

# WORLD TAI CHI & QI GONG DAY



## HEALTH MATTERS

Tai Chi is a highly effective therapy for many injuries or chronic conditions, whether mental, emotional, or physical. The facts below recognize the different maladies and how Tai Chi treats them. Tai Chi bolsters the immune system, as well, and can actually eliminate problems long before they become an actual physical illness.

## WHY PRACTICE?

### Supports the Nervous System

The parasympathetic nervous system is responsible for calming and allowing the body to repair itself, says Mueller. Sleep represents a state of repair. Tai chi, yoga, and meditation document to calm those "fight or flight" chemicals and promote healing." [William H. Mueller, Ph.D., a behavioral epidemiologist and professor of behavioral sciences at the School of Public Health at the University of Texas in Houston.]

### All-Purpose Medicine

University of Wisconsin, Madison, study found that mindful meditation can cut your chances of catching a cold by 40 to 50%. Fifty-one people using mindfulness techniques logged 13 fewer illnesses and 51 fewer sick days than a control group during one cold and flu season.

A University of Virginia study found that their varsity swim team swimmers got 70% fewer respiratory infections when practicing Qigong at least once a week, compared to swimmers who used it less. Prevention Magazine's Winter/2012 Issue

### Improves Dietary Training of Nutritious Food Choices

Some dietary training programs recommend Tai Chi before meals. Why? Most of us know that when we are stressed, we are drawn to salty, sugary, greasy BIG TASTE foods, which often fall into the "junk food" category. The big taste distracts our minds from our stress. When calm and relaxed, our preference is more sensitive and acute and can be entertained by simpler tastes like fruit juice, fruit, and even vegetables.

### Great for the Entire Family

"There is a huge place for complementary and alternative medicine in pediatrics," says Dolores Mendelow, M.D., clinical assistant professor of pediatrics and communicable diseases at the University of Michigan Medical School. Complementary and alternative therapies are becoming a more prevalent treatment for children. If individuals follow the directions of their physicians, these treatments are a safe and effective way to get and stay healthy, Mendelow says.

**"Your outer life reflects the quality of your Qi. When you glow inside,  
the whole world shines" - Robert Peng**

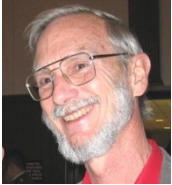
## MEET THE ORGANIZERS



**GWYN DAVIS, LMT, CFMP**

Gwyn Davis is the owner and founder of Mind and Body Fitness Connections where she works as a Wellness Coach and Qigong Instructor. In her practice, she helps clients enjoy greater health and happiness by educating them about how to balance their nervous system using nutrition, movement, and meditation.

[www.mindandbodyfitness.net](http://www.mindandbodyfitness.net)



**ED CUNLIFF, PHD**

Ed Cunliff is a Professor of Adult and Higher Education at the University of Central Oklahoma. In addition to his academic work, Ed holds a 4th degree black belt in Aikido and Jodo. He has been certified in Tai Chi for Better Balance, and Mindfulness Based Stress Reduction. [www.mandoaiki.com](http://www.mandoaiki.com)



**RICK KRAUSE, SIFU**

Sifu Rick Krause has practiced Tai Chi since 1972. He has published several videos and his most recent book Laughing Buddha Tai Chi is now available. Sifu Krause also has a psychotherapy practice where he often integrates Tai Chi. [www.TaiChiOKC.com](http://www.TaiChiOKC.com)

## WORLD TAI CHI & QIGONG ENDORSEMENTS

*Tai chi and Qi Gong are some of the sanest and most beneficial long-term practices in the entire martial arts and healing arts continuum. I have been around these practices for nearly 40 years, and I recommend them unreservedly.*

### **Nick Lowry, President of Kazeutabudokai**

*The world is becoming more and more hectic, with less time for us to dedicate to our mental and physical health. Fortunately, there's an opportunity for us to all engage in some rest and rejuvenation through the World Tai Chi Qigong Day on April 30th. Tai chi and qigong are quickly becoming popular methods of low impact physical activity and mental centering. They are ancient practices that have survived the centuries because they work! If you've been looking for a new way to enjoy exercise and mindfulness or if you're just interested in tai chi or qigong, this is an amazing opportunity to learn what they're all about!*

### **Collin Walke, Oklahoma Legislator and Mindfulness Coach**

*I cannot begin to express how beneficial practicing a martial art is for one's body and mind. I would encourage new martial artists, and those who have dedicated their lives to martial arts learning, to join in on World Tai Chi Qigong Day.*

### **Jeanelle Hebert, Lead Instructor for Rebellion Martial Arts**

*As a family practice physician, I know that physical health is connected to mental and spiritual well-being. All three of these things contribute to the overall wellness of an individual. One of the best ways that a person can keep these three things balanced is by incorporating QiGong or TaiChi into their daily lives. Both of these practices use movement, breathing and meditation to improve overall health. I myself, have used QiGong to help cope with stress which created physical symptoms during the middle of the COVID-19 pandemic. After a couple of weeks, I saw a reduction in my symptoms and in a couple of months, I saw resolution of my symptoms. It was enough to convince me to add it to my daily routine! I am so convinced of how effective it is in helping one achieve balance in their lives, I have started adding it to my weekly (weather-permitting) Walking Group with my patients!*

### **Jenny Le, M.D.**