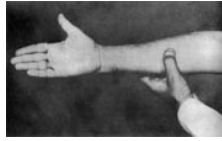


BeYoung



Here is a very simple but equally effective technique, for preserving youth that every person will find highly beneficial. Death is certain, but the prospect of maintaining proper health till the last breath would readily catch everybody's fancy.

Our body emits an aura (bio-electric field) of consciousness and vital energy through the right hand. The point controlling this outflow is located on the arm between the wrist and the elbow, having an area of one-inch diameter. One needs to apply pressure on this part for 2 minutes a day and it effectively checks the dissipation of this energy. Just as it is done in acupuncture, the pressure should be applied time and again in quick succession. This way you can maintain your youth for a longer period of time, and thus delay the onset of old age and its resultant afflictions. This technique is very useful for those above the age of 40-45 years. The important thing to note is that this technique is universally beneficial. One will experience a substantial increase in vital energy and a reduction in fatigue by regular practice of this technique.