



## News Release

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# Preventive Care Can Be The Solution To Healthcare; The Clue Is In The Toothbrush

Nothing feels quite like a blood pressure cuff as it squeezes the upper arm. Drawing blood for screenings; getting vaccinated; getting a mammogram or a colonoscopy are well worth the discomfort considering the sickness they can prevent. But the power of preventive care lies not in what doctors and nurses can do—but what the individual can do for himself or herself.

The model for preventive care is dental care. Parents teach their children to brush their teeth every day to prevent tooth decay. By the time they are young adults, dental care is second nature; people understand the “why” of dental care, and they take initiative on the “how.”

This begs the question: why don't people have the same relationship with their bodies that they have with their teeth? The answer is people do not have the technology to care for themselves. They know how to brush their teeth, but do not how to care for their bodies.

Hundreds of studies over the last 50 years demonstrate that exercise helps to feel better, live longer and live healthier. But more than 75 new, emerging research studies are proving that Qigong (pronounced “chee gong”) and Tai Chi are healing exercise, and genuine preventive care medicine.

In July 2010, Linda Larkey, PhD, of Arizona State University, and colleagues published a meta-analysis of 77 peer-reviewed journal articles that reported on the results of Tai Chi and Qigong interventions. Assessing data on the 6,410 men and women involved in the 77 studies, the team found that subjects were significantly improved on the health parameters of bone density, cardiopulmonary fitness, physical function, falls and related risk factors, quality of life, self-efficacy, patient-reported outcomes, psychological symptoms, and immune function. Larkey states, “(Tai Chi & QiGong’s) combination of self-awareness with self-correction of the posture and movement of the body, the flow of breath, and mindfulness, are thought to comprise a state that activates the natural self-



regulatory (self-healing) capacity." Larkey continues, "That, in turn, helps trigger beneficial brain hormones and a wide array of natural health recovery mechanisms."

From the June 23, 2009 issue of Harvard's HEALTHBeat:

Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems.

So how does a family add this preventive care to their daily operation? Grandmaster Victor Fu suggests, "In 20 minutes, you can brush your teeth and practice your energy. Spend three minutes brushing your teeth, and 17-minutes breathing deeply and properly stretching your hips & waist."

Fu's new product, Five Element Healing Exercise, was created with the family in mind. It offers five DVDs with seated exercises, QiGong, Tai Chi, BaGua and Xing-Yi for the entire range of human physicality— from seniors in wheelchairs to top-level athletes. Parents can encourage their children to practice healing exercise, and children can do the same for their parents and their grandparents.

Tommy Kirchhoff, one of Fu's top students says, "Tooth brushing makes it easy for families to see how healing exercise should be included in the daily regimen. A person doesn't need to spend two hours a day to be healthy; he or she just needs a daily dose to stay mobile, ward-off sickness and feel great. Obviously, more is better, but if people did just a little healing exercise every day, the whole country would be healthier."

Five Element Healing Exercise is available online at [HealingExercise.org](http://HealingExercise.org).  
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