



Yin Ain't Yang: The Ancient Way To Better Health

Lester Sawicki DDS

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Yin Ain't Yang, The Ancient Way To Better Health, by Lester Sawicki DDS, is a new fitness with meditation book by a dentist that reveals visualizations with physical exercises using teeth, tongue, and jaws designed to boost your chakras and extend your lifespan. It is designed to instruct readers in the value of keeping their teeth, gums, and jaws in excellent health using simple guided visualizations, including physical and mental exercises, that help boost overall health, fitness and longevity. Readers will learn how the teeth, tongue, and jaws are powerful tools that, combined with meditation and exercise, can unlock vital energy that may improve overall health and longevity. According to Sawicki, modern science is beginning to understand the ancient wisdom about the link between healthy teeth, gums, and jaw function and boosting general fitness, health, and longevity. Scientists have discovered new compelling evidence proving that teeth are joined to vital organs by way of the energy channels (internal pathways of QI) and when the teeth, tongue, and jaws are included in a regular meditative exercise routine you can access and refine the body's chakras (life support energy centers) to promote a long, healthy, and strong existence. Meditative exercise using your teeth, body, and mind in this new "evolutionary" way can relieve stress, improve cardiovascular function and flexibility, increase bone density, balance hormones, circulate lymph, detoxify organs, increase brain function, preserve sexual health, and induce overall happiness. Yin Ain't Yang, The Ancient Way To Better Health is intended for meditation students, yoga and tai chi practitioners, martial artists, as well as the general public interested in physical fitness. Sawicki offers a series of energy-building visualizations and physical exercises aimed at strengthening and aligning the chi center of the oral cavity with the power centers of the body. Practicing these exercises can lead to a deeper understanding of man's place in the cosmos and boost one's overall health and fitness. He wants his readers, living in a planet evolving into a world without functioning wisdom teeth, to increase their health, fitness and longevity by returning to the original energetic purpose of their teeth and jaws.

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