

The Yellow Emperor asked.

"I heard Ancient people were able to live to one hundred years and still be the same as when young. But nowadays, when fifty years old our activities decrease. How is this? Is it due to the times, or have humans lost something?"

The physician Chi Po answered:

"The Ancient people knew the way, the Tao, and the rule of Yin-Yang and could get harmony of the numbers. The Ancient people could control their eating habits. They knew the rules of life, waking and sitting. They didn't overwork.

For these reasons, they were healthy and balanced in body and mind and were able to live to one hundred years.

But today, people are not like this, they drink too much alcohol and think about sex and after drinking will go to bed and lose their Jing according to their sexual desire. At the same time as losing their Jing, they lose and disperse the truth. They don't know how to keep the body healthy. They don't know how to control their mind and cannot control their desires. They are against the living pleasure, the Tao."

From the Huang Ti Nei Ching, Su Wen, Chapter One.

"The four seasons and Yin and Yang are the beginning and ending of everything, the root of birth and death. If one goes against the rule of this one can get injury, creating general catastrophies, like a flood, which affect all others as well. If one doesn't go against the rule disease doesn't occur, this is the Tao."

From the Huang Ti Nei Ching, Su Wen, Chapter Two. xi