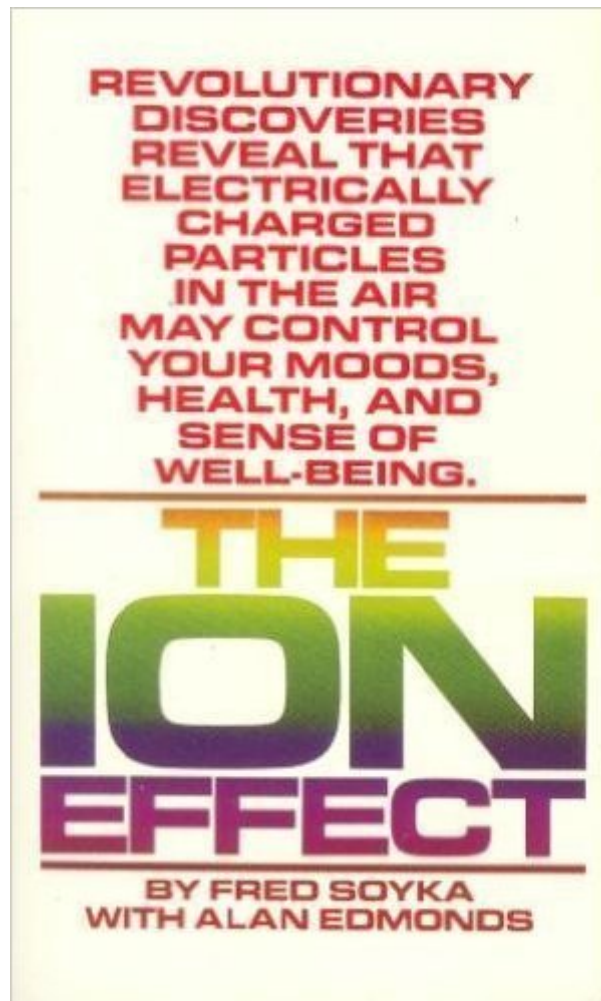


The book was found

The Ion Effect : How Air Electricity Rules Your Life And Health



Synopsis

Dramatic new discoveries reveal that electrically charged particles in the air may control your moods, health, and sense of well being.

Book Information

Paperback: 163 pages

Publisher: Bantam Books (November 1, 1991)

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Product Dimensions: 6.9 x 4.1 x 0.6 inches

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (6 customer reviews)

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Customer Reviews

I read this book in 1977 following the publishing of it. I have just reread it in 1999 and it is more pertinent today with the sealed office buildings that people work in daily. This subject needs modern attention by medical people.

This is a great book that is very factual and backed by a lot of evidence and research. I liked this book in particular because I practice breathing exercises called smai, similar to yoga. With the knowledge I have gained on negative ions, I plan on practicing my exercises in a room filled with plants and a fan that has an ionizer. This is necessary in order to take in a good supply of sekhem or chi life energy.

I loved this book as this book is with facts collected from author's experience. Many hidden treasures of nature can be analysed using his findings. Many solutions can be found for many medical problems.

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