



**Self-  
empower-  
ment  
To Go**

# **Gottfried Eckert**

## **The I.M.M.U.N.E.**

# **Formula**

**How to activate your body's natural  
defenses with the tools of Traditional  
Chinese Medicine**

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## **The I.M.M.U.N.E. Formula**

**How to activate your body's natural defenses  
with the tools of Traditional Chinese Medicine**

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*"The art of war teaches us not to hope that the enemy will not invade, but to trust that there are ways and means of stopping him and beating him back; not to count on the fact that he will not attack, but to take precautions for our own invincibility."*

*Sun Zi, The Art of War*

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堅持不懈



## Preface

A warm welcome to you. It is great that you are here. And it is great that you are lovingly turning your attention to the most important person in your life ;-) Thank you very much for allowing me to accompany you on your path. Thank you for your interest, your openness, your attention and your confidence. Moreover, thank you for your will and your willingness to take complete responsibility for your health and personal well-being here and now. And thank you for your self-empowerment ...

The I.M.M.U.N.E. Formula has been developed on the basis of distinguished procedures and methods of Traditional Chinese Medicine (TCM). It offers an effective, sustainable and practical strategy in modern western systematics and methodology that is suitable for everyday use.

Essential formula components are: Self-massage. QiGong. Nutrition. Herbal medicine. Acupuncture.

All the disciplines mentioned pursue a common agenda, namely the management of the so-called Wei Qi (Defensive Qi). Or in western terms: the activation and strengthening of the body's natural defenses against pathogenic, disease causing influences and factors.

The I.M.M.U.N.E. Formula literally constitutes and stages itself as a self-fulfilling prophecy: interdisciplinary, multimodal, multivalent, universal, natural, energetic.

I wish you much inspiration and maximum success with the I.M.M.U.N.E. Formula. All the best, good luck and blessings to you.

With lots of love

Gottfried Eckert :-)







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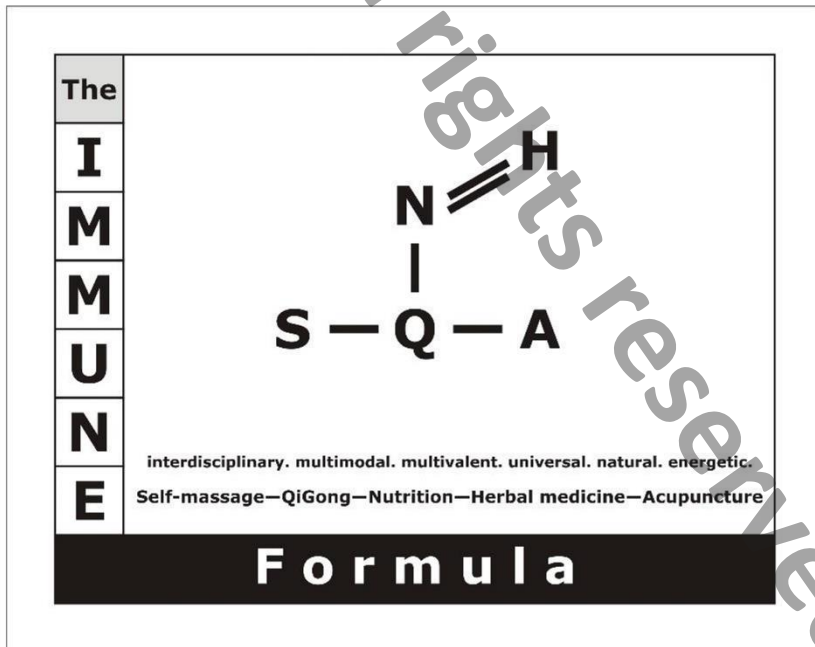
# 1

## **Introduction and theoretical basics**





## 2 The I.M.M.U.N.E. Formula Components





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## 2.1 Self-massage

### **Important health information:**

In the following cases, please be sure to seek medical or therapeutic advice and clarify possible risks before commencing the program: illnesses, health problems, injuries, inflammations, physical limitations, general discomfort or similar, acute or chronic pain, after surgery and during pregnancy. If you wear glasses or a hearing aid, please remove these temporarily as needed during the techniques in question, as long as this is possible without risk. For hygienic reasons and to avoid infections, hands should be thoroughly washed and, if necessary, disinfected before the application.



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## 2.2 QiGong

### **Important health information:**

In the following cases, please seek medical or therapeutic advice and clarify possible risks before performing the exercise: illnesses, health problems, injuries, inflammations, physical limitations, discomfort or similar, acute or chronic pain, after surgery and during pregnancy.



## QiGong

QiGong (pronounced: Tschi Gung) roughly means "work with vital energy" (Qi = vital force, vital potential, vital energy; Gong = work, practice, ability, skill). The term was coined in the 1950s. The origins of QiGong, however, are deeply hidden in Chinese history. The oldest exercises have been handed down from the time around 2,700 BC.

In addition to functional exercises, such as those taught in the Far Eastern tradition of yoga, as well as special breathing techniques for calming, cleansing and strengthening, the holistic QiGong path includes in particular methods for activating the Qi, moving exercises for body awareness and harmonization and the practice of meditation in silence. The characteristic of QiGong is the awakening, managing and storing of Qi, i.e. the mindful sensing, cultivating and nourishing of the inner power.

Over time, many different styles of QiGong have developed.

The following QiGong short program serves in particular to cultivate the Wei Qi (Defensive Qi).

The program at a glance:

❶	QIGONG.Activation	<b>Time requirement: approx. 25 min.</b>
❷	QIGONG.Movement	
❸	QIGONG.Breathing	
❹	QIGONG.Functional	
❺	QIGONG.Meditation	



# 氣功



**2.2.5**

**The I.M.M.U.N.E. Formula**

**QiGong 氣功**

**QiGong.Meditation 禪法**





## ● Instructions

- ① Time: approx. 4 min (longer if necessary)
  - ▶ **Starting position:** Close stance. Consciously and mindfully place your left foot to the side (shoulder-width **parallel stance**).
- ❶ Place the right hand on the chest and the left hand on the lower abdomen.
- ❷ Close your eyes slowly. Consciously relax body, mind and soul. Silent meditation.  
Alternative practice: Silent meditation with (half-)open eyes.
- ❸ Let your thoughts wander freely. They may come and go. It is only information that comes from the formless and goes back to the formless. Detach from thoughts. They are fleeting, and they are meaningless. Everything that is here now is allowed to be here. Just observe. Perceive the "gap" between thoughts.
- **Closing:** Finish the meditation. Slowly open closed eyes again. Lower your arms, and mindfully and consciously put your left foot back. **Close stance.**



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## **2.3 Nutrition**



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## **2.4**

### **Herbal medicine**



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## **2.5 Acupuncture**



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**3**

## **Add-on: Lifestyle**



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**4**  
**Spoiler:**  
**The epigenetic**  
**L.I.F.E. Temple**



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## **5 Appendix**



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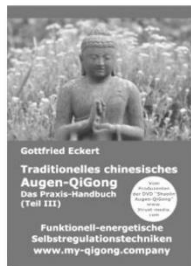
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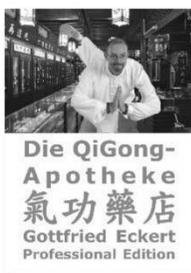
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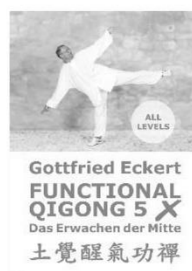
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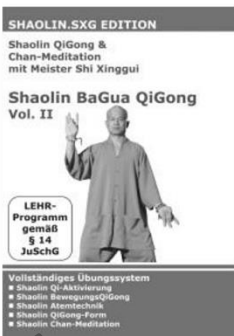


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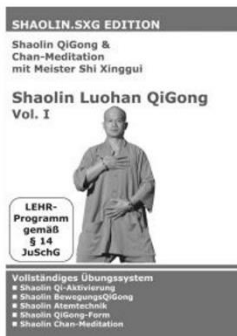
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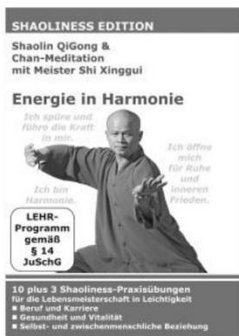
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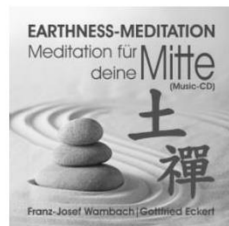
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It is the result of direct experience.**

**Teaching is a means of practice,  
not something to hold onto or worship.**

**Teaching is like a raft used to cross the river.  
Only a fool would carry the raft around after he had  
already reached the other shore of liberation.**

**Buddha Shakyamuni**