

HEALING EXERCISE WILL FIX WHAT'S AILING YOU

by Tommy Kirchhoff

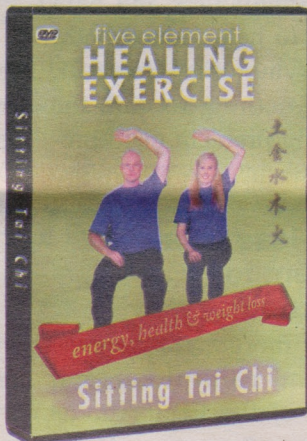
When you think of medicine, you might imagine a nurse squeezing a little pump to check your blood pressure, or people in white lab coats reviewing charts and writing prescriptions. But the hottest new thing in medicine isn't something a doctor can do for you; it's all about what you can do for yourself.

Hundreds of medical studies have emerged in the last few years to prove positive that the special exercises known as Tai Chi and Chi Gong can effectively treat or prevent a broad range of health issues. In fact, the list of medical studies on Tai Chi is as long your arm, and the range of health issues is so broad, the phrase "cure-all" can be said without feeling like you said "snake oil" instead.

The most important thing to know is that the University of Arizona conducted an amazing study in 2010. They simply took the results from 77 medical studies they believed were scientifically credible, and cross-referenced the findings. This gave a bird's eye view of the true healing experienced by 6500 patients who practiced Tai Chi and Chi Gong to treat a myriad of health issues.

When folks hear this, they wonder,

"Is Tai Chi hard? Do I have to sweat?" And the answer is no. If you understand that typical exercise tenses the muscles to build strength, you can understand that Tai Chi and Chi Gong are just the oppo-



site: they forbid the use of strength, and focus on breathing. This makes for a very different kind of "work out" than lifting weights and jumping around.

Combining relaxation, deep breathing, and gentle movements puts the body into a special repair mode. When the blood takes on more oxygen, and the joints get mobilized in their optimal ranges, the internal organs receive a stimulation that significantly lowers blood pressure, boosts the immune system, and makes you feel great both physically and mentally.

If you haven't tried this kind of exercise before, I highly suggest you try our Sitting Tai Chi DVD (please see our ad on page 7). For only \$20.00, you can become a doctor to yourself, and administer the most powerful medicine in the world: Healing Exercise. Imagine neck pain, back pain and arthritis being problems you USED TO HAVE. Imagine cutting your healthcare costs in HALF. Imagine feeling 20 YEARS YOUNGER.

I say these things with great

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confidence. 83-year old Beth L. of Kingston bought our DVDs last month when she read John Heinerman's review in Prime Times. She told me, "I am so amazed that after only one practice my neck pain disappeared." Our friend Megan is a combat veteran who was suffering severely from some bizarre abnormality related to military deployment. After only two weeks of practicing with our DVDs, the War Related Illness Center in Washington D.C. was shocked that Megan could suddenly walk again, cut her medications, and is proving to be on the mend after a whole year of tests that led to no effective healing. The Salt Lake County Library has purchased five of our DVD sets, so you can even check them out there before you buy. I promise you great results.

Tommy Kirchhoff is an eight-year private student of the world-famous Tai Chi Grandmaster, Victor Fu, and the general manager of Healing Exercise which is based in Salt Lake City. For more info, please call 888.278.6028 or visit www.HealingExercise.org