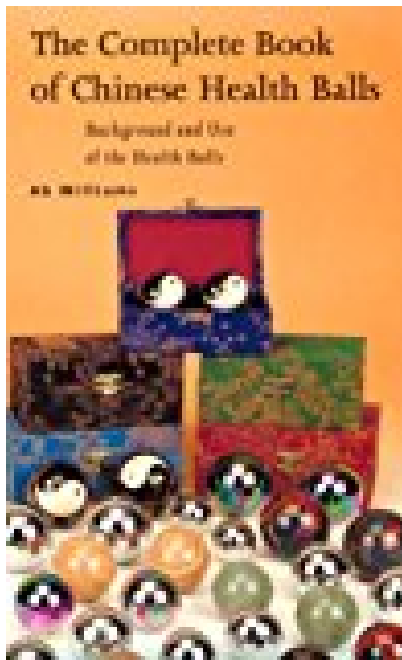


The Complete Book of Chinese Health Balls Background and Use of the Health Balls



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BOOK SYNOPSIS

Reduce Stress!!! Learn Meridian Ball Therapy!! Do you own a set of Chinese Health Balls? Known as BAODING balls, BAUD balls, or just health balls, theyre certainly much more than a curio! People have been using them for centuries. The balls are explained, exercises are included, the treatments revealed here, for the first time!

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