

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

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.

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.

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 and Tai Chi are healing exercise, and genuine preventive care medicine.

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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 for the entire range of human physicality:Â 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.

Five Element Healing Exercise is available online at HealingExercise.org.