



The Secret of 5 Elements (Indonesian Edition)

Aleysius H. Gondosari

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Synopsis: • How to prevent stroke with reflexology massage and food? • How to prevent cancer and maintain your body pH level? • What are the healthy food ingredients for cholesterol, diabetic and uric acid? • What is the natural food to maintain sexual hormone balance? • How to handle stress, insomnia, and headache easily and cheap? • How to cure asthma with healthy breathing? • Why does old coconut juice is healthier than young coconut juice? • What is the difference of morning sunlight and afternoon sunlight? • What is the benefit of water and air for health and body organs? • How much is the benefit of walking and riding bicycle for health? • How to measure body energy with health index? All the above questions will be answered by 5 Elements Energy Therapy, health science that has been learnt since thousands of years ago until now, through Acupuncture, Ayurveda, Chi Kung, EFT, and Prana Healing. 5 Elements Energy have been known since the year of 5,000 BC as energies of Prana, Chi, Ki, as well as Yin and Yang. 5 Elements Energy have also been learnt by Lao Tse and Hippocrates

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