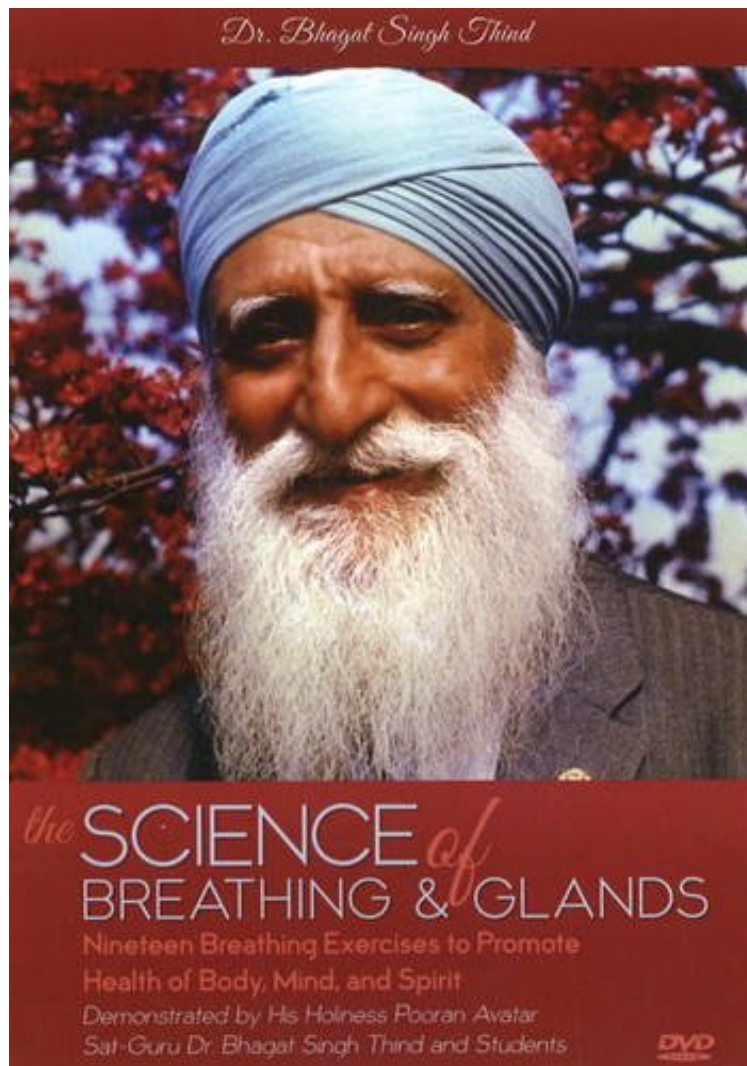


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Science of Breathing Glands: Nineteen Breathing Exercises to Promote Health of Body, Mind and Spirit

Dr. Bhagat Singh Thind

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3 of 5 people found the following review helpful. Air, Water, Earth and FireBy FTATA23@aol.comIt is rather sad that we, in the west, need a book to teach us to breathe for our health. I wish it had been taught to me from birth. I highly recommend Doctorji's instructions. The most important "element" for us is AIR, we need it to live and have

proper health. Also, we need WATER - good, clean water - and it should be free to ALL - a natural right! We need to put ourselves in touch with the EARTH. To lie upon the earth, to rest, to feel its natural vibrations, like a child upon its mother's breast. All these elements will provide us with FIRE - the fire of life - energy to think and move and live to the fullest!