

PRICELESS!

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# Wild Utah

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"Our cleanest issue ever :)"

Trump's trumped  
in Pickled Think  
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All varieties of  
weird  
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Comic Madness!  
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Tai Chi class at Body Tech in Kimball Junction

## Tai Chi - "The Supreme Ultimate"

You only possess two things in this life: your mind and your body. While the body is a feast for the senses, and can perform such feats as downhill ski racing and the 100mph fastball—the body is worthless without the mind. This is why we can say they are two things instead of one.

Though we consider mind and body different, they are connected with the most amazing hardware. We call this the central nervous system. Learning to relax this component/wiring system is the key to optimization of both mind and body.

Stress is the very real opponent of our nervous system. Stress attacks both mind and body like a virus, and it uses our nervous system as its own conduit. Finding ways to fight stress can be a long and winding path; the only way to beat stress is with relaxation. But how often can we really relax? Vacation is a great

way to relax, but you can't do it very often without ending up in the poor house. Sure, alcohol can relax you, but it's temporary and many people drink too much to make it beneficial. But if one considers practicing Tai Chi, stress can be warded off quite easily. Tai Chi is one of the few things you can do to relax and alleviate stress every single day.

What is Tai Chi? The question is so much deeper than most casual readers would be prepared for. But in a nutshell, Tai Chi is good medicine, alchemed in ancient China and proven effective for hundreds and hundreds of years. While Western medicine focuses on "fixin' it once it's broke," Chinese medicine focuses on preventative maintenance.

The four pillars of Chinese medicine are exercise, massage, herbs and acupuncture. Qigong (pronounced "chee-gung") is the

chosen exercise for the body and the mind. It is an art form cultivated over thousands of years, and practiced by over 500 million people around the world. And as any Western doctor will "recommend" exercise, the Chinese are hard wired to keep their bodies healthy through QiGong.

It can be said that the number one exercise practiced on planet Earth is Qigong. Qigong encompasses thousands of different forms, which usually utilize natural movement coordinated with breathing. Tai Chi is one of its better-known and more-practiced forms. Tai Chi is a martial art, which moves the body in strong and natural ways—all the while relaxing both the mind and the body. Of the 500 million people worldwide practicing Qigong, 200 million practice Tai Chi. These awesome numbers make Tai Chi

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