

The background of the entire image is a traditional Chinese ink wash painting. It depicts a vast, misty mountain landscape. In the foreground, a river flows over rocks, with water splashing. The middle ground is filled with dense, dark green trees and foliage. The background shows towering, misty mountains under a pale sky. The overall style is characteristic of classical Chinese landscape art, emphasizing natural beauty and harmony.

Live Forever, Feel Amazing!

**Creating Radiant Health
With Chinese Medicine**

Neil Kingham

Introducing The Radiant Health System

For thousands of years the Chinese have sought the secrets of a long and happy life. Their ambitious goal was nothing less than eternal life and perfect health.

And while immortality may still be something of a dream, the discoveries that have been made over that time have paved the way for a powerful set of practices and exercises that can **drastically improve your health and wellbeing** on all levels.

The goal is 'Radiant Health' – the state of optimum functioning, physically, mentally *and* emotionally. It is the pinnacle of human existence, and the reason for the existence of the Radiant Health System, which is your guide and framework for putting this ancient knowledge into practice in the modern day.

Let's put this into context...

Picture this scene - You have low energy and feel stressed and anxious, you keep catching colds, and easily get indigestion if you eat the wrong thing. You have various aches and pains. You don't sleep as well as you could, and there aren't enough hours in the day to get things done...

You go to your doctor, who gives you some tests and sends you away saying "there's nothing wrong with you."

Can it be true? *Are* you ill? Not in the doctor's view...

Well, you may not be *ill*, but you're far from *well*.

I used to feel like this often – many people do. But feeling like this is a long way from 'Radiant Health' – it's a long way from how things *could* be. Once I discovered the Chinese Health Arts, I began to realise there was a way forward, and I've been practicing and teaching these arts ever since...

Yang Sheng Fa – The Techniques For Nourishing Life

The key to the Radiant Health System are the '*Yang Sheng Fa*' (which means 'techniques of nourishing life') These are a set of self-help and self-cultivation techniques and methods based on the principles of Chinese Medicine, aimed at prolonging life and improving health and well-being. They are your tools for Radiant Health.

These ideas were developed mainly by the Taoists in ancient China, and date from thousands of years BCE. There are numerous different approaches, but the main strands generally include the following areas:

- Qi Gong and/or T'ai Chi
- Diet and Herbs
- Acupressure and Tui Na
- Following the seasons and natural changes
- Meditation & spirituality

Yang Sheng Fa in the 21st Century

In the modern world, we suffer from the 'diseases of affluence' – stress, cancer, obesity, heart disease and so on. Chronic diseases of all kinds have unfortunately become commonplace. While we have made huge advances in medicine in many areas, the arts of maintaining wellbeing and quality of life are little known.

And that's where Yang Sheng Fa comes in. Anyone can use these techniques. They don't need special equipment, you don't need much space, and most are free. There are Yang Sheng arts that you can practice whatever your age or level of fitness. You can use them to improve your health if you are ill, or to maintain wellbeing if you are well.

And even beyond maintenance and disease prevention, they are a method of self-cultivation – a way to reach your true potential, to fully embrace your life, and achieve 'Radiant Health'. They are tools for self-development in every sense.

The Three Treasures

So... how do they work?

There are a number of ways of looking at Yang Sheng, and the various associated practices and techniques that have evolved throughout the ages. In order to break down this complexity, I've developed a simple easy-to-follow framework based around the concept of the '3 Treasures' .

The 3 Treasures are the fundamental energies that maintain human life. They are Jing (Essence), Qi (Energy) and Shen (Spirit). Nourishing and strengthening the 3 Treasures is one of the primary aims of the Yang Sheng arts - When the 3 Treasures are strong, we have mental, physical and emotional strength. This leads to adaptability, a calm outlook, abundant energy reserves and strong immunity. If we can reach this state, all aspects of life become easier.

The Importance of Jing

Jing, translated as 'Essence', is an important concept in Chinese Medicine and *Yang Sheng*. Jing is a deep, vital energy, inherited from our parents, and strengthened with the energy from the food we eat. Our Jing is responsible for our growth and development as children, and our ability to reproduce as adults. It governs the slow unfolding of life's changes.

Our Jing also serves as an emergency energy store. Our day to day energy (or 'Qi') is constantly being created from the food we eat and the air we breathe – hopefully we make enough to use as we go about life. However, if we need extra energy we can dip into the Jing to top up. You can imagine that Qi is like our current account, and Jing is like the savings account.

With the frantic pace of modern life, most of us are regularly 'dipping into our Jing' – we lose Jing by pushing ourselves, by burning the candle at both ends, and by using stimulants. Jing is also depleted by serious or long-term illness.

Jing is also the basis of the other 2 treasures, Qi and Shen, so strengthening the Jing is vital in order to provide a foundation for all 3 treasures.

The practices of *Yang Sheng* teach us to balance Yin and Yang and to conserve Jing and prolong life. This means a combination of 3 things:

–*Stop losing Jing*, by ensuring adequate rest and down-time and avoiding over-exertion

–*Increase Qi to conserve Jing*, by eating a good nutritious diet based on your own personal constitution, and using 'Supertonic' herbs

–*Increase Jing directly* with Qi Gong practice

Qi – The Life Energy

As described above, Qi is like our day to day energy – our current account. It is produced from the air we breathe and the food we eat. This means that we need good quality food and air, and strong digestive and respiratory systems in order to produce Qi. Our Jing also needs to be strong to form good Qi.

If Jing is the deep Essence that governs the gradual unfolding of life changes, and represents our deepest reserves, Qi relates to our day-to-day functioning. Strong Qi means plenty of energy and strong immunity. It can be strengthened by any of the Yang Sheng arts, but a suitable diet and good digestive strength are essential.

Qi is also about flow. In health our Qi flows smoothly, but if it becomes blocked or stagnant then you experience disease or disharmony. A lack of flow can be seen at a physical level as aches, pains and stiffness, and at a mental or emotional level as mood swings.

In my clinics, I see Qi Stagnation (normally caused by stress) more than any other imbalance. It is a part of modern life! Learning how to regulate and balance Qi flow can help to take you back to the state that the Chinese call 'xiao yao' – translated as 'free and easy'.

Shen – The Spirit

Shen is normally translated as 'spirit', but it does not have a religious connotation. The Shen encompasses our intelligence, thought processes, emotions, and spirituality. When the Shen is strong and settled, we are calm, peaceful, and wise. A weak or unsettled Shen manifests as anxiety, a racing mind, depression, trouble concentrating, or more serious mental or emotional conditions.

Shen is our link with the eternal, our connection with the universe. Shen is anchored in the body, but transcends time and space. The chief tool for working with the Shen is meditation. A strong and settled Shen also relies on strong Qi and Jing.

**To learn more about all of the arts of Nourishing Life,
check out my Radiant Health Evolution course at
<https://www.neilkingham.com/lffa/>**

The 4 Pillars Of Radiant Health

There are 4 Pillars to the Radiant Health System – 2 Internal and 2 External.

The Internal Pillars relate to the energy systems inside the body, they are called 'Strengthen' and 'Regulate'. The External Pillars relate to the way you interact with the environment, they are 'Align' and 'Connect'.

'Strengthen' and 'Regulate' means to make sure that the Three Treasures are strong and abundant in the first place, and also that there is balance and free flow. It's about increasing your resources, and becoming more adaptable and flexible. It is also about stress reduction, as stress both drains our resources and makes us inflexible and preoccupied.

'Align' and 'Connect' are to do with the way we relate to, and interact with the world around us. These 2 Pillars describe our links with the natural world, with the seasons, with our fellow humans, and with the infinite. They are about positioning yourself in place and time, tuning into and becoming part of the natural flowing of life.

Learning how to use the 4 Pillars in relation to each of the 3 Treasures is the secret of *Yang Sheng* and the way to Radiant Health.

The Techniques and Methods

So, if Radiant Health is the goal, how do we get there? The answer lies in the varied *Yang Sheng* self-cultivation arts.

Qi Gong / Tai Chi

The main techniques for any follower of *Yang Sheng* have always been T'ai Chi or Qi Gong. These ancient exercises help to regulate and strengthen the Qi, Jing and Shen by using physical movements that work on the joints, muscles and meridians, deep breathing exercises, meditations and mental focus.

Qi Gong sets such as '8 strands of the brocade' or '5 animal frolics' have survived through the ages as very effective daily practices that have been repeatedly shown to benefit health. You can choose a simple set like this to begin with, or opt for one of the more complex and involved styles. There are now many styles of T'ai Chi and Qi Gong available, providing a great amount of choice.

Diet and Herbs

Eating a good natural diet and following the basic ideas of Chinese Nutrition have already been mentioned as an effective way of strengthening the Qi. The key is to understand what the right foods are *for you* – there is no such thing as a universally healthy diet that suits everyone.

Using herbal supplements can also be useful, and has long been a part of the *Yang Sheng* arts. Herbs such as Huang Qi (astragalus), Fu Ling (poria), Ren Shen (ginseng) and Gou Qi Zi (goji berries) are regularly used in China even today as cooking ingredients to impart medicinal qualities to dishes.

In the West we can use the same herbs in the same way, use our native herbs and plants for the same effect, or take advantage of modern processing methods and take herbal preparations.

Self-Acupressure and Tui Na

Stretching, rubbing and tapping the body using Tui Na massage techniques helps to keep the blood and Qi moving smoothly, which keeps disease and illness at bay. Appropriate choice of acupoints for stimulation can also maintain health and well-being.

Tui Na and other styles of massage and bodywork are wonderful treatments to receive, and I always recommend that if possible, everyone should have some form of massage once every month. The health benefits that this can bring should not be under estimated!

It is also very useful to learn some self-tui na and acupressure techniques that you can practice on yourself. This can form a simple daily health routine to strengthen and regulate your system.

Following Natural Changes

This is the Taoist Art of being part of the natural world. Today more than ever we are cut off from the natural changes going on around us. By tuning in to the natural world we regulate our Qi with that of environment. We feel calmer, more grounded, more present, and more alive.

In spring we can be bold and lively, in summer active and joyous. Autumn is time to slow down and gather in, and winter is a time for conservation and quiet.

Eating local and seasonal food is a good way of tuning into seasonal changes, especially if you gather wild foods yourself from your local area. Regularly getting out and going for a walk, observing the nature around you also connects you with the local Qi.

Meditation and Spirituality

In the sense of *Yang Sheng*, spirituality is vital, but does not necessarily mean religion. If you are a religious person then you may already know where to go for spiritual nourishment and growth. If not, you may find your own way.

Spirituality can come from gradually finding your place in the world, from finding

a purpose, or from helping others. It may develop from following the seasons and the natural world, from artistic expression or from selfless love. It is a sense of belonging, understanding, centredness and calm.

It is impossible to attain without periods of quiet reflection, and specific meditations are often used for this purpose. This is the realm of Shen in Chinese medicine and *Yang Sheng Fa*. As Shen requires both Qi and Jing to flourish, it is important to work on the body, mind and emotions first. Shen will unfold and become apparent on its own once the correct path is followed.

Summary

By using the foundations of *Yang Sheng* methods and techniques, we can build our Jing, Qi and Shen – the '3 treasure' of Chinese medicine. This can improve our health and well-being on all levels – physical, mental, emotional and spiritual.

To begin with, it is easy to make small changes to the diet, be more aware of the cycles of nature, and take up T'ai Chi or Qi Gong practice. Any of these changes will benefit your health and start you along the way of Nourishing Life. Take your time and work slowly, adding other aspects as you learn about them, and depending on your areas of interest.

I invite you to take up these ideas on your journey towards 'Radiant Health', and I will help you along in any way I can. Please, let me know how you get on...

Next Steps

You can find out more about the 3 Treasures and the 4 Pillars, and exactly how to apply them in your own life in my detailed online training course, it's massively reduced for a limited time!

<https://www.neilkingham.com/lffa/>