

**Stepping out of the field of pathology and
stepping into the field of healing
with Chi Nei Tsang, Taoist Healing Touch®**
by Gilles Marin

A true holistic approach to healing body, mind, emotions and spirit!

- To heal yourself: treat yourself, not your disease. Treating diseases makes them stronger. Make yourself stronger instead- treat yourself well.
- Do everything possible to make yourself stronger that involves resting longer and avoiding getting tired.
- Exercise only if and when you enjoy it.
- Avoid anything that would make you weaker including all medications toxic to you.
- Reducing adrenaline, cortisol and all stress hormone production and replacing it by increased serotonin, melatonin and endorphin. That makes your system more alkaline, better oxygenated and starves any pathological factors and inflammatory conditions.
- Change the system of habits that brought on a pathology.
- Emotional digestion with Chi Nei Tsang.

Serotonin production is enhanced by:

- Sunning 3 x daily.
- Taking in beauty: going into nature and looking at nice landscapes.
- Going to bed earlier and earlier until being able to sleep 10 hours or more (sleeping 12 hours or more during Winter).
- Breathing consciously.
- Taking naps during the day when feeling any signs of fatigue.
- Slowing down and taking your time for everything. If late, take even more time.
- Stop the habit of identifying yourself with being ahead of yourself and multitasking and replace it by being present and taking the time to enjoy what you do.
- Gently massaging your stomach and abdomen a few minutes every day.

Follow the rules of dietary hygiene:

- Eat vital foods.
- Eat slowly and chew well.
- Don't overload your digestive system.
- Take regular meals at regular times, sitting down and not doing anything else while eating.
- Don't eat between meals.
- Stay away from starchy foods and eat more vegetables (cooked or raw).
- Strengthen your pancreas by following the 30/40/30 diet:
30% protein, 40% low glycemic carbs, 30% high quality fats

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