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Cosmic Detox: A Taoist Approach to Internal Cleansing

Mantak Chia, William U. Wei

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Cosmic Detox: A Taoist Approach to Internal Cleansing Mantak Chia, William U. Wei
How to cleanse the nine openings of the body for detoxification and self-healing

• Explains how to purify the body's internal environment through mono diets, fasts, and colonic cleanses to prevent degenerative disease and premature aging

• Presents a 14-day total-body cleansing guide

• Includes chi self-massage and healing sound practices as well as natural recipes for herbal tonics and cleansing flushes

Long known by Taoist masters, the body has an innate ability to heal itself, an ability that is hampered by toxins in the food we ingest and energy blockages that arise from illnesses and obstacles in our lives. These blockages transform the body's energy rivers into a polluted and stagnant swamp--the root of degenerative disease as well as premature aging.

Revealing the detoxification and rejuvenation practices of the Taoist sages, Master Mantak Chia and William U. Wei show how to reactivate your body's self-healing abilities by gradually and safely expelling accumulated toxins through fasting, mono diets, and cleansing the nine openings of the body. Using the practices of chi self-massage and healing sounds along with natural recipes for herbal tonics and cleansing flushes for each of the openings and their related organs, the authors explain how to balance and purify the body's internal environment through acid and alkaline foods, urine therapy, colonic cleanses, dry skin brushing, ear candling, and energized water. Concluding with a 14-day total-body cleansing program, *Cosmic Detox* offers tools to keep the energy rivers clean and flowing, preparing the body for higher level Taoist practices as well as enabling healing of our emotional and spiritual bodies.

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