

Dr. Hudoba, and Dr. Sha are proposing use of ancient longevity Taoist techniques, employing several types of meditations and energy exercises. The use of the system has shown improvement in overall health, stamina and vitality. The techniques are relatively easy to learn and results are achieved quickly. Use of these practices, together with other modern scientific modalities, can offer healthier, more active and enjoyable aging.

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In recent decades, there has been an upsurge of new concepts in rejuvenation and prolonging the life. Modern science aims to reverse or repair accumulated damage to cells, tissues and organs and doing so, prolong the life. This is achieved by replacing hormones or enzymes and by implantation of stem cells.

However, the desire of humans to prolong the life has been with us for a long time. There were many attempts to create Elixir of immortality, Fountain of Youth, Philosopher Stone and various potions to rejuvenate the body. There is a long tradition of Yoga in India and Taoist practices in China.

The authors of this paper are proposing ancient longevity Taoist techniques, based on the teachings of legendary Peng Tzu, that have been adapted for modern use. Peng Tzu is a Taoist master who lived 4500 years ago and is well known to live about 800 years.

The system uses several types of meditations and energy exercises. Some meditations are done in sitting or standing, some are still while others are moving.

Our experience teaching and practicing this system over 14 years has been that participants in exhibit improvement in overall health, stamina and vitality. The techniques are relatively easy to learn, are very simple, powerful and effective. The results are achieved quickly.

Use of these practices, together with other modern scientific modalities, can offer healthier, more active and enjoyable aging.

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