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By John Du Cane**



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http://en.wikipedia.org/wiki/John_Du_Cane

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<https://deltaflt1189.wordpress.com/2009/06/15/exposed-the-truth-about-spontaneous-chi-kung/>

May 02, 2013 The Five Animal Frolics : A Complete Qigong Program for High Energy, Vitality and Well Being 2nd edition John Archer,
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