



TAO is one of the most ancient treasures of China. The secrets of maintaining health and longevity for a long time were banned in the form of writings in ancient monasteries. Thanks to Bian Zhizhzhun, one of the revolutionaries in the field of a healthy lifestyle, the practice of TAO has become available in our time.



The results of TAO practice are health and longevity, as evidenced by the thousands of years of experience of ancient Chinese medicine, as well as the research of doctors and modern experts in the field of public health. The practice of TAO stimulates sexual function, balances hormones, stimulates blood circulation,

balances yin (earth energy) and yang (celestial energy). What gives such results as losing weight, maintaining the grace of the body, maintaining moist and soft skin, maintaining visual and hearing acuity, keeping the body young, healthy and in good physical shape.

One of the main goals of our time is to keep our bodies young, graceful and healthy. However, due to differences in age, physical development, lifestyle, nutrition, hygiene and working conditions, few people understand exactly what practices are necessary for a healthy life.

Not so long ago, for millions of people, the basic understanding of a healthy lifestyle was the functional possibility of physical activity. The usual understanding of the possibility of physical activity was energy consumption,

as one of the forms of motor activities such as jogging, walking, physical education, exercise equipment, aerobics, fitness, swimming, playing sports, etc. ...

But these are only 2% of all types of practices that will allow you to stay young and healthy.

And also, too much physical exertion and incorrect methods of training or practice, on the contrary, will have the opposite effect on your health. For example, people suffering from overweight, trying to get rid of extra pounds with exhausting diets and excessive exercise, did not achieve anything in the long term, except for heart problems, at least.

Therefore, it is important to understand that everyone needs a set of exercises or practices that individually correspond to your constitution, age, profession, place of residence, season, etc. ...