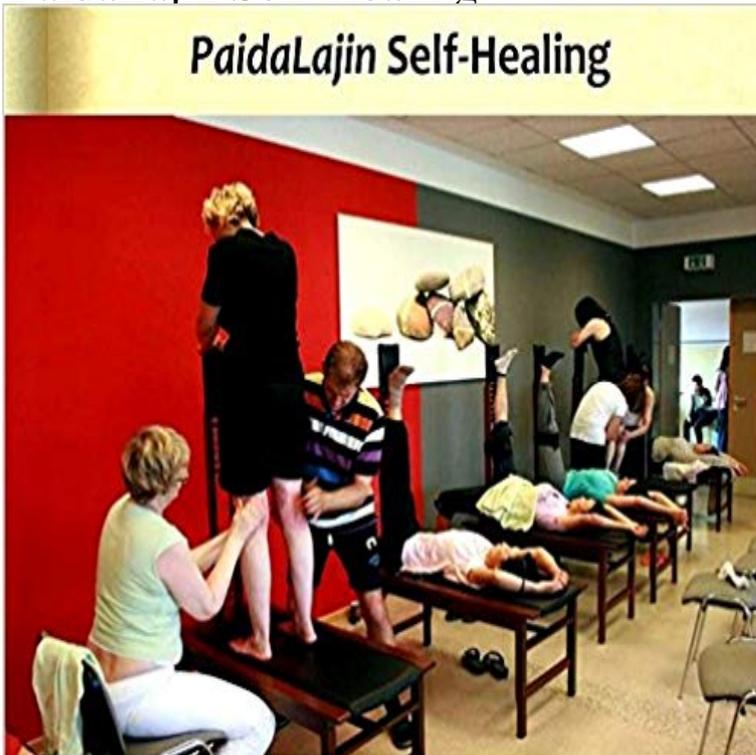


PaidaLajin Self-Healing



This is the second edition of PaidaLajin Self-Healing. The first edition, published in 2013, contained the basic theory, concepts, and testimonials. This edition is based on rich experience from hundreds of PaidaLajin self-healing seminars and workshops worldwide, clinical research statistics by medical institutions, and thousands of testimonials from self-healers in more than 60 countries since we started promoting PaidaLajin in 2009. It also includes FAQs and recommended PaidaLajin regimes for specific health problems, acute or chronic. It is therefore much more comprehensive, and reader-friendly. PaidaLajin Self-Healing, authored by Hongchi Xiao, introduces you two green self-healing exercises Paida (patting and slapping body areas) and Lajin (stretching tendons) that can help you relieve or even self-heal pains and diseases without the worry of side effects. It also reveals some of the simplest truths about the human body and how diseases originate. According to Chinese medicine, all diseases are caused by blocked meridians (energy channels in the body). Hence, disease prevention and healing can be as simple as clearing meridians and expelling toxins and waste in the body. Paida and Lajin are the most direct methods in this regard, which explains their miraculous effects in dispelling various pains and diseases, as has been repeatedly proven by self-healers around the world. By activating the bodys innate self-healing power, PaidaLajin helps improve health naturally and holistically. These seemingly simplest methods, when genuinely practiced, promise to reward you with much more than better physical health. Important concepts of PaidaLajin self-healing: Ignore the disease name Regardless of what disease one has, he/she must first ignore its name. Please note that it is the name that should be ignored, not the disease itself. Diseases are named

mostly according to one of the symptoms, and therefore a disease name is only one of the many symptoms, or just the tip of an iceberg; there are likely other, more severe underlying diseases that even doctors or patients themselves are unaware of.

Complex diseases All diseases are complex diseases, i.e. a complex of many diseases. **Carpet bombing** Using PaidaLajin in a carpet bombing manner cleanses the body's 14 meridians (energy channels) from all directions. This eliminates all known and unknown diseases holistically, instead of treating them according to divisions of medicine.

Anti-virus software When practicing PaidaLajin, we are actually activating the anti-virus software in our body, i.e. the self-healing power. Once activated, it scans the entire body to clear all blocked meridians. That is why one feels hot, cold, sore, numb, itchy, painful, swelling sensations, etc. during the process. **Pain medicine** Nobody likes pain, but it is actually a gift from the Creator. Firstly, it serves as a protection in human life from all kinds of dangers; secondly, it is an accurate diagnosis, since the pain means blockage, or dis-ease; thirdly, it is accurate healing because pain will cause biochemical changes and generate all necessary hormones needed by human body, and hence it is a super-medicine. **Like diseases.** The pain here refers to the sensation felt during PaidaLajin. Some may refuse to do PaidaLajin because of the pain. Actually, it is precisely the reason that PaidaLajin should be practiced. Please note: PaidaLajin (slapping and stretching) are physical exercises they are not meant for medical treatment. The authors and publisher specifically disclaim any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

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: Customer Discussions: PaidaLajin Self-Healing forum Aug 5, 2014 I am so glad that my eldest nephew from Singapore introduced me to this technique of self healing last week! .Lajin was originally taught by **PaidaLajin Self-Healing eBook: Hongchi Xiao, Ellen - Amazon India** Mar 17, 2017 - 15 min - Uploaded by Paida Lajin Self-Healing Slapping Therapy by Hongchi Xiao ??? PaidaLajin in Bulgaria **PaidaLajin: Home - Heal Yourself Naturally** Apr 7, 2016 [:en]The inherent ability in the human body as well as in plants and animals to repair and heal itself is the self-healing power. And a method that **Workshops - PaidaLajin official website** Apr 30, 2015 He practises paida lajin, a therapy which involves slapping and stretching the . What is the Chinese therapy Paida and Lajin self-healing?. **: Customer Reviews: PaidaLajin Self-Healing Paida Lajin Self-Healing Face Slapping Therapy by Hongchi Xiao** Jul 19, 2016 - 12 min - Uploaded by Journey To Self-HealingPaidaLajin (slapping and stretching exercises) come from our natural moves. We have all **PaidaLajin Self-Healing (English Edition) eBook: Hongchi - Amazon** Born in Songzi, Hubei Province, China, dedicated to promoting PaidaLajin self-healing method worldwide. In 1990, Mr. Hongchi Xiao got his MBA and **Paida and Lajin Self-Healing - Health Mantra PaidaLajin**. 1.6K likes. Youtube Journey to Self-Healing: <http://2fB7ee8> Youtube PaidaLajin Self-Healing: <http://bit.ly/2f9QEiQ>
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