

Reversing Osteoporosis/ Insomnia using newly uncovered Secrets of Bone Breathing

***Published by the Institute for Solar Studies
on Behaviour and Human Health***

The Secrets of Bone Strength

What if there was information that existed that shows how osteoporosis could be prevented, or even reversed? What if this information had been backed up by reputable scientific studies? The book you hold in your hands right now is a result of the latest research findings and methods that have been shown to reverse and prevent Osteoporosis.

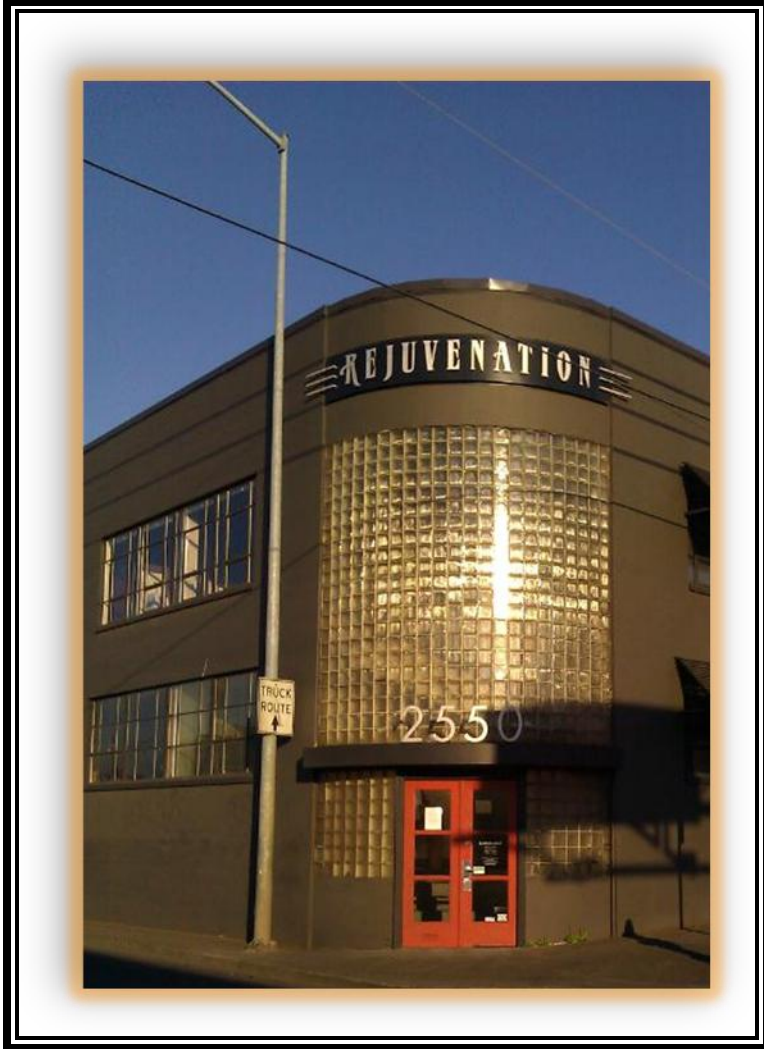
In a study published in July 1994 titled *Costs and health effects of osteoporotic fractures* and written by E. Chrischilles and colleagues, the report concluded that out of 10,000 women aged 45 years of age and older, that fractures accounted for an estimated \$45.2 billion in treatment. Women between the ages of 65 and 84 were responsible for the largest number of fractures in the study. Because the study included only three fracture sites (hip, spine, and forearm fractures), their estimates are a conservative measure of just how much of an impact osteoporosis has on the U.S. population. The report concluded that the future health and economic impact of osteoporosis is expected to be substantial. Other studies have shown that up to 1/4th of patients that are being treated for femur fractures die within a year, with the remainder of patients suffering from kinetic problems.

This book has also been written for those who want to learn how to reduce the pain of broken bones with formulas that not only immediately relieve pain of a broken bone when taken, but also for those suffering from arthritis.

Written by longevity herbal nutritionist Scott Rauvers, the author of more than 3 anti-aging books, Scott is the founder of the Institute for Solar Studies on Behavior and Human Health in Santa Monica, CA. This gem of a book not only includes scientifically backed studies showing which herbs and methods rebuild bone and reverse osteoporosis, but includes the best alternatives to dairy that build and strong healthy bones. Also included is a special chapter on rheumatoid arthritis.

No other book exists that reveals the true secrets about how anyone can build strong, healthy bones no matter what their age. Learn how to increase bone mass, rebuild bone architecture and greatly reduce bone fragility leading to a reduced risk of bone fractures in the future.

**Published by the Institute for
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Other books published by the Institute of Solar Studies on Behavior and Human Health include:

- 1. Revised June 2016 - Living Healthy Beyond 120, A Centurion's Plan for Longevity**
- 2. Released Late-December 2012 - How to Make and Sell Your Own Aromatherapy and Herbal Products**
- 3. Released Mid-December 2012 - How to Sell Your Homemade Products Online**
- 4. Released November 2012 - Solar Visualization Tools for Health and Prosperity**
- 5. Released May 2014. - Solar Flares and Their Effects upon Human Behavior and Health**
- 6. Revised December 2016. The Complete Guide to Natural Toothache Remedies and Re-mineralization**
- 7. Revised October 2015. - The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas.**
- 8. Released April 2015. - The Any Climate Survival Guidebook. Maintain Resilience in Rain, Snow or Desert**
- 9. Revised November 2015 – My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations. Based on scientific research studies of foods, herbs and extracts proven to grow stem cells that extend lifespan**

- 10. Foods, Herbs and Pharmaceuticals that Extend Lifespan. An in-depth research title covering more than 200 herbs and Nutraceuticals proven to extend lifespan**
- 11. Released - Aug 29, 2014 - Following the Sun. Using Sunspot Cycles to Change Your Destiny and Empower Personal Growth and Other Stories**
- 12. Released June 2015 - A Pod Publishing Manual. Free Marketing Strategies for Experienced Amazon Authors**
- 13. Released March 2016. Wormhole Theories, Sunspot Activity and Remote Viewing Stocks**
- 14. Revised May 2016 - Deciphering Tablet Number XIII the Keys of Life and Death by Thoth the Atlantean**
- 15. Published July 2016 - Eternal Youth via Tao Te Ching. Longevity Secrets via Universal Energy.**

You may preview the first 3 chapters of any of these books by visiting:

<http://www.ez3dbiz.com/library.html>

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Thanks and praise also goes out to the resources and sources that made this book one of this 21st century's most successful books on treating osteoporosis naturally.

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An Introduction to the Science Studies listed in this book

Are all Scientific Published Studies 100% Reproducible?

Because this book outlines numerous scientific studies, it would be a good idea to introduce the reader to the facts about scientifically published research articles.

Quote by Richard Smith, (the former editor of the British Medical Journal), "*Most scientific studies are wrong because scientists are interested in funding and careers rather than truth*".

Research studies are not always 100% perfect. The results of a study vary with the following conditions;

1. The environment the study was conducted in (indoors, outdoors, temperature, humidity etc.).
2. The season the study was conducted in (as the body reacts to foods differently depending on the season).
3. The diet of the person, their genes and the methods used in the study.
4. If the study was conducted on an animal or human volunteer.

Below are a few examples where scientists sought out to reproduce scientific studies that involved health treatment and achieved a low rate of success.

Cancer

Amgen put together a team of 100 scientists and asked them to reproduce the findings of 53 "landmark" articles in cancer research that were published in top journals. Only 6 of the 53 studies they performed were successfully reproduced with 100% effectiveness (about 10%).

Psychology

A project named PsychFileDrawer which tried to replicate published articles in experimental psychology had a successful replication rate of 3 out of 9 (33%).

In general most studies that relate to nutrition, endurance or longevity have more of a successful rate of reproducibility. This is because nutrition relates to biochemistry (*mixing baking soda with vinegar creates a chemical reaction*). For example, hundreds of scientific studies show that Vitamin C reduces the severity of a cold or flu. And the July 1997 study titled *Recovery from prolonged exercise: restoration of water and electrolyte balance*, and published by R.J. Maughan and S.M. Shirreffs show that taking electrolytes to re-hydrate the body during exercise increases endurance. Gatorade is one example of an electrolyte that has a continued successful track record of reproducibility for increasing endurance in athletes.

One good rule to follow when repeated scientific studies are conducted by different scientists, is that if there are multiple studies showing very similar results, especially if they are replicated large scale studies, than the results of the study can be reproduced with success.

Welcome to the Revolution in Nutrition

In the past, large measurement errors relationships were lost in noise, or researchers used data inefficiently or failed to notice statistically significant relationships. Also conflicts of interest tended to “bury” significant findings. The amazing thing about having Internet coverage in this day and age is scientists from around the world, especially independent scientists free of bias, can now publish their findings showing all the different variables. This creates the ground for studies being conducted on a larger scale. It is a fact that the larger the study, the better chance of finding the true evidence leading to reproducibility.

This will further help reduce the time and resources needed to bring published research studies up to the "gold standard" headed towards creating experiments that are constantly 100% reproducible.

Chapter 1

Foods that Help Reduce Bone Loss and Reverse Osteoporosis

Chujo-to Herbal Combination

Being a longevity nutritionist, I like to go by the facts and figures; therefore the majority of the information in this book will list published scientific studies where available. start with the first herbal combination known as Chujo-to.

A scientific research study published in February 1999 titled *A Japanese herbal medicine, Chujo-to, has a beneficial effect on osteoporosis in rats*, and conducted by S. Hidaka and colleagues concluded that rats fed Chujo-to for 14 weeks showed a 27% reduction in bone loss. Chujoto is often purchased as a tea and is also used to remove symptoms of PMS.

Royal Jelly

In a study published in September 2006 titled *Royal Jelly Prevents Osteoporosis in Rats* and conducted by Saburo Hidaka and colleagues, the study concluded that royal jelly inhibited the progression of bone loss.

Dried Plums

A study published in March 2013 titled *Dried Plum's Unique Capacity to Reverse Bone Loss and Alter Bone Metabolism in Postmenopausal Osteoporosis Model*, and conducted by Yi-Hsiang Hsu concluded that mice fed a diet of 25% dried plum showed improved bone mineral density in their trabecular and vertebra bones, including **prevention of bone loss.**

Another study published in November 2005 titled *Dried plum reverses bone loss in an osteopenic rat model of osteoporosis*, and conducted by F. Deyhim and colleagues reached the same conclusion. Another study published in September 2011 titled *Comparative effects of dried plum and dried apple on bone in postmenopausal women*, and conducted by S. Hooshmand and colleagues showed that dried plum significantly increased bone mineral density of the ulna and spine in postmenopausal women.

Preserved Chinese plums, which are high in salt/sugar water are also beneficial to fight off bad bacteria and are used in some cases to fight the early stages of the cold or flu.

In a study published in February 2016 titled *Dried plum diet protects from bone loss caused by ionizing radiation*, and conducted by A.S. Schreurs and colleagues concluded that dried plum was extremely effective in reducing the breakdown of bone and it also prevented the spongy bone effect caused by irradiation with gamma rays, heavy ions or photons. People exposed to these types of radiation include cancer patients undergoing radiotherapy, radiation workers, astronauts and victims of nuclear accidents.

The branches of a plum tree are extremely strong. Speaking from personal experience, I have stepped on the tree limb of a plum tree that was about 1.5 inches thick or about the width of a human arm, and it has supported my weight. I weigh about 150 pounds, so they have very strong tree limbs. So a good clue to follow is that trees that exhibit strong branches may be good candidates for creating strong bones.

Dried Plum Synergy Reverses Bone Loss

A study published in April 2010 titled *Combining fructooligosaccharide and dried plum has the greatest effect on restoring bone mineral density among select functional foods and bioactive compounds*, and conducted by B.H. Arjmandi and colleagues found that a combination of 5% fructooligosaccharide and 7.5% Dried Plums was capable of reversing osteoporosis induced bone loss in rats. Foods that contain extremely high amounts of fructooligosaccharide are the Jerusalem artichoke, yacón and Blue Agave. It can also be found in bananas, onions, garlic and chicory root.

Is Vitamin K the Key Mineral for Strong Bones?

Some of you may have noticed dried kale in the supermarket recently. The interesting thing about dried kale, is once it has been dried out, its Vitamin K content significantly increases. Speaking from personal experience, I have found that when I eat freeze dried goji berry, that it seems to be much more nutrient dense compared the non-dried version. The reason dried fruit has more minerals is because it contains less water than fresh fruit. This lack of water allows more minerals to pack themselves more tightly together due to less water taking up more of the space. Besides increasing mineral content dried fruit also removes the moisture that harbors bad bacteria, yeasts and molds. The only side effect to dried fruit is the vitamin C is greatly reduced. As shown in this book, dried plums are one of the best foods for preventing osteoporosis. What is also interesting is plums also contain extremely high levels of Vitamin K when they are dried out. Could the vitamin K be a major contributor to protecting the bones against osteoporosis? Let us review the scientific literature to answer this question.

In a study published in the year 2000 titled *Effect of combined administration of vitamin D3 and vitamin K2 on bone mineral density of the lumbar spine in postmenopausal women with osteoporosis*, and conducted by J. Iwamoto and colleagues, the study found that a combination of vitamin K1, vitamin D3, and calcium reduced the probability of fractures by 20 percent and when they added vitamin K2 to vitamin D3, it reduced it up to 25 percent. What is even more interesting I mention in my book **The Complete Guide to Natural Toothache Remedies and Re-mineralization** that Vitamin K and Vitamin D from cod liver oil are the 2 main key ingredients for rebuilding teeth and stopping a toothache. So perhaps the ultimate cure for osteoporosis may come from studying how to prevent dental decay.

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Amino Acids Heal Fractures

An October 2009 study found that the amino acids arginine and lysine speeded up the healing of fractures (*Shivam Sinha and Satish Chandra Goel. October 2009*).

Now that we have covered some of the very best natural alternatives to bone loss, do any scientific studies exist showing that some of these combinations may be better than medications prescribed for osteoporosis? Let us take a look at the data in Chapter 2.

Chapter 2

How Fructooligosaccharides, Dried Plum and A Soy-Based Diet Helps Treat Osteoporosis Better Than Some Prescribed Medications

In a study published in February 2011 titled *Addition of Fructooligosaccharides (FOS) and Dried Plum to Soy-Based Diets Reverses Bone Loss in the Ovariectomized Rat*, and conducted by Catherine D. Johnson and colleagues, the study found that animals on a soy + FOS + plum diet showed an increase of 85% in their in fourth lumbar BMD (**Bone Mineral Density**) and it also showed a 5% increase in their both whole-body and right femur BMD.

Pharmaceutical medications, such as alendronate show improved lumbar BMD at 7.31% after 10 weeks and Bourrin et al. showed only a 4.2% increase in tibial BMD. The present study using soy + FOS + plum diet showed a 9.5% increase in Tb Th and a 36% increase in MS/BS compared with the ovx animals.

The results conclude that **combining dried plum and FOS with a soy-based diet** shows results that are equivalent or may surpass those of pharmaceutical medications used to treat osteoporosis. The study recommended the combination as a means to reverse ovariectomized osteoporosis in rats. Foods that contain extremely high amounts of fructooligosaccharide are the Jerusalem artichoke, yacón and Blue Agave. It can also be found in bananas, onions, garlic and chicory root.

Oligosaccharides naturally bind themselves to amino acids and minerals, boosting absorption of the minerals significantly when digested [1] [2]. Goat's milk also contains the important amino acid Tryptophan, which naturally boosts serotonin levels. Goat's milk is also extremely easy to digest.

In a study published in April 2009 titled *Short-chain fructooligosaccharides improve magnesium absorption in adolescent girls with a low calcium intake*, and conducted by Van Den Heuvel E.G. and colleagues, the study concluded that when adolescent girls were fed fructooligosaccharides for 36 days that it increased the absorption of magnesium.

A study published in April 2010 titled *Combination of genistin and fructooligosaccharides prevents bone loss in ovarian hormone deficiency*, and conducted by S. Hooshmand and colleagues found that a combination of genistin-rich isoflavones and fructooligosaccharides prevented bone loss in rats. Isoflavones can be found in soybean or soy foods.

References

[A] *The effect of inulin and fructo-oligosaccharide supplementation. C. Morris and G.A. Morris. July 2012.*

[B] *An Amino Acid-Oligosaccharide Complex Increases Mineral Bioavailability In Vitro A.B. Rabovsky and William Diehl-Jones (commercial sponsored study).*

Common foods that contain lots of Oligosaccharides include garlic, **onion** and chicory. These have been scientifically proven to boost amino acid and mineral absorption, especially zinc and iron. Onion is also regarded as one of the top 10 anti-aging foods. Scientific studies have also shown that Onion increases bio-accessibility of iron and zinc from cereals over seven-fold (*S. Gautam et al. July 2010*).

What does Bioavailability mean?

Bioavailability is the amount of absorption that a substance dissolves before it reaches complete circulation in the body.

Now let's take a look at some of the other remarkable qualities of the humble plum.

Plums Protect Bones From Radiation

Some ingredients show enhanced effects when combined with a second substance. In this case A study published in April 2010 titled *Combining fructooligosaccharide and dried plum has the greatest effect on restoring bone mineral density among select functional foods and bioactive compounds*, and was conducted by B.H. Arjmandi and colleagues. The study showed that diets that were supplemented with **5% FOS + 7.5% Dried Plum** reversed both the right femur and fourth lumbar bone mineral density and calcium loss while also significantly decreasing trabecular separation. The lumbar bone is located at the lower part of the spine. It is where most sports cyclists lose bone.

The question is how many people can handle eating 100 grams (*or about a dozen prunes*) before suffering diarrhea? Results in some studies showed that dried plum as low as 5% achieved results however in severe cases of bone loss this may not be enough. One option is to eat dried plums until reaching "*bowel tolerance*" then increase the consumption of plums as the body gets used to it over time. This may reduce susceptibility to diarrhea. Another option is to eat the combination of FOS and dried plums.

It is interesting to note that Fructooligosaccharide (FOS) has been used to treat diarrhea in pigs (*M.W. Oli et al. Jan 1998*). Another study published in November 2010 titled *90 Effect of Daily Intake of Prebiotic (Fructooligosaccharide) on Weight Gain and Reduction Diarrhea Morbidities Among Urban Children in Bangladesh* and conducted by S. Nakamura and colleagues found that children given Fructooligosaccharide (FOS) showed a reduction in their diarrhea. So a possible combination would be to test a combination or taking the FOS 1 hour before or after eating the plums. Further research is needed to confirm this.

Chapter 3

Bone Breathing. How to use it to treat Osteoporosis and Build Strong Bones and Tendons

In a study published in June 2007 titled *Ki-energy (Life-energy) Stimulates Osteoblastic Cells and Inhibits the Formation of Osteoclast-like Cells in Bone Cell Culture Models*, and conducted by S. Tsuyoshi Ohnishi and colleagues, the study found that practitioners of the Nishino Breathing Method (NBM), which is a form of bone breathing, found that much higher levels of bone density existed in those that practiced the exercise, compared to those that didn't. The study concluded that bone breathing exercises such as Ki-energy (Life-energy) acted as a prevention treatment for osteoporosis. Other research revealed that Ki-energy emitted from a Japanese Ki expert stimulated gene expressions related to bone mineralization.

There are many styles of bone breathing, (also known as **Bone Marrow Washing**) however the method that has proven results is the one that is recommended to go with. For example, besides the just mentioned study that has been scientifically proven to build strong bones, another method of bone breathing is the exercise known as Bagua Zhang (*also called MaGui Bagua*). This exercise was practiced daily by Mr. Li Ching-Yuen who allegedly lived to 256 years. Additional bone breathing exercises are outlined in detail in the book "*Bone Marrow Nei Kung*" by Mantak Chia.

The History of Bone Breathing

Bone breathing is also known as **Bone Marrow Breathing Qigong**, because the mental forms of concentration involve the art of moving internal energy. The art of strengthening the bones and marrow has been known for thousands of years by experts of Tai Chi and Qi Gong. It has only been very recently that the technology has become available to

actually measure bone growth which is slow and meticulous. During 1983 Taoist teacher Mantak Chia introduced bone breathing to the western world by working with his first group of students in Los Angeles, CA. One of his students was a middle aged woman who was losing bone mass in her spine and had consulted several specialists who had been unable to help her. Her diagnosis was eventual spinal collapse leading to paralysis and eventually death. After a daily routine of 3 hours of Mantak Chia's bone breathing exercises using techniques to bring subtle breath to her bone marrow, her condition gradually improved. After a full six months her loss of bone mass began reversing and she was at 10% more bone mass from when she first began. Doctors were at a loss to explain the reversal.

After three years of continued bone breathing exercises, she continued to regain bone mass and after five years 100% of her bone mass had returned without any sign of osteoporosis remaining. Since the 1980's similar cases have been reported by practitioners in the United States and Europe. Bone breathing has also been successfully practiced for accelerated healing of torn ligaments and broken bones.

How Bone Breathing Works

Ancient Taoists saw the human skeleton as an antenna that channels energies through it to sustain life. Our bones act as a communication medium that broadcasts frequencies through the 5 major organs. Because bone loss is a gradual and slow process, the method to replenish and rebuild the bones via Bone Breathing can also take some time before the effects are noticed.

Bone breathing is a method where you project your awareness towards your bones. As you do so, you begin to absorb, store and discharge large amounts of energy through the bones and their related tendons. As a beneficial side effect, it enhances your body's "Chi" or "life

force" giving you increased vitality and energy. This is the same vital energy generated by QI Gong masters. Additional benefits of bone breathing include calmer emotions, peace of mind and a reduction in internal chatter. It also creates feelings of relaxation and openness that reduce muscular tension and stress.

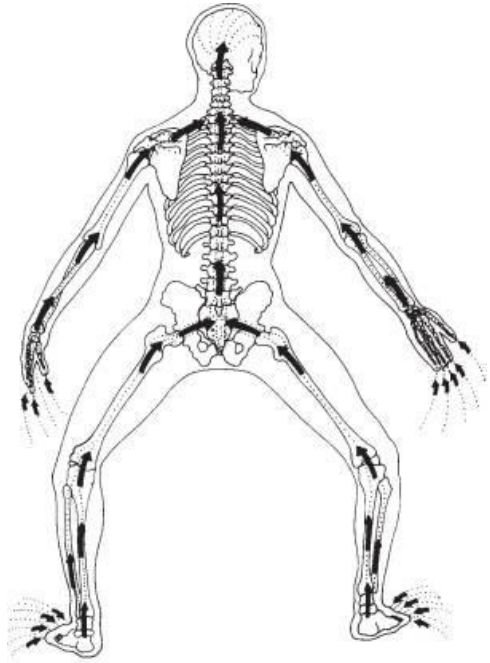
The key to bone breathing is to remember that a specific kind of breath is key (not the breath that enters our nostrils). This breath is the subtle breath that penetrates the pores of our skin and comes from the cosmos. Using our awareness, we gently guide this breath into and throughout our bone marrow. An excellent method that you can use to experience this energy right now is to place your attention on the tip of your index finger and slowly move your attention up the length of the bone towards the wrist. As you feel this energy, repeat it by returning your attention from the tip of your index finger back to the wrist over and over again as if gentle ocean waves were washing over this region. As you do so, you may feel sensations of tingling, warmth, heaviness or subtle vibrations. The heaviness or warmth is an indication the exercise is generating healing energy within your bones. To grow this energy, move the energy throughout the rest of your fingers then gradually up the arms, the legs and the rest of the skeleton.

A Simple Bone Breathing Exercise

The basic tenets of all Taoist medicine is that if there is good circulation there is good health. When this energy flow is blocked, or reduced illness occurs. The practice of the Tao begins with feeling. Without feeling, the practice degenerates into a boring mental exercise. An important requirement in bone breathing practice is being able to feel the area being worked with as you position your awareness from region to region. Because the human skeleton acts as an antenna, the results are better if the bone breathing is practiced standing up.

1. Position

Find a comfortable place to sit or stand and place your arms on your lap or by your side. Your palms should be open and fingers relaxed. Gently inhale through your nose in the direction of your abdomen and exhale deeply from the abdomen. Perform several times allowing tension to flow away with each exhale. Next, place your attention at the tip of your index finger of the left hand.



2. Breathing with the fingers, hands and arms

At your next inhale, let your attention move from the tip to the base of the finger. As you exhale through your nose, allow the energy to stay in the finger and gently return your attention to the tip of your finger. Repeat this again with the next breath. When sensations of heaviness and warmth begin developing in your left index finger, compare these sensations with your right index finger where no focused breathing has been done yet. This will help you develop the ability to "feel" the energies more deeply and identify the correct sensations. As your left index finger starts becoming warmer and heavier, continue the same bone breathing process with your remaining fingers on your left hand.

You can do each finger individually or all your fingers at the same time. As your left hand becomes heavier and warmer, begin comparing it with your right hand where no attention has been placed upon it yet. When you feel you are ready to incorporate the right hand into your bone breathing practice, just reproduce the feeling that you previously experienced in your left hand into your right hand or if you want you can start once again by going over one finger at a time. When you feel both hands are warm and heavy continue the same routine, yet move your awareness higher and upwards towards your arms until the same feelings are felt in your shoulders.

3. Breathing with your toes, feet and legs

Because the energy can take a long time to travel from our hands down into our feet, it requires increased concentration, mental effort and energy to so do.

Therefore, to circumvent this, we draw the energy up through our feet. Bone breathing through the feet requires the removal of shoes and any tight clothing. Speaking from personal experience, I have found placing a solid iron bar near the ends of the feet increases the flow of this energy. Bone breathing requires that your awareness is guided up into the toes, either one toe at a time, or as you get better at it, all the toes at once. This energy is then gradually moved up towards the ankles, much like we showed earlier guiding it up towards our wrist.

4. Rebuilding the Spine through Bone Breathing

To begin, place your awareness at the tip of the sacrum (base of spine) and run your awareness up your spine, allowing it to rise higher and higher until you have reached the base of your neck. Continue until you experience the same sensations of warmth and heaviness.

5. Whole body Bone Breathing

Guide your attention up your bones. As you become more proficient, it will be possible to have your entire skeleton practicing bone breathing, including your teeth. When you have reached this level of practice, you breathe the whole body at once, much like a sponge absorbs water.

Tip

To help visualize bone breathing, you can hang an anatomical chart of a human skeleton on the wall and look at it while you practice.



Baduanjin QI Gong

A study published in 2006 titled *The effects of Baduanjin qigong in the prevention of bone loss for middle-aged women*, and conducted by H.H. Chen and colleagues, concluded that after practicing Baduanjin qigong for 12 weeks there was a significant increase in bone mineral density and recommended the exercise for prevention of bone loss in middle aged women.

The Miracle of Bagua Zhang

This is one of the more popular QI bone building arts. Bagua Zhang is similar to the exercise Mr. Li Ching-Yuen used to allegedly live to over 200 years of age. Bagua Zhang has been shown to strengthen the tendons/ligaments and bones, especially during winter.

Bagua Zhang is described as the **Internal Energy Art of Seeking Stillness Within Movement** and is also known by other names. They are: *Pa Kua Chang, Ba Gua Chang and Eight Directional Boxing*. After performing for a number of weeks, people have reported significant reductions in internal stress. There are a few experts alive today who have perfected this art. Mr. Bruce Frantzis is one and has developed a course on this exercise and it can be found at:

<http://www.energyarts.com/bagua-zhang-training>

There are also numerous Bagua videos online. Just do a search for **Bagua Sun Style** to find them.

Additional Bagua Zhang resources

Classic BAGUA Texts translated by Mr. Joseph Crandall as well as many numerous DVD's and instructional information is available at this site. On their website, enter the word "**Bagua**" into their search feature to get numerous articles, books and DVD's on the Bagua Zhang exercise. A good starter is the DVD or video titled **Introduction to Dragon Bagua, taught by Grandmaster Mr. Wing Lam.**

The website is:

<http://www.wle.com/>

Recommended Reading

Baguazhang: Emei Baguazhang Theory and Applications (*Chinese Internal Martial Arts*). ISBN: 0940871300. Includes translations from Sun Lu Tang's "The Study of Bagua Fist" (pp. 112-132). Currently the book has a 5-star rating on Amazon

Cartmell, Tim Shen Wu

<http://www.shenwu.com/index.html>

Chinese Internal Martial Arts Dictionary

<http://www.egreenway.com/taichichuan/gloss1.htm>

The Pa Kua Chang of Sun Lu-T'ang by Dan Miller

<http://pakuachangjournal.com/article.php>

Green Way Research

Red Bluff, Tehama County, North Sacramento Valley, California, USA. Contact Mike by Email or Phone: 530-200-3546. This is a Taoist orientated center that has instructors, classes and much more.

<http://www.egreenway.com/>

Additional Links:

<http://www.energyarts.com/bagua-applications>

So we can see a clear connection between the science of bone breathing and the art of QI Gong. Both use the same principle of focused awareness to direct energy to specific parts of the body to create regeneration and healing. In Chapter 23 of this book we will explore how to use QI Gong to treat insomnia, as well as some of the most successful proven herbal formulas that treat insomnia.

Thank you for reading this unique and rare book on how to build strong bones. You may purchase this book directly from [Createspace](#), or [Amazon](#). It is also available in Kindle or Nook Formats. You may also visit the EZ library page at www.ez3dbiz.com/library.html to purchase this book.

Thank you again and we at the Solar Institute wish you a life filled with longevity, good fortune and health!

Scott Rauvers

*Herbalist/Master Author
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