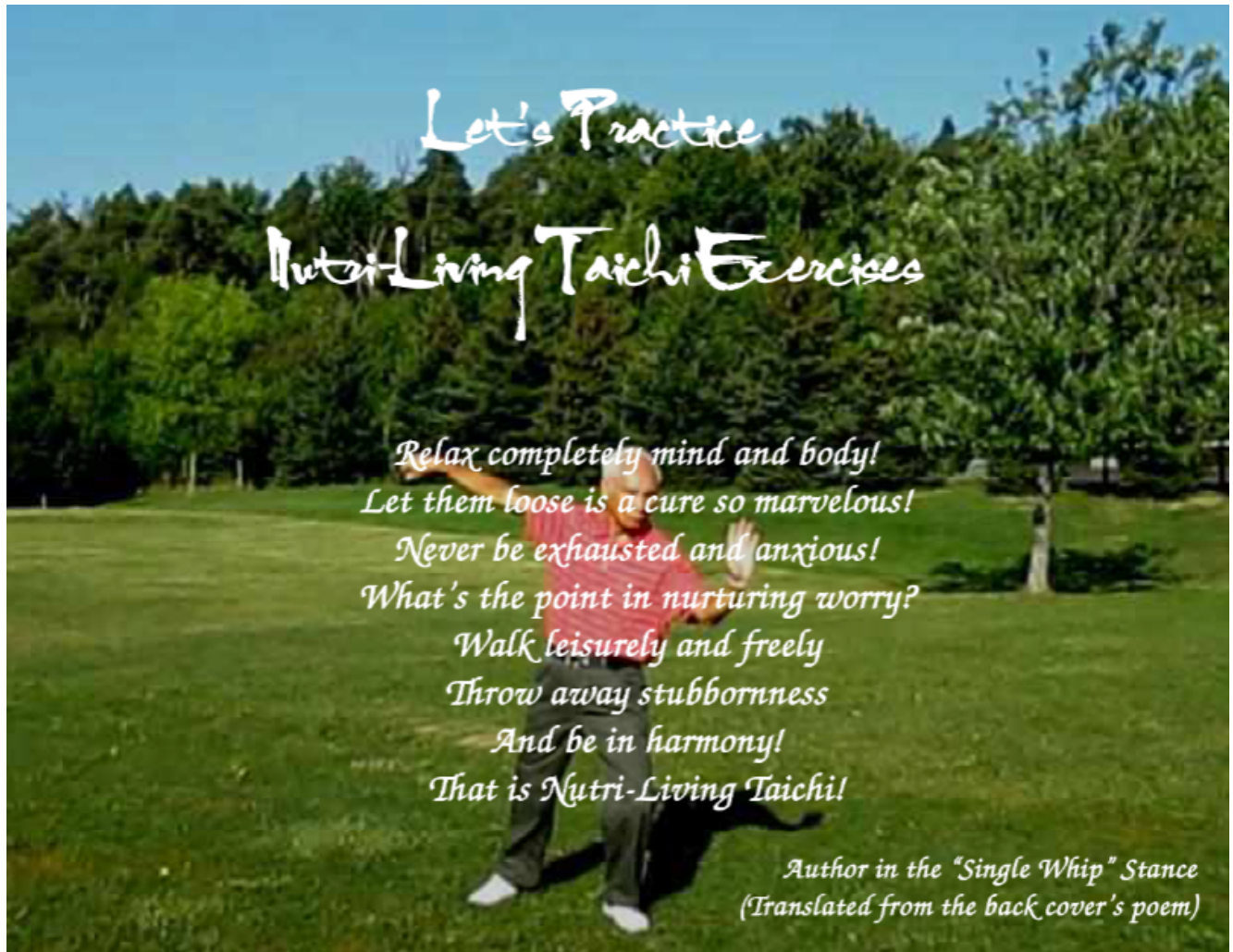


Let's Practice NutriLiving Taichi Exercises



Let's Practice NutriLiving Taichi Exercises

*Relax completely mind and body!
Let them loose is a cure so marvelous!
Never be exhausted and anxious!
What's the point in nurturing worry?
Walk leisurely and freely
Throw away stubbornness
And be in harmony!
That is Nutri-Living Taichi!*

*Author in the "Single Whip" Stance
(Translated from the back cover's poem)*