



HEALTH AWARENESS

The Ancient Art Of Health And Happiness

(NAPSA)—The ancient art of t'ai chi has been found by modern scientists to have a serious, positive effect on health.

Invented in the 13th century by the monk Chang Sang Feng, t'ai chi—characterized by soft, slow and flowing movements—has long been thought to help adherents become centered by unblocking the flow of positive energy through their bodies.

Now, *the American Journal of Physical Medicine & Rehabilitation* has weighed in with a review in its September 2004 issue of more than 200 published reports that confirms the practice does, indeed, improve overall quality of life.

According to those reports, t'ai chi has been shown to boost heart function, assist pain management, improve balance, help increase immune response and improve flexibility, strength and kinesthetic sense.

What's more, there's compelling evidence that it helps college students lower their blood pressure and older adults fight insomnia. One Canadian study on rheumatoid arthritis showed that t'ai chi practitioners have a significantly increased range of motion; another study found it prevented bone loss in postmenopausal women; and yet another study at UCLA found that practitioners even manage to fend off shingles.

"The Chinese say that those who practice t'ai chi will attain the pliability of a child, the vitality of a lumberjack and the wisdom of a sage," says Terence Dunn, a Los Angeles-based expert t'ai chi instructor. "The movements are very simple and fluid.



Terence Dunn is a t'ai chi master.

They are easy on the body and calming to the mind."

His students agree. Some have been practicing t'ai chi with him for as long as 15 years, and find they enjoy robust health, greater energy and mental focus—and get positive comments on how fit they look.

Dunn has had more than 30 years of t'ai chi training. He established the first inpatient t'ai chi and qigong therapy programs at major medical centers and became the National Basketball Association's first full-time t'ai chi trainer, working with the Los Angeles Lakers during the 2000-2001 season. The team won that year's championship series.

Now on DVD is his best-selling video set "T'ai Chi for Health," which lets you learn the art affordably, at your own pace and in your own home.

Dunn's DVDs, "T'ai Chi for Health: Yang Long Form" and "T'ai Chi for Health: Yang Short Form," are available at video and book stores or from amazon.com.