



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

Ilchi Lee

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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?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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