



Belly Button Healing: Unlocking Your Second Brain for a Healthy Life

By Ilchi Lee

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Belly Button Healing: Unlocking Your Second Brain for a Healthy Life By Ilchi Lee

The Secret to Health Is in the Belly Button

Your belly houses about 26 feet of intestine, almost half the body's blood volume, over 300 million neurons, and more than 300 species of gut microbes, and it's responsible for about 75 percent of the body's immunity. Your health can easily decline if this major area of your body remains stagnant.

By simply and repeatedly stimulating the center of it all?your belly button?you can pump more energy and vitality into your life.

In his latest book, New York Times bestselling author Ilchi Lee shows you how to press the button that turbo-charges your natural healing power. Learn how to exercise your belly button just for 5 minutes a day, and reconnect to your body's innate wisdom so you can best take care of your health for a long and happy life.

The benefits of Belly Button Healing include:

- Increased blood and energy circulation
- Boosting your energy and vitality
- Quieting your mind and gain clarity
- Enhanced digestion and detoxification
- Relief of pain and stiffness
- Improved immunity

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Editorial Review

Review

"Belly Button Healing relieved tight muscles and pain in my lower back and hips within just 24 hours. Add this technique to your self-care routine and see how it strengthens your second brain, the gut, and pumps more energy and vitality into your life." -- James Westphal, MD, Psychiatry Chief HI DOH

About the Author

is an impassioned visionary, educator, mentor, and innovator; he has dedicated his life to developing and teaching methods to nurture the full potential of the human brain, particularly Body & Brain Yoga and Brain Education. Author of 39 books, including the New York Times bestseller, *The Call of Sedona*, he is also a well-respected humanitarian who has been working with the UN and other organizations for global peace. He serves as president of the Korea Institute of Brain Science (KIBS), the University of Brain Education (UBE), the Global Cyber University, and IBREA.

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The principles and methods of the Belly Button Healing introduced in this book grew out of my intuitive insights about the importance of the belly button. My 35 years of study of the natural healing power of the human body and mind, combined with recent scientific research on the human body, especially research on the gut, played important roles in further developing the method.

I've learned that, more than the thousands of microbes living inside our belly button itself, the real wonders of the navel lie in what's behind it. In that important area of your body, its center, we find yards of intestines, major arteries, important lymph nodes, thousands of gut microbiota, a strong line of immune defense, and most of all, our second brain?the enteric nervous system.

The health of this microecosystem affects the health of our whole body. That health is highly dependent on circulation and temperature. We thrive when we keep the world behind our navel warm and flowing, something that's difficult to do in today's modern, sedentary lifestyle. Without much effort, Belly Button Healing stokes a fire in our belly, realigns our body structure for better flow, flushes waste, and pumps vitality to the entire body.

In the first part of this book, I detail how Belly Button Healing accomplishes this from three different angles. The first is from a physical perspective based on the systems of the human body as they are currently understood by modern science. The second is from an energetic perspective, which is based on Eastern medical principles and systems of energy. The third is from a philosophical perspective based on my realizations concerning the source of life and our connection with the earth through the belly button.

In the second part, I describe the practice of Belly Button Healing step-by-step, showing you how to perform it on yourself and other people. I also go into detail about a few abdominal exercises you can do to complement your healing practice. I hope that with this accessible self-healing method, vibrant, holistic health and a broader awakening to who you are become normal parts of your life.

Users Review

From reader reviews:

Angel Garcia:

Now a day those who Living in the era just where everything reachable by connect with the internet and the resources inside it can be true or not need people to be aware of each info they get. How many people to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Examining a book can help persons out of this uncertainty Information especially this Belly Button Healing: Unlocking Your Second Brain for a Healthy Life book because book offers you rich info and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you know.

Jody Watson:

Reading a e-book tends to be new life style with this era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Many author can inspire their reader with their story or maybe their experience. Not only situation that share in the ebooks. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their proficiency in writing, they also doing some analysis before they write for their book. One of them is this Belly Button Healing: Unlocking Your Second Brain for a Healthy Life.

David Burch:

Spent a free a chance to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the book untitled Belly Button Healing: Unlocking Your Second Brain for a Healthy Life can be very good book to read. May be it could be best activity to you.

Joan Morris:

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