

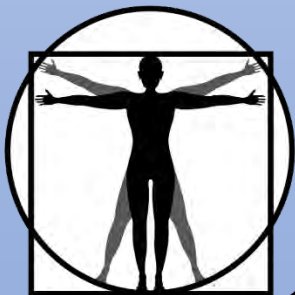
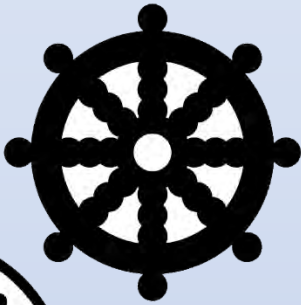
# Whole Health Wisdom: Navigating Holistic Wellness

A Comprehensive Outline

By Jim Moltzan

Book 26

Unlock the secrets to holistic health and discover a life of balance, vitality, and well-being. In this comprehensive outline, you'll embark on a transformative journey that explores the profound connections between mind, body, and spirit. From ancient healing traditions to modern wellness practices, gain insights into nutrition, healthcare modalities, mindfulness, and the power of belief systems. This outline can serve as a “quick” study guide, inspiring further research, and discussion. Teachers and students alike who are seeking to embrace holistic living as a path to achieving lasting health, happiness, longevity, fulfillment, meaning and a sense of purpose can benefit from this outline.





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*We are the architect of our own  
health, happiness, destiny, or fate.*



I am excited to present my outline booklet, ***Whole Health Wisdom***, which delves into the multifaceted world of holistic health, offering readers a comprehensive guide to achieving well-being through a balanced approach to life.

In a society marked by fast-paced living and an overreliance on pharmaceuticals, ***Whole Health Wisdom*** takes readers on a journey towards understanding the profound connection between mind, body, and spirit. Through various in-depth sections, I explore topics ranging from nutrition, physiology, and healthcare modalities to meditation, psychology, and philosophical concepts.

Readers will discover the wisdom of ancient healing traditions such as Traditional Chinese Medicine and Ayurveda, which have withstood the test of time for thousands of years. These modalities, along with other alternative approaches, provide a holistic perspective on health, emphasizing the importance of balance and harmony.

***Whole Health Wisdom*** also empowers individuals to take control of their own well-being, advocating for self-care and the benefits of physical exercise, all while addressing injuries and ailments with natural, non-pharmaceutical solutions. This outline goes further to explore the intricate psychophysiological mechanisms that affect health and how beliefs and belief systems shape our overall well-being.

By incorporating insights from prominent psychologists and philosophers, such as Carl Jung and Sigmund Freud, I shed light on the profound influence of the mind on one's health journey. Readers will gain a deeper understanding of the power of mindfulness, meditation, and the role of belief systems in achieving holistic health.

***Whole Health Wisdom*** is not just another health resource; it is a comprehensive “quick guide” that empowers readers to embrace a holistic lifestyle, fostering well-being at every level of their existence. It is my hope that this outline will inspire the reader to further seek research towards positive change in the lives of many, guiding them towards a path of lasting health, happiness, and fulfillment. I included some of my graphics towards the back, that I feel connect strongly to the topics covered in my outline. Specifically, the graphics offer insights and exercises relative to self-regulation of the nervous system, through deliberate management of thoughts, emotions and relative physiological responses by way of respiration and physical body postures.

Thank you for considering ***Whole Health Wisdom*** as a resource for your inquiry. I look forward to the opportunity to share this transformative work with a broader audience and contribute to the betterment of lives everywhere.

Sincerely,

*Jim Moltzan*

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## **Whole Health Wisdom: Navigating Holistic Wellness:**

### **1) What is holistic health?**

- a) Holistic health is an attitude or perspective towards an individual's health, fitness, and well-being, that views the whole person, and their unique mental, physical, emotional, and spiritual characteristics.
- b) Holistic health focuses upon the interconnectedness of all of these aspects seeking to promote balance and harmony in all areas.
- c) Optimal health and wellness are the overall goals of the holistic health practitioner.
- d) This is achieved through a combination of traditional, conventional, and complementary therapies in order to best address an individual's unique needs in order to promote overall well-being.

### **2) What is wisdom?**

- a) Most would agree that wisdom is the ability to make good decisions by drawing from past knowledge, experience, understanding and insights.
- b) In the context here of holistic health, wisdom may be seen as a more profound understanding of the deep interconnectedness of physical, mental, emotional, and spiritual well-being.
- c) Wisdom involves choosing informed and balanced options in order to manifest overall better health and harmony in one's life.
- d) Wisdom in regard to holistic health means becoming aware that health and well-being goes way beyond the absence of illness and disease and involves balancing all facets of the self in order to better achieve a state of harmony and well-being.
- e) Wisdom from the holistic perspective involves making mindful and informed decisions that ultimately affect one's lifestyle, diet, stress management, and many other factors that play a role in an individual's overall health and well-being.

### **3) Sickness, illness, and disease**

- a) Sickness
  - i) A state of not being well or experiencing health-related issues.
  - ii) Being "sick" is often used somewhat generically to imply experiencing both disease and illness.
  - iii) Being sick can refer to a general feeling of feeling unwell, whether coming from a specific disease, ailment, or a non-specific condition.
- b) Illness
  - i) A broader term that takes into account the physical components of disease in addition to a sufferer's unique experience in feeling unwell.
  - ii) Illness may also include mental, physical, emotional discomfort or trauma.

iii) Illness can also refer to actual experiences of having a disease or health crisis or ailment.

c) Disease

- i) Used mostly in a clinical/medical context in order to describe a specific pathological condition or disorder within the body.
- ii) Diseases are grouped by specific symptoms and cause

#### 4) What causes us to become sick, ill, or diseased?

- a) The root causes of sickness, illness and disease may be quite different from one person to the next. Many factors play a role on the impact of particular health issues.
- b) Preventive measures can be implemented in order to make better health and lifestyle choices.
- c) Seeking early medical intervention can greatly affect the reduction of risks of sickness, illness and disease while promoting overall health and well-being.
- d) Common contributors of sickness, illness, and disease:
  - i) Genetics
  - ii) Aging
  - iii) Pathogens
  - iv) Poor Nutrition
  - v) Stress
  - vi) Chemical Imbalances
  - vii) Chronic Inflammation
  - viii) Environmental Factors
  - ix) Autoimmune Disorders
  - x) Lifestyle Factors/choices

#### 5) Germ Theory vs. Terrain Theory

a) Germ theory and terrain theory are two opposing concepts in the fields of health and medicine, that provide varying perspectives on the root causes of illness.

i) Germ Theory

(1) French chemist and microbiologist Louis Pasteur (1822-1895) conceptualized what is now known as Germ theory.

(2) Years later German physician and microbiologist Robert Koch (1843-1910) would further develop it into the 19th century.

(3) Germ theory proposes that the root causes of most diseases are from bacteria and viruses, which invade the body.

(4) Emphasis should be on prevention and elimination of germs, by using treatments of antibiotics and vaccines.

(5) Germ theory has been the foundation for western allopathic medicine and has led to important advancements in preventing and treating some types of infectious diseases.

ii) Terrain Theory

(1) French scientist Antoine Béchamp (1816-1908) and physiologist Claude Bernard (1813-1878) proposed that the internal

environment of an individual's, or "terrain," can greatly influence whether or not a person will become sick, ill, or diseased.

- (2) They suggested that emphasis upon maintaining a healthy internal environment, by way of proper nutrition, and lifestyle choices are the root factors in determining overall bodily health.
  - (3) The healthier one's internal terrain is, the more likely the body can resist pathogenic germs from entering it and thereby prevent illness.
  - (4) Endorsers of the terrain theory debate that diseases are not entirely caused by germs, but rather are impacted by the overall health and well-being of a person's own individual's internal terrain.
  - (5) Medical modalities of Ayurveda, Traditional Chinese Medicine (TCM), naturopathy and others favor the terrain theory perspective of diet, prevention and lifestyle choices being the root determinants of health and well-being.
- b) Western allopathic medicine sometimes views both germ theory and a healthy terrain as important factors in order to prevent and treat disease and illness, as they are both not mutually exclusive concepts.

#### 6) Health, fitness, and wellness

- a) Achieving high levels of well-being and optimal health involves putting focus on physical fitness, mental and emotional health, wellness within social networks and perhaps other areas.
- i) Health
    - (1) A broad and general term that defines the inclusive status of an individual's physical, mental, and social well-being.
    - (2) Most often refers to the presence or absence of diseases or illness, levels of bodily functions working effectively, and within relative states of homeostasis.
  - ii) Fitness
    - (1) A sub-category of health, fitness focuses primarily on one's physical level of well-being.
    - (2) Fitness can often be seen as how easily or with difficulty a person can perform physical activities.
    - (3) Physical fitness has its own sub-categories of muscular strength, flexibility, cardiovascular endurance, and others.
    - (4) Physical fitness is most often achieved and maintained through consistent and appropriate regular exercise and a balanced healthy diet.
  - iii) Wellness (well-being)
    - (1) Wellness is a term that encompasses a more holistic concept beyond just physical fitness or health.
    - (2) Wellness is composed of the balance in levels of physical, mental, emotional, social, and even spiritual health. Wellness

focuses on balance and harmony through lifestyle choices of self-care and responsibility, prevention, that elicit a higher quality of life.

(3) Wellness may be increased through practices that focus on proper nutrition, mindfulness, stress management, and overall emotional well-being.

## 7) The "Cares" framework

a) This framework categorizes individuals' attitudes and behaviors toward health and well-being into four broad categories:

i) Healthcare (rely upon others to keep you healthy)

(1) Those in this category tend to rely heavily on medical professionals and the healthcare system to maintain their health. They often prioritize regular doctor's visits, medications, and medical advice over their own personal lifestyle choices.

(2) Leaves the individual subject to the will, intent, and competency of others.

ii) Other care (taking care of others more so than yourself)

(1) Those in this category often prioritize the well-being of others, such as their family members or loved ones, over their own.

They may disregard their own health in favor of caring for others, which may lead to burnout and neglect of their own well-being.

(2) While this may be considered commendable, this is not sustainable for long-term situations.

iii) I don't Care (live for the moment, no regard for consequences)

(1) This category describes people who embrace a carefree or reckless attitude toward their health. They may ignore health advice, engage in risky behaviors, and choose immediate gratification without considering the long-term consequences.

(2) Can be seen as a selfish attitude, as one's actions, attitudes and behaviors can affect others.

iv) Self-care (participatory - take control & responsibility for one's well-being)

(1) Those who emphasize self-care actively take control and responsibility for their well-being. They prioritize healthy lifestyle choices, including diet, exercise, stress management, and preventive healthcare. They may seek information and resources to make informed decisions about their health.

(2) Empowers the individual to manage their own well-being, pursue various health options and not become a drain or liability to others.

b) Each of these "cares" reflects a different approach to personal responsibility and health attitudes. It's important to note that individuals may shift between these categories at different times in their lives or depending on their circumstances. Additionally, striking a balance between caring for oneself and

caring for others is often seen as an ideal approach to achieving holistic well-being.

### 8). Other concepts of maintaining health and well-being

- a) The 5 Pillars of Health (Wellness or Lifestyle)
  - i) Although there are various interpretations of this concept, the basic components are that of:
    - (1) Physical
    - (2) Mental
    - (3) Emotional
    - (4) Social
    - (5) Spiritual
  - ii) Or another version:
    - (1) Lifestyle
    - (2) Exercise
    - (3) Adequate rest
    - (4) Proper nutrition
    - (5) Positive attitude/mental wellness
- b) The 7 (or 8 or 9) Dimensions of Well-being:
  - i) Mental
  - ii) Physical
  - iii) Emotional
  - iv) Social
  - v) Financial
  - vi) Spiritual
  - vii) Vocational
  - viii) Environmental
  - ix) Creative
- c) PERMA-V model of well-being and flourishing
  - i) Theory developed by Dr. Martin Seligman in 2012
  - ii) His goal was to address what determines happiness and well-being
    - (1) P - Positive emotion
    - (2) E - Engagement
    - (3) R- Relationships
    - (4) M - Meaning
    - (5) A - Accomplishments
    - (6) V - vitality (added in later)
- d) Happiness – a broad state of emotional well-being, generally defined by positive emotions and life satisfaction.
  - i) Comprised of:
    - (1) Positive emotions
    - (2) Life satisfaction
    - (3) Engagement
    - (4) Purpose
    - (5) Meaning
  - ii) Factors that may influence happiness:

- (1) Genetics
- (2) External circumstances
- (3) Personal choices
- (4) Lifestyle choices
- (5) Physical/mental health
- (6) Spirituality
- iii) Highly subjective to the individual
- iv) Happiness comes from within
- e) Gratitude - a positive emotion usually related to thankfulness and appreciation.
  - i) Attitude of gratitude
    - (1) Making a conscious effort to recognize and appreciate all aspects of being, whether big or small, good, or bad, while navigating life's ups and downs
    - (2) Requires a positive outlook, in spite of circumstances
    - (3) A shift in focus to see things from a different perspective
    - (4) Can manifest positive emotions in others
  - ii) Specific thoughts, emotions and/or attitudes can affect overall health whether in a positive or negative manner.
- f) Subjective well-being (SWB) – a broader concept of how people evaluate and experience their life in relation to various factors:
  - i) Positive or negative thoughts and emotions
  - ii) An overall level of life satisfaction
  - iii) Genes
  - iv) Particular internal/external circumstances
  - v) Behavior/lifestyle
  - vi) Hedonic well-being vs. eudemonic well-being
    - (1) Hedonic - focuses on the pursuit of pleasure and avoidance of pain.
      - (a) Pursuit of positive emotions of happiness, joy, content
      - (b) Reduction of anxiety, anger, and sadness
      - (c) Focus is in the present moment
      - (d) Subject to change
    - (2) Eudaimonic – focuses on living in alignment within an individual's values and in order to achieve one's potential.
      - (a) Strive for person growth and development
      - (b) Pursuit towards fulfilling one's potential, self-realization
      - (c) Having a feeling that one's life has meaning, purpose and direction
      - (d) Looking towards a better future
      - (e) Leaning towards stability

## 9) Factors that have contributing to better health and well-being in the US relative to modern history

- a) Hygiene/sanitation - improvement of sanitation practices, supply and access to clean water along with effective sewage systems, has reduced the spread of waterborne diseases helping to improve overall hygiene.
- b) Nutrition – an increase in understanding of nutrition, along with the need for and availability of more balanced diets helped to improve health outcomes.
- c) Advancement of pharmaceuticals - development and widespread distribution of medicines played a crucial role in preventing many deadly diseases, such as polio, measles, and smallpox.
- d) Technological advances to fields of science, medicine, industry - advancements in healthcare, including the development of antibiotics and medical imaging, revolutionized diagnosis, and treatment. Mass production in industry helped to make products more widely available.
- e) Economic factors - growth in many countries led to better living conditions, which, in turn, contributed to improved health outcomes.
- f) Public health initiatives - public health campaigns offered education and raised awareness about health risks by encouraging healthier behaviors, while discouraging smoking and unsafe sexual practices.
- g) Social issues - Social Security and Medicare, improved access to healthcare and reduced poverty-related health issues.
- h) Lifestyle changes – an increased awareness of the importance of exercise and a healthy lifestyle led to reduced rates of obesity and related diseases.

**10) Ironically, some of these same factors have helped health to decline in the last decades**

- a) Hygiene/sanitation – toxins in the water supply
- b) Nutrition – increase of sugars, salt, chemicals, and toxins in food products
- c) Advancement of pharmaceuticals – dependance upon a “pill for every ill”
- d) Technological advances to fields of science, medicine, industry – recall or bans from products rushed to market, having long-term implications.
- e) Economic factors – marginalized regions having a lack of health resources
- f) Public health initiatives – poor history of corruption and incompetency
- g) Social/political issues – polarizing views on health, well-being, personal freedoms. Increased corruption, lack of ethics and decline in morality all have effects on the health of a population.
- h) Lifestyle changes – people have the freedom to make poor decisions that affect their health and well-being. More permissive attitudes towards drug use, alcohol consumption, sexuality, social media, and other issues have led to more abuse and addiction in these areas affecting health and well-being.

**11) Basic nutrition**

- a) Pursue a balanced diet
- b) Avoid toxins
- c) Food is medicine or poison
- d) Reduce amounts of alcohol, caffeine, sugar, salt, processed foods
- e) Poison is poison (sodium nitrite and nitrates, nicotine, preservatives, aspartame, etc.)

- f) Try to consume less (stop at 80% of fullness)
- g) Living to eat vs. eating to live
- h) All in moderation
- i) Not too much, not too little
  - ii) Not too hot nor not too cold
  - iii) Even too much of a good thing can throw things out of balance
- i) Not all foods that are good for one, may be good for all (i.e., spicy foods, eggs, peanuts, shellfish, fruits, nuts, and others)
- j) Soil nutrient depletion - due to over-farming (monoculture) of the same soil over the last decades, many fruits and vegetables have lost the amount of key nutrients of minerals and vitamins held within each food item. This has led to diminishing nutritional levels being met and requiring more consumption in order to receive adequate amounts of minerals and vitamins.
- k) Key vitamins – organic compounds that the body requires for varying physiological functions such as growth, immune function, metabolism, etc.
- i) Water-soluble vitamins – dissolve in water within the body and are excreted in the urine if not needed. Regular intake is necessary as these vitamins are not stored in the body for later use.
    - (1) B1 (Thiamine)
    - (2) B2 (Riboflavin)
    - (3) B3 (Niacin)
    - (4) B5 (Pantothenic Acid)
    - (5) B6 (Pyridoxine)
    - (6) B7 (Biotin)
    - (7) B9 (Folate or Folic Acid)
    - (8) B12 (Cobalamin)
  - ii) Fat-soluble vitamins – absorbed along with dietary fats. These vitamins can be stored in the body, where excessive amounts can become toxic
    - (1) Vitamin A (Retinol)
    - (2) Vitamin D (D2 (ergocalciferol) & D3 (cholecalciferol)
    - (3) Vitamin E (Tocopherol)
    - (4) Vitamin K (K1 (phyloquinone) & K2 (menaquinone)
- l) Key minerals – inorganic elements that the body requires for physiological functions such as nerve function, energy metabolism, fluid balance, etc.
- i) Calcium
  - ii) Copper
  - iii) Iron
  - iv) Iodine
  - v) Magnesium
  - vi) Manganese
  - vii) Phosphorus
  - viii) Potassium
  - ix) Selenium
  - x) Sodium
  - xi) Sulfur
  - xii) Zinc



## 12) Healthcare modalities

- a) Curing vs. healing
  - i) Curing - fixing a particular issue or ailment
  - ii) Healing – managing and/or coping with a particular issue or ailment
- b) Allopathic, biomedicine, Western
  - i) Modern (misnomer) medicine is a biased term in that many medical modalities, traditional or otherwise are used in modern times
  - ii) Pharmaceuticals are heavily encouraged and prescribed
  - iii) Surgery is often encouraged over other non-invasive treatments
  - iv) Reactive over prevention
    - (1) Prevention – lifestyle choices made before health issues arise
    - (2) Reactive – healthcare treatments prescribed after health issues occur
  - v) Best for acute illness and trauma, chronic ailments not so much
    - (1) Injuries from automobiles, sports, industry, violence, etc. - find a surgeon
    - (2) Illnesses from lifestyle choices or diet, posture, behavior, etc. – consider seeking out a holistic professional
  - vi) Quackery
    - (1) The term quack comes from the German word *quacksalver*, meaning “quicksilver” or “mercury,” which used as a medical treatment (*Siddha*) that was actually a toxic
    - (2) Mercury was actually a key “antibacterial” treatment of regular medicine in the pre-antibiotic era
    - (3) The word quack began to be applied to the practitioners of natural remedies
    - (4) Natural remedies had been considered useful and even essential on the American frontier from the 1500s to the 1850s. Around the same time the American Medical Association (AMA) was formed in 1847, natural treatments suddenly became “quackery”
    - (5) The AMA formed at least partially in response to the prior formation of the American Homeopathic Association in 1842 (Marc Micozzi)
    - (6) Natural healing in the late nineteenth century would become known as “quacker”
  - vii) John D. Rockefeller’s effects on modern healthcare in the US:
    - (1) Beginning in 1901, he founded America's first research institution for experimental medicine
    - (2) Helped to fund the American Cancer Society in 1913
    - (3) Rockefeller worked with Andrew Carnegie to provide funding for medical schools across the country
  - viii) The Abraham Flexner Report of 1910, funded by John D. Rockefeller
    - (1) This report was to help evaluate and potentially restructure medical education in the United States

- (2) Ushered in the new era of Western medicine
- (3) Set requirements and standards for healthcare in the US
- (4) This event basically, eliminated any traditional medicines and/or treatments in the US
- (5) Therapies such as homeopathy, herbal medicine, essential oils, chiropractic, and naturopathy were commonplace at this time, but became categorized as unscientific and quackery.

ix) Iatrogenic illness

(1) Iatrogenic illness is an illness that is caused by a medication or physician.

(a) Percentage of medical errors by type:

- (i) Technical errors (44 percent)
- (ii) Diagnosis (17 percent)
- (iii) Failure to prevent injury (12 percent)
- (iv) Errors in the use of a drug (10 percent)

(b) CDC's 2014 List of leading causes of death

- (i) Heart disease – 600,000 lives
- (ii) Cancer – 600,000 lives
- (iii) Medical errors – 250,000 lives (Johns Hopkins study)

(iv) The actual number of deaths may be even higher, as malpractice is often under-recognized or not reported. About 85,000 lawsuits are filed against medical professionals across the country every year.

(2) Incompetency vs. willful intent

c) Alternative and/or Holistic Medicine

i) Osteopathy

(1) Founded by Andrew Taylor Still, in the US in 1874

- (a) Believed that remedies for disease are available in the correctly adjusted body, obtained through manipulative techniques and concomitant medical and surgical therapy.
- (b) Prevention
- (c) Well-being of the whole body
- (d) Cranial adjustments

(2) The Tenets of Osteopathic Medicine:

- (a) The body is a whole unit where the person is a unit of body, mind, and spirit.
- (b) The body is capable of self-regulation, self-healing, and health maintenance.
- (c) Structure and function are reciprocally interrelated.
- (d) Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.
- (e) Pharmaceuticals are sometimes encouraged and prescribed

ii) Naturopathy

- (1) Founded by Benedict Lust, in the US in 1901
- (2) Harry Lindlahr (1914) publication of *Nature's Cure*
- (3) *vis medicatrix naturae* or the healing power of nature
- (4) Therapeutic order
  - (a) Reestablish the basis for health
  - (b) Stimulate the healing power of nature
  - (c) Support and nourish weakened systems
  - (d) Address and Correct deficiencies in structural integrity
  - (e) Prescribe specific substances and modalities for specific conditions and biochemical pathways
  - (f) Prescribe pharmaceutical substances
  - (g) Use of surgery, radiation, chemotherapy, or other invasive methods

iii) Chiropractic

- (1) Founded by Daniel Palmer in 1895
- (2) Two fundamental premises:
  - (a) Vertebral subluxation (which Palmer defined as spinal misalignment causing abnormal nerve transmission) is the root cause of almost all disease
  - (b) Chiropractic adjustment by way of manual manipulation of the subluxated vertebra is the cure to most disease.
- (3) Key principles of chiropractic:
  - (a) Structure and function exist in intimate relation with one another.
  - (b) Structural distortions can cause functional abnormalities.
  - (c) Vertebral subluxation (spinal joint dysfunction with neurological effects) is a significant form of structural distortion and leads to a variety of functional abnormalities.
  - (d) The nervous system occupies a central role in the restoration and maintenance of proper bodily function.
  - (e) Subluxation influences bodily function primarily through neurological means.
  - (f) Chiropractic spinal adjustment is specific and definitive

iv) Homeopathy

- (1) Founded by Samuel Hahnemann, in Germany in 1796
- (2) Focus is to treat the whole person's mind, body, and spirit and not just the disease and its symptoms.
- (3) Stimulates the healing responses to diseases by administering ultra-dilutions of substances that mirror the symptoms of those diseases in healthy people.
- (4) "Like treats like"
- (5) Treatments include
  - (a) Homeopathic remedies
  - (b) Dietary recommendations
  - (c) Lifestyle modifications

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- (d) Herbal supplements
- (6) Principles of Homeopathy
  - (a) Principle 1 - The Law of Similars or like cures like (The fundamental law of homeopathy)
  - (b) Principle 2 - Single remedy for multiple complaints
  - (c) Principle 3 - Individualization
  - (d) Principle 4 - Long-term results
  - (e) Principle 5 - Order of Healing
  - (f) Principle 6 - The Minimum Dose
- d) Traditional Medical Modalities
  - i) Native American Healing
    - (1) Indigenous populations in North and South America have their own traditional healing practices, often involving the use of medicinal plants and rituals.
      - (a) Sweat lodges, smudging ceremonies, and the use of specific herbs
      - (b) Spiritual connection to the Earth and nature
  - ii) African, Southeast Asian, Hawaiian Traditional Medicine
    - (1) Various cultures have their own healing practices, which often involve the use of medicinal plants, divination, and spiritual rituals.
    - (2) Healers, known as traditional healers or herbalists, play a central role in many populations and communities.
  - iii) Shamanism
    - (1) Shamanic healing practices are found in many indigenous cultures across the globe.
    - (2) Shamans, or spiritual leaders, often use rituals, trance states, and herbal remedies to heal physical and spiritual ailments.
  - iv) Siddha
    - (1) One of the most ancient medical systems of India.
    - (2) Siddha is the mother medicine of ancient Tamils/Dravidians of peninsular South India.
    - (3) The word Siddha means established truth
    - (4) Based upon the belief that all objects in the universe including human body are composed of five basic elements namely, earth, water, fire, air and sky
    - (5) distinctive in its use of alchemy, with fundamental principles that conform to the alchemical traditions of ancient Greece and China.
  - v) Ayurveda
    - (1) Ancient system of medicine that originated in India
    - (2) Rooted in Hinduism and Buddhism
    - (3) Based upon holistically treating the mind, body and spirit
    - (4) Has been practiced for over 5,000 years.
    - (5) Translates to “life knowledge”
    - (6) Elemental balance of:

- (a) Space or Ether (*Akasha*)
- (b) Air (*Vayu*)
- (c) Fire (*Tejas*)
- (d) Water (*Jala, Apa*)
- (e) Earth (*Prthivi*)
- (7) Focuses upon the balance of bodily energies, known as doshas (*Vata, Pitta, and Kapha*)
- (8) Methods:
  - (a) Dietary and lifestyle routines
  - (b) Herbal remedies
  - (c) *Swedana* (sweating)
  - (d) *Snehana* (ingesting foods containing oil over several Days)
  - (e) *Shirodhara* (herbalized oil dripped on the patient's forehead)
  - (f) *Udvardna* (patient's entire body covered in a herbalized paste)
  - (g) *Pichhila* (massage using a special, herbalized oil applied liberally to the whole body)
  - (h) *Nadis and marma points* (similar to acupuncture of TCM)
  - (i) *Panchakarma* (the five purification therapies)
    - (i) *Vamana* (emesis)
    - (ii) *Virechana* (purgation)
    - (iii) *Basti* (enema)
    - (iv) *Nasya* (nasal administration)
    - (v) *Raktamosha* (bloodletting)
  - (j) *Yoga* (to yoke, unite)
  - (k) Many various types of yoga and goals:
    - (i) *Hatha*
    - (ii) *Ashtanga*
    - (iii) *Iyengar*
    - (iv) *Bikram*
    - (v) *Yin*
  - (l) 8 Limbs of yoga
    - (i) *Yama* (Restraints)
    - (ii) *Niyama* (Observances)
    - (iii) *Asana* (Posture)
    - (iv) *Pranayama* (Breath Control)
    - (v) *Pratyahara* (Withdrawal of the Senses)
    - (vi) *Dharana* (Concentration)
    - (vii) *Dhyana* (Meditation)
    - (viii) *Samadhi* (Pure Contemplation)

(9) Beyond yoga, Ayurveda is currently not widely practiced as a healthcare system within the US.

vi) Traditional Chinese Medicine

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- (1) A holistic system of medicine that has been practiced for 3000-5000 years in China and other East Asian countries.
- (2) Rooted in Taoism and relative philosophical concepts.
- (3) Based on balance and harmony (*yin* and *yang*) of the 5 Element Theory (Wuxia).
- (4) Introduced to the US through NY Times columnist James Reston after suffering appendicitis while covering Nixon in China 1971.
- (5) "*Death begins in the big toe*"
- (a) Small and insignificant issues can lead to bigger issues if not properly addressed.
  - (b) Referred pain manifest throughout a kinetic chain
- (6) Focuses on balancing the body's vital energy (Qi).
- (a) Therapeutic methods
    - (i) Acupuncture
    - (ii) Acupressure
    - (iii) Auricular therapy
    - (iv) Herbs and diet
    - (v) Moxibustion
    - (vi) *Tuina*
    - (vii) *Gua sha*
    - (viii) Cupping
  - (b) Exercises
    - (i) *Qigong* – (energy work) breathing exercise practiced sitting, standing, or moving
    - (ii) *Tai chi* – is a qigong practice practiced while moving, often referred to as "yoga in motion"
- e) Energy Centers of the Body
- i) Energetic anatomy concepts have been known for thousands of years in other cultures.
  - ii) *Dan tiens* (from TCM – lower, middle, and upper)
  - iii) *Chakras* (from Ayurveda- 7 locations from perineum to crown of the head)
  - iv) More recently studied within allopathic medicine research as the myofascial tissue possibly being the conduit for energy transport and distribution throughout the body.
- f) Complementary Alternative and Integrated Therapeutic Treatments
- i) Massage/bodywork
    - (1) Massage
      - (a) Swedish
      - (b) Thai
      - (c) Deep tissue
      - (d) Tuina
    - (2) Myofascial release
      - (a) Release of tension and knots in the myofascial tissues
      - (b) Similar to massage but somewhat more aggressive

- (c) Passive vs. Participatory
  - (i) Passive - someone else performs the therapy
  - (ii) Participatory - the individual performs their own therapy
    - 1. Stretching
    - 2. Yoga
    - 3. *Daoyin* (push energy)
    - 4. Tai Chi “silk reeling” exercises
  - (3) Roling – similar to myofascial release but performed with a more holistic approach to the whole body being treated together
  - (4) Reflexology – Acupressure
    - (a) Hands
    - (b) Feet
    - (c) Ears (auricular therapy)
    - (d) Throughout the whole body at various locations
  - (5) Reiki - a Japanese technique practiced, rooted in the belief that a practitioner can channel “*qi*” or life force, universal life energy, etc., into another’s body to in order to facilitate better health and healing.
  - (6) Healing Touch - a more contemporary “hands on” energy healing therapy that is based on other holistic and energy-based healing traditions.
- ii) Biofeedback
  - (1) Clinical applications and treatments
  - (2) Wearables – Fitbits, heart and O<sub>2</sub> monitors
- iii) Breathwork
  - (1) Meditation
  - (2) Pranayama
  - (3) Qigong
  - (4) Mind-based stress reduction (MBSR)
- iv) Mind-based stress reduction (MBSR)
  - (1) Termed as such by Jon Kabat-Zinn (1979)
  - (2) Methods focus upon self-care
  - (3) Rooted in Buddhism
  - (4) Methods
    - (a) Meditation
    - (b) *Loving Kindness*
    - (c) Mountain
    - (d) Body scan
    - (e) Visualization
    - (f) Walking & moving meditation
- v) Hot/cold plunging and/or compresses (Harry Lindlahr, Wim Hof)
- vi) Light therapy
  - (1) Phototherapy (UVB)
  - (2) Photochemotherapy (PUVB)
- vii) Color therapy

- viii) Magnetic therapy
- ix) Nature bathing
- x) Emotional Support Animals (ESA)
- xi) Fasting
  - (1) Food and beverage
  - (2) Electronic devices
  - (3) Social Fasting
    - (a) Social media
    - (b) Sabbatical
    - (c) Light deprivation
- xii) Music therapy
  - (1) Affects the nervous system and relative internal organ systems
  - (2) Specific tones can either stimulate or sedate components of the central nervous system
  - (3) Timing and/or cadence
  - (4) Singing bowls and/or other instruments produce vibrations and frequencies
  - (5) 4:4, slower than 15 breaths per minute (BPM); below 10 is ideal
  - (6) Entrainment- synchronicity of physiological mechanisms with tempo of music:
    - (a) Heart rate
    - (b) Respiration rate
    - (c) Body movement
- xiii) Autogenic Therapy
  - (1) Individual tries to image specific parts of their body become warm and/or heavy, in order to produce a more relaxed state of being.
  - (2) contraindicated for people with psychotic disorders, possible due to an enhanced possibility of disconnecting from one's reality.

### 13) Medicalization or Pathologization

- a) The social process of which a condition becomes a medical disease in need of treatment
- b) Can be driven by:
  - i) New evidence or hypotheses about conditions
  - ii) By changing social attitudes or economic considerations
  - iii) By the development of new medications or treatments.
- c) Can lead to iatrogenesis (illness and social problems increase due to medical intervention)
  - i) *Clinical* – may involve serious side effects that may be worse than the original condition
  - ii) *Social* - the general public becomes or is made docile and reliant on the medical profession to cope with life in their society



- iii) *Structural* - the idea of aging and dying as medical illnesses basically "medicalizes" human life, leading individuals, and societies less able to deal with "natural" processes
- iv) "A pill for every ill" in spite of not pharmaceutical options being available
- d) Examples of medicalization
  - i) Childbirth (most basic and natural biological process)
  - ii) Obesity
  - iii) Cigarette addiction
  - iv) Alcoholism
  - v) Unwanted pregnancy
  - vi) Hyperkinetic reaction of childhood, Hyperkinesis and/or Attention deficit hyperactivity disorder (ADHD)

**14) Herbology/phytotherapy**

- a) Plants and herbs used for medicinal purposes
- b) Used throughout the world in TCM, Ayurveda, indigenous cultures
- c) Basic concept that food is either medicine or poison
- d) Safe and effective choices
- e) Risks vs. rewards
- f) Psychedelics
  - i) Also referred to as "teacher plants"
    - (1) Psilocybin
    - (2) Ayahuasca
    - (3) San Pedro
    - (4) MDA
    - (5) Mescaline
  - ii) Recreation uses vs. medical treatment
- g) What may be healthy, beneficial, and safe for some, may not be for others (i.e., cilantro aversion, garlic, onions, cayenne, ginger, turmeric, cinnamon, rosemary, dill, ginseng, licorice, astragalus, ephedra, kava, and others)

**15) Injuries that sometimes can be treated without pharmaceuticals and with physical exercises and/or other alternative methods**

- a) Neck
- b) Shoulder
- c) Wrist
- d) Fingers
- e) Spine
- f) Knees

**16) Ailments that sometimes can be treated without pharmaceuticals and with physical exercises and/or other alternative methods**

- a) Headaches
- b) Allergies
- c) Heartburn
- d) Stomach issues

- e) Anxiety
- f) Depression
- g) Insomnia

**17) Management of stress, anxiety, and PTSD with various methods**

- a) Breathwork
- b) Biofeedback
- c) Meditation
- d) Mindful based stress reduction (MBSR)
- e) Exercise
- f) Mind and body practices:
  - i) Yoga
  - ii) Qigong
  - iii) Tai Chi
  - iv) Pilates
  - v) Music
  - vi) Cannabis, psychedelics

**18) Meditation**

- a) Focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state
- b) May or may not be associated with spiritual and/or religious practices
- c) Meditation has gained some resurgence and popularity in recent years as more people are seeking non-pharmaceutical options for managing mental ailments.
- d) With marketing, repackaging and pop-culture seeing meditation as a type of “new” or “alternative” method of self-care in spite of its ancient origins.
  - i) Stationary/static (sitting and/or sitting) methods
    - (1) Vipassana - striving to “see things as they really are”
    - (2) Transcendental (mantras)
    - (3) Loving Kindness (*Metta Bhavana*)
    - (4) Mountain
    - (5) Body scan (*Shavasana*)
    - (6) Visualization and/or guided imagery
    - (7) Yoga (static)
    - (8) Qigong (static)
    - (9) Vision Quest (Native American)
    - (10) *Chumsa* (Korean Taoist practices)
    - (11) Zen (Zazen)
  - ii) Moving methods of meditation
    - (1) Qigong (dynamic or moving)
    - (2) Tai chi
    - (3) Ritualistic postures (flow *yoga*, *daoyin*)
    - (4) Walking
      - (a) Mindful walking

- (b) Hiking
- (c) *Baguazhang* (martial arts with regulated breathing, walking and postures)
- iii) Other deliberate skillful or creative methods that can bring someone into the present moment also known as “a meditative state”
  - (1) Instrument and/or music playing
  - (2) Gardening
  - (3) Cooking
  - (4) Drawing, painting, artistic activities
  - (5) Dance
  - (6) Photography
  - (7) Journaling
- iv) Methods that may use the element of danger to elicit the meditative state:
  - (1) Archery practice
  - (2) Firearm target shooting
  - (3) Martial arts weapons practice
  - (4) Extreme sports (skydiving, rock climbing, etc.)
  - (5) Firewalking
  - (6) Breath-holding (freediving, some yogic pranayama practices)
  - (7) Sensory deprivation
- e) On the spiritual level:
  - i) Prayer – the individual talks to a higher power
  - ii) Meditation – the individual listens to a higher power

**19) Physical exercise**

- a) Exercise refers to a wide variety of bodily activities intended to maintain or increase fitness, health, and overall well-being.
- b) Physical exercise is perhaps the single most important component towards achieving and maintaining better health.
- c) Physical exercise provides a pathway to better understanding of own’s body and consequently one’s own self-awareness physically as well as mentally.
- d) Exercise is the pill you take today to avoid disease and illness of tomorrow, changing the perspective of a “pill for every ill.”
- e) Pandiculation – while not really a conscious form of exercise, random simultaneous stretching of various muscle groups helps to increase blood circulation, releases muscle tension, improves joint flexibility and activation of neural pathways.
- f) Methods (not a complete list)
  - i) Calisthenics
  - ii) Running/walking
  - iii) Hiking
  - iv) Biking
  - v) Swimming
  - vi) Weight training
  - vii) Cross Training

- viii) Jazzercise
- ix) Isometrics
- x) Aerobics
- xi) Weight bearing exercises
- xii) Functional fitness
- xiii) High intensity training (HIT)
- xiv) Yoga
- xv) Qigong
- xvi) Pilates
- xvii) Barre
- xviii) Martial arts

(1) Perhaps hundreds of styles/variations

(2) Many have components of:

- (a) Health/fitness
- (b) Healing
- (c) Martial applications
- (d) Self-awareness
- (e) Spirituality
- (f) Acupuncture/acupressure
- (g) Herbs

(3) *Daoyin* – physical health and energy exercises

(4) *Qigong, tai chi* – breathwork and meditation exercises

(a) Tai chi *is* a type of qigong, but not all qigong *is* tai chi

(b) Qigong focuses upon the *10/30/60 rule* where:

- (i) The physical aspect is responsible for 10% of your results
- (ii) The breathing aspect is responsible for 30% of your results.
- (iii) The meditation aspect is responsible for 60% of your results

(c) Tai chi and qigong can contain multiple meditation methods in an “all in one package” containing:

- (i) Body scan
- (ii) Guided imagery and/or visualization
- (iii) Mindful breathing (*Anapanasati*)
- (iv) Moving/walking meditation
- (v) Mantra
- (vi) Loving Kindness (*Metta*)
- (i) Autogenic therapy as a meditation

## 20) Kinesiology related concepts

- a) Bilateral, symmetrical exercises
  - i) Left/right
  - ii) Upper/lower
  - iii) Inner/outer
- b) Concentric vs eccentric exercises

- i) Concentric – contracting or squeezing of a particular muscle
- ii) Eccentric – elongating or extension of a particular muscle
- c) Biology related to body movements - anaerobic, aerobic, anabolic, catabolic
  - i) Anaerobic and aerobic processes, as well as anabolism and catabolism, are all interconnected and play essential roles in the context of physical exercise and energy metabolism.

(1) Anaerobic refers to processes that happen without the use of oxygen. While performing intense, short-duration activities like weightlifting or sprint running, the body relies mostly on anaerobic metabolism to generate energy. This process breaks down stored energy sources, such as glycogen and ATP, which do not require oxygen. This produces energy very rapidly but is not sustainable for long amounts of time.

(2) Aerobics refers to processes that use oxygen to generate energy. Activities like running, swimming, or cycling are examples of aerobic exercises. Aerobic metabolism mostly relies on the oxidation of carbohydrates, fats, and sometimes proteins to produce adenosine triphosphate (ATP), which is our body's primary energy currency. Aerobic metabolism is more sustainable for prolonged exercise because it can provide a consistent supply of energy.

(3) Anabolism refers to the building of simpler molecules into more complex ones. Relative to physical exercise, this process includes the muscle protein synthesis. When someone performs strength or resistance exercises, anabolism plays an important function in repairing and building muscle tissue, leading to muscle growth.

(4) Catabolism is when complex molecules are broken into simpler ones, which releases energy in the process. While exercising, catabolism mostly involves the breakdown of carbohydrates, fats, and proteins to produce energy for muscle contraction. This is important during aerobic activities as sustained energy production is necessary.

- d) Perpetual motion - "A body in motion, stays in motion"
- e) Kinetic linking and referred pain
  - i) Relative to injuries
  - ii) Relative to exercise
  - iii) Power generation for sports and martial arts applications
- f) Movement within the 3 anatomical planes
  - i) Coronal
  - ii) Transverse
  - iii) Sagittal
- g) Cross-crawl relationship to neuroplasticity
  - i) Movement of limbs across the centerline makes the cognitive functions of the left and right hemispheres of the brain produce more neural pathways (new learning = new pathways).

- ii) This mechanism is important for cerebral activities of learning language, reading, physical coordination and hand-eye coordination.
- h) Posture
  - i) How we stand
  - ii) How we sit
  - iii) How we move
  - iv) How these all affect the kinetic chains, that can produce local and referred pain
  - v) Most often affected by lifestyle, habits, and duration of time
    - (1) Sitting all day
    - (2) Standing all day
    - (3) Repetitive actions for job, sports, etc.
    - (4) Wallet or purse on one side
    - (5) Holding a child on one side
- i) The "Tourniquet Effect"
  - i) Temporary engagement of specific muscles restricts blood flow to a particular region of the body.
  - ii) In specific exercises from yoga, martial arts, isometrics, Pilates and others, the goal is using this technique to stimulate blood circulation a restrict then release action is desired.
  - iii) This phenomenon is thought to help flush fresh blood and oxygen through the veins, arteries and organs.

## 21) Physical core development

- a) Directly relates to spinal engagement and articulation
  - i) Core muscles surrounding the spine provide structural stability.
  - ii) Strength in these muscles helps to maintain proper alignments, control, and efficacy of movement.
- b) Affects all components of the kinetic chain from head to toe
  - i) A strong core helps to efficiently transfer energy and/or force throughout the muscles and joints as we engage in typical body movements.
  - ii) A weak core can lead to instability and injury throughout the body as all components are interconnected.
- c) Abdominal breathing
  - i) Breathing from the respiratory diaphragm engages core muscles, helping to further build strength and stability.
  - ii) Movement of the diaphragm exercises and strengthens the internal organs.

## 22) Balance - various types

- a) Symmetrical - structural
  - (i) Left/right
  - (ii) Top/bottom
  - (iii) Front/back
  - (iv) Inner/outer
- b) Mental and physical

- j) The Mind protects and manages the body
- ii) The body protects the mind
- c) Vestibular (inner ear) balance
  - i) Hydration is essential to help maintain the proper composition and volume of fluids in the inner ear, which is important for the function of structures like the cristae within the semicircular canals.
  - ii) Dehydration can disrupt this balance and affect vestibular function, potentially leading to balance issues.
- d) Balance exercises (fall prevention) should address:
  - i) Awareness of center of gravity
  - ii) Strength
  - iii) Flexibility
  - iv) Mental focus and awareness
  - v) Downward spiral of health after injury from falling
  - vi) Importance of grip strength
  - vii) Combination of both concentric and eccentric exercises
  - viii) Awareness of osteopenia and osteoporosis and need for weight-bearing exercise
  - ix) Learning how to fall properly
- e) Philosophical balance (as in yin and yang from Taoism)
  - i) Opposition - contrast, i.e., black and white
  - ii) Interdependence - reliance upon the other for existence of each
  - iii) Mutual consumption - opposing elements consume the other, i.e., night and day
  - iv) Mutual transformation - opposing elements together produce another, i.e., sperm and egg
  - v) Infinite divisibility – opposing elements can be endlessly subdivided, i.e., shades of a color, degrees of temperature, amounts of good and evil

### 23) Learning

- a) How we gather information
  - i) Learn by seeing
  - ii) Learn by hearing
  - iii) Learn by feeling
- b) Surface learning
  - i) Learning and/or studying with the primary goal of memorizing information for short-term access, such as for an exam, course.
  - ii) Involves rote learning (memorization through repetition)
- c) Deep learning
  - i) Primary goal of retaining and applying the knowledge for real-world applications
  - ii) Often requires problem solving, critical thinking, and maybe a genuine interest in the subject matter
- d) Strategic learning
  - i) Includes a mixture of both surface and deep learning approaches.

- ii) More specific to the individual's goals and/or circumstances depending on the situation.
- e) How we process learning
  - i) Head, stomach, feet
    - (1) Head – learn through stimulus
    - (2) Stomach – digest
    - (3) Feet - implement knowledge
  - ii) “Cherry picking” of what we like or don't like to fit our views and beliefs
  - iii) Neuroplasticity – when cognitive functions of the left and right hemispheres of the brain produce more neural pathways (new learning = new pathways).
  - iv) Memory encoding
  - v) Memory Retention of Skillful practices requiring repetitive training
    - (1) magic number 7 +/-2, chunking
    - (2) 1 hour = “familiar” (heard of something)
    - (3) 10 hours = “good” (1 day) 100 Hours = “proficient” (2 weeks)
    - (4) 1000 Hours = “expert” (6 months)
    - (5) 10000 Hours = “mastery”
- f) “Learn to earn”
  - i) One must learn something and understand it effectively before teaching it to another
  - ii) Difficult to teach what you yourself are not proficient with
  - iii) Learn to understand – earn to have purpose and meaning

#### 24) Specific psychophysiological components that affect health

- a) Somatization vs. psychosomatic
  - i) Somatization - process where emotional distress manifests into physical symptoms
  - ii) Psychosomatic – a broader term that refers to the interactions between psychological and physiological factors in regard to health and illness
  - iii) Somatization is a form of psychosomatic manifestation, while not all psychosomatic symptoms involve somatization.
- b) Homeostasis vs. allostasis
  - i) Homeostasis – the body's ongoing attempt to maintaining tight ranges of variability on physiological systems that promote immediate survival, such as temperature, blood chemistry, and blood oxygen levels
  - ii) Allostasis - “remaining stable by being able to change.”
    - (1) The process of when the body responds to stressors in order to regain homeostasis
    - (2) achieving stability through change
    - (3) Promotes adaptation and coping
  - iii) Allostatic load
    - (1) The cumulative effects that chronic stress has on mental and physical health or biological wear and tear (Bruce McEwen)
    - (2) Conditions that lead to allostatic load
      - (a) Repeated “hits”



- (b) Lack of adaptation
- (c) Prolonged response
- (d) Inadequate response

c) Stimuli

- i) Internal - changes, experiences, or feelings that occur within an individual
  - (1) Hunger, thirst, and emotional states.
  - (2) Pain, discomfort, and temperature sensed within the body
- ii) External - changes or experiences that occur outside of one's body
  - (1) Touch, pain, vision, smell, taste, sound, and balance
  - (2) Cold or hot weather, light levels, or perceived danger

d) Communication is a source of stimuli

- i) Communications have intent, meaning and depth
- ii) Can be perceived as positive, negative, or otherwise, eliciting thoughts, emotions, physiological mechanisms as well as physical actions.
- iii) Direct and indirect delivery of communications
  - (1) Direct – the speaker or communicator is responsible for clear messaging, by being exact in their meaning
  - (2) Indirect – the communicator may use subtlety, discretion, timing, etc., in order for the receiver to have more responsibility to interpret the other communicators meaning

iv) Verbal communications

- (1) Spoken
  - (2) In-person, face to face
  - (3) Telephone conversing
  - (4) Video (Zoom)
  - (5) One-on one, small group, public speaking
- (6) Paralanguage
  - (a) Volume of voice
  - (b) Tone of wording
  - (c) Pitch
  - (d) Tempo

iv) Written communications

- (1) Letters
- (2) Motes
- (3) Reports
- (4) Forms
- (5) Emails
- (6) Text messaging

v) Non-verbal communications

- (1) Proxemics – special behavior when communicating
  - (a) Intimate space
  - (b) Personal space
  - (c) social space
  - (d) Public space
- (2) Kinesics – body language

- (a) Facial gestures
- (b) Hand gestures
- (c) Posture
- (3) Paralanguage
  - (a) Volume of voice
  - (b) Tone of wording
  - (c) Pitch
  - (d) Tempo
- (4) Haptics
  - (a) Handshakes
  - (b) Hugs
  - (c) Pats
  - (d) Kisses
  - (e) Slaps
  - (f) Nudges/bumps
- (5) Visual communications
  - (a) Graphics
  - (b) Symbols
  - (c) Signs
  - (d) Visual aids
  - (e) Art
  - (f) Dance
  - (g) Music
  - (h) Photography

- e) Default mode vs. focus mode of attention
  - i) Default mode – “wandering mind” of 150 varying thoughts at any one time
  - ii) Focus mode – when attention is put on a particular thought or task at hand

- f) Senses
  - i) Prepare an organism for:
    - (1) Threats
    - (2) Challenges
    - (3) Opportunities
  - ii) 5 basic senses
    - (1) Vision – sight – eyes
    - (2) Olfactory – smell – nose
    - (3) Auditory – hearing – ears
    - (4) Tactile – touch – skin
    - (5) Gustation – taste – tongue
  - iii) Extra senses
    - (1) Sense of time
    - (2) Proprioception (sense of special orientation)
    - (3) Interoception (sense of internal organs, heart rate, temperature)

- g) Emotions
  - i) Discrete emotion traditions

- (1) Basic emotions seen across all cultures
- (2) Fear, sadness, happiness, anger, disgust
- (3) Specific emotions elicit specific physiological responses

ii) Components of emotions

- (1) Subjective component - how we experience the emotion
- (2) Physiological component - how our body reacts to the emotion
- (3) Expressive component - how we behave in response to the emotion

iii) Purposes

- (1) Serve as a type of thermometer of mental status
- (2) Initiate actions relative to survival, avoiding danger, well-being, and happiness.
- (3) Emotions are connected to and influence cognitive skills such as memory, decision-making, attention, executive function, critical thinking, problem-solving and regulation, which all have key roles in learning.
- (4) Help us to understand ourselves and others

iv) Correlation to organs

- (1) Anger – liver
- (2) Joy – heart
- (3) Worry – stomach
- (4) Grief – lungs
- (5) Fear - bladder

v) Cure the body with mind, cure the mind with the body

- (1) Look to issues with mind that affect the body
- (2) Look to issues with the body that affect the mind

h) Emotional self-regulation

i) The ability to become self-aware, cognitive, and participatory of one's emotions (metacognition)

ii) Stages of self-regulation

- (1) Self-observation – reflect on our own behavior
- (2) Judgement – compare/contrast to what we perceive as the norm or standard
- (3) Self-response - keep emotions in check as needed

iii) Awareness of self-modulation of the autonomic nervous system

- (1) "Autonomic self-regulation" involves an individual's ability to deliberately influence specific facets of their autonomic nervous system.
  - (a) Conscious control of involuntary bodily functions such as:
    - (i) Heart rate
    - (ii) Respiratory rate
    - (iii) Digestion

(2) Limbic system of the brain, and its components, are responsible for autonomic self-regulation:

- (a) Amygdala – brain region that processes fear

- (b) Anterior cingulate cortex (ACC) – processes reward and punishment information, which manifest emotional responses to behavior and actions
- (c) Thalamus - processes and “routers” brain signals
- (d) Hypothalamus – monitors and regulates autonomic functions
- (e) Basal ganglia - modulates processes of motor control and emotion recognition or expression
- (f) Hippocampus – regulates long-term memory encoding and storage
- iv) Use of coping mechanisms
  - (1) Mindfulness
  - (2) Deliberate breathing practices
  - (3) Meditation
  - (4) Mental Exercises
  - (5) Physical exercises
  - (6) Mind and body exercises (yoga, qigong, tai chi, instrument playing, gardening, hiking, etc.)

i) Stress

- i) Stress is the mind and body’s reaction to what and how much is a perceived threat.
- ii) Exist in a state of constant change
- iii) Comes from psychological, physiological, or social stimuli (stressors)
- iv) Stressors
  - (1) Stressors are stimuli that elicit a mental or physical response
  - (2) Can come from internal or external stressors
  - (3) Based upon perception and appraisal
- v) Needed in order navigate life’s ups and downs
- vi) Eustress – good stress, manageable stress which can lead to growth and enhanced competence
- vii) Distress - bad stress, uncontrollable, prolonged, or overwhelming stress that is destructive
- viii) Adaptation - the change that takes place as a result of the response to a stressor
- ix) Coping - a balancing act between biological, psychological, and social process
- j) Stress reaction vs. stress response
  - i) Stress response – the physiological mechanisms that are initiated in response to stimuli
  - ii) Termed “*stress response*” from Hungarian endocrinologist, Hans Selye (1956) now recognized as the father of biological stress research
    - (1) General adaptation syndrome (GAS)
      - (a) Stage 1: Alarm
      - (b) Stage 2: Resistance
      - (c) Stage 3: Exhaustion

- (2) Explained the *hypothalamic-pituitary-adrenal axis (HPA axis)* system which prepares the body to cope with stress
- (3) Explained about the *local adaptation syndrome* which refers to the inflammatory response and repair processes that occur at the local site of tissue injury which may lead to GAS if the local injury is severe enough.
- iii) Endocrine component of the stress response has three stages:
- (1) Fixed reflex
  - (2) Modification with experience
  - (3) Cognitive and emotional interactions
- iv) Hormone secretion during psychological stress results from a complex of CNS events including:
- (1) Interactions between the prefrontal cortex and the amygdala during the appraisal process
  - (2) Autonomic and endocrine outputs from the hypothalamus,
  - (3) Along with descending signals to the brainstem and spinal cord.
- v) Primary hormone of cortisol (CORT) secreted during long-term stress longer than 30 minutes
- vi) Epinephrine (EPI) and Norepinephrine (NE) secreted during immediate stress (acting as hormones and neurotransmitters)
- k) Stress reaction
- i) How one reacts to stress highly depended on how a person appraises the potential threat value of an event (Richard Lazarus, 1957)
  - ii) Estimates of their available coping resources
  - iii) We cannot always adjust how we respond, but we can sometimes adjust how we react.
- l) Managing of stress
- i) Awareness of one's own thoughts, emotions, and relative actions/inactions
  - ii) Awareness of one's own breath is the catalyst to stress regulation
    - (1) Allows a pause to take a mental step back in order to see a bigger perspective of a situation
    - (2) Become the observer of thoughts and emotions rather than being subject to them
    - (3) This awareness takes much practice and failure in order to make it a habitual behavior
  - iii) Mindfulness
  - iv) Meditation
  - v) Exercise
  - vi) Cultivation of perseverance, passion, goals, purpose and meaning
- m) Post-Traumatic Stress Disorder (PTSD)
- i) Trauma - an uncontained encounter with danger, violence, terror, death, etc.
  - ii) PTSD is a psychiatric ailment that comes about when a person has experienced or witnessed a life-threatening event, violence, shock, terror, or dangerous circumstances.

- iii) Experience may be emotion and/or physically harmful.
- iv) Sufferers remain in a constant state of “fight or flight” leading to General Adaption Syndrome (GAS).
- v) Previously known with soldiers, referred to as “shell shock” or “combat fatigue”
- vi) Symptoms
  - (1) Flashbacks or nightmares
  - (2) Sadness, fear, anxiety, depression and/or anger
  - (3) Feelings of detachment or estrangement from other people.
  - (4) Persons with PTSD may avoid situations or people that remind them of the traumatic event
  - (5) May have strong negative reactions to ordinary loud noise or an accidental touch
- vii) Many people will experience some type of trauma over the course of their lifetime
- viii) Severity of PTSD determined by an individual sufferer
  - (1) Perception of the experience
  - (2) Availability of coping mechanisms
  - (3) What may be traumatic for one individual might be trivial or an inconvenience for another.
- ix) Can be managed or diminished over time with effort and awareness
  - (1) Education
  - (2) Therapy
  - (3) Support
  - (4) Mindfulness
  - (5) Meditation
  - (6) Exercise
- n) Seek out the “wounded healers”
  - i) People that have first-hand experience with surviving trauma and have found paths to Post-traumatic Growth are often the best teachers, consultants, mentors, etc.
    - (1) Survivors of alcoholism or those who have experienced alcohol abuse-related relationships
    - (2) Survivors of abusive relationships on all levels of trauma
    - (3) Survivors of Law enforcement related event
    - (4) Survivors of war trauma as soldiers and/or civilians
    - (5) Survivors from cults and other particular groups
  - ii) However, seeking advice or support from those still in distress, suffering and other mental and physical ailments might not be able to offer themselves what they do not have.
    - (1) Would you seek dental help from a dentist with rotten teeth?
    - (2) Would you seek relationship help from someone that has a record of domestic abuse?
    - (3) Why would you seek advice on health and well-being from someone who themselves is not health and well?
- o) Post-traumatic growth (PTG)

- i) Term for what happens when someone who struggles psychologically from trauma and adversity, comes to experience positive, transformative changes in their mindset and behavior
- ii) Over time, a survivor's focus shifts away from their trauma, moving toward a new purposeful narrative that may include possibilities for a better future
- iii) A key factor for PTC is the ability for the sufferer to create an emotional distance from the traumatic event and realize that it doesn't define who they are
- iv) Potential benefits
  - (1) A sprouting of personal strength
  - (2) An ability to relate to others more deeply
  - (3) An openness to new possibilities
  - (4) A greater appreciation of life
  - (5) Spiritual and existential change
- v) Not everyone who experiences PTSD can or will also experience post-traumatic growth
- vi) Those who respond to trauma by assuming control, manage much better

- p) Acquiring "learned helplessness"
  - (1) A state that can occur after a person has experienced a stressful situation repeatedly
  - (2) One comes to believe that they are unable to control or change their negative situation
  - (3) Eventually, the person stops trying to change their circumstances, even when opportunities for change become available

q) Initiations – traditions and/or rituals within particular cultures that are in place to usher an individual into adulthood (coming of age), specific groups, or communities.

- i) Rites of passage
  - (1) Driving our first automobile
  - (2) Graduation from high school, college, etc.
  - (3) Religious ceremonies such as confirmation, bar/bat mitzvah
- ii) Rough initiations - a contained encounter with danger, risks or even death with the intent of enjoyment, maturity, recognition, etc.:
  - (1) Smoking cigarettes
  - (2) Underage drinking of alcohol
  - (3) Risky behaviors such as drug use, sexuality, underage driving
  - (4) Adrenaline inducing activities or sports
  - (5) Self-cultivation through methods intended to bring about increased mental awareness, physical enhancement and/or spiritual awakening

- r) Relaxation response vs. hyperarousal
  - i) The relationship between these two states is that they represent opposite ends of the physiological and psychological spectrum.

(1) Relaxation response

- (a) The relaxation response is a state of physical and mental calmness and relaxation.
- (b) It is characterized by reduced heart rate, lower blood pressure, slower breathing, and reduced muscle tension.
- (c) The relaxation response is often associated with a sense of tranquility, reduced stress, and improved well-being.
- (d) Techniques like deep breathing, meditation, progressive muscle relaxation, and mindfulness can help induce the relaxation response.

(2) Hyperarousal

- (a) Hyper-arousal is a state of heightened physiological and psychological activity.
- (b) It is characterized by increased heart rate, elevated blood pressure, rapid breathing, and heightened muscle tension.
- (c) Hyper-arousal is often linked to stress, anxiety, and the "fight or flight" response, where the body prepares to respond to perceived threats.
- (d) In extreme cases, chronic hyper-arousal can lead to conditions like anxiety disorders, post-traumatic stress disorder (PTSD), and other stress-related health issues.

- ii) The relaxation response aims to reduce the body's stress response and promote a state of calmness and relaxation.
- iii) Hyper-arousal is a heightened state of physiological and psychological arousal that occurs in response to stress or perceived threats.
- iv) Sufferers can learn to manage and reduce hyper-arousal by practicing techniques that elicit the relaxation response. In doing so, someone may improve their well-being and better manage stress and anxiety.
- v) Understanding and regulating these responses can be beneficial for maintaining mental and physical health in various experiences and events.

s) Placebo Effect

- i) The placebo response or placebo effect is the positive effect on an individual's health experienced after taking a fake treatment or inactive medicine.
- ii) Influences of the placebo effect:
  - (1) The doctor
    - (a) Doctor's own faith in the treatment
    - (b) Competence
    - (c) Optimism
  - (2) The patient
    - (a) Genetics
    - (b) Attitude (anxious/optimistic/stubbornness)
    - (c) Persuadable patients typically show higher placebo responses



- (3) Type of treatment - invasiveness, sham, timing, expense, (more invasive and expensive stronger placebo response), complicated, novelty, reputation
- (4) The environment – doctor's office, white coat, social environment (expectation/family response)
- (5) The patient-provider relationship - to know and understand/feel known and understood (arm patient-provider relationship enhances placebo effect of acupuncture in patients with IBS)
- (6) Expensive - drugs 'obtained with discount' were less effective than 'regular priced drugs' in reducing pain after electrical shocks
- (7) Reputable brand - Branded placebos/ drugs more effective than non-branded
- (8) Number of pills / strict instructions: work better
- (9) Novelty - the more novel it is the more effective

t) Nocebo Effect

- i) Negative placebo effects - A situation in which a patient develops side effects or symptoms that can occur with a drug or other therapy just because the patient believes they may occur.
- ii) Relative to conformity, groupthink, and mass formation

u) Peripheral nervous system involved with emotions

- i) Preparing the organism for action
- ii) Signaling conspecifics
- iii) Providing interoceptive information
- iv) Reducing arousal

v) Autonomic Nervous systems

i) Sympathetic nervous system – “fight or flight”

- (1) Pupils dilate
- (2) Saliva flow is inhibited
- (3) Accelerated heart rate
- (4) Widen bronchial passages
- (5) Decrease of motility (movement) of the large intestine
- (6) Liver converts glycogen to glucose
- (7) Adrenal glands secrete epinephrine and norepinephrine
- (8) Bladder contraction inhibited
- (9) Constriction of blood vessels, causing pupil dilation, activation of goose bumps, sweating and raised blood pressure

ii) Parasympathetic nervous system – “rest and digest”

- (1) Pupils constrict
- (2) Saliva flow stimulated
- (3) Heart rate decreases
- (4) Bronchi constrict
- (5) Digestion stimulated
- (6) Liver releases bile
- (7) Bladder constricts

iii) Enteric nervous system

- (1) Autonomic Nervous systems affects health
  - (a) Blood chemistry affects all mechanisms
  - (b) All mechanisms affect blood chemistry
- (2) Sometimes considered the “second brain”
- iv) Autonomic balance – reciprocating relationship between systems
- v) Strengthening of the nervous system
  - (1) Areas of the brain that process pain and emotion are complex and interconnected. The anterior cingulate cortex (ACC) is crucial for the emotional and motivational aspects of pain, as it helps to process the distressing and unpleasant aspects of pain.
  - (2) Physical exercises that engage the whole nervous system can help to increase physical as well as emotional pain.
    - (a) Yoga
    - (b) TCM/qigong strengthening of the *chong mai* energy meridian vessel
    - (c) Other mind-body types of exercises and/or activities
    - (d) Time, experience, and wisdom in managing stress
- vi) Western medicine has long discounted the ability for the human mind to “biohack” the autonomic nervous systems on many levels, in spite of ancient cultures having had this understanding for literally thousands of years
  - (1) Breath and awareness linked to emotions and then linked to body chemistry
    - (a) Emotion self-regulation
      - (i) The hypothalamus-pituitary-adrenal axis (HPA) regulates
        1. “Happy neurotransmitters” – dopamine, oxytocin, serotonin, endorphin
        2. “Death hormone” – cortisol (CORT)
        3. Epinephrine (EPI) and norepinephrine (NE)
        4. Nitric oxide (NO) – messenger molecule
      - (ii) Affects immediate and long-term stress
      - (iii) Innate immune function

## 25) Mental health

- a) A major obstacle in recognizing and treating mental health is that various cultures worldwide don’t necessarily define or acknowledge mental health ailments as such. This is due to many factors such as:
  - i) Mental health stigma
  - ii) Some cultures do not have a word in their language for depression, creating language barriers
  - iii) Various cultures view mental issues as spiritual or natural forces at play
- b) Shuttering of mental healthcare facilities
  - i) Ronald Reagan years of the 80’s
  - ii) Displaced many into homes, streets, and prisons
- c) Depression epidemic

- i) Loneliness leads to depression (live 15 years less)
- ii) Depression can also lead to loneliness
- iii) Many associated physical ailments
- iv) Alcoholism and relevance to depression
- v) Record numbers of youth and adults suffering from depression, anxiety, suicide, and many other mental health issues.
- d) Season affective disorder (SAD)
  - vi) Lack of sunlight affects physiological mechanisms
  - vii) Affects emotions leading to depression
- e) Neuroplasticity – formation of new neural pathways through learning of new concepts and skills
- f) Epigenetics - the study of how one's behaviors and environment can cause changes that affect the way your genes work
- g) Relationships
  - (i) Importance in relation to mental health
    - (1) Quality
    - (2) Closeness
    - (3) Satisfaction
  - (ii) Challenges to maintaining good relationships
    - (1) Desire
    - (2) Willingness
    - (3) Time requirements
    - (4) Effort - it takes work
    - (5) Difficult to maintain
  - (iii) Compassion vs. empathy
    - (1) Compassion - feeling of concern and sympathy towards others that me be less fortunate
    - (2) Empathy – the ability to feel and understand what another is experiencing as if in their exact same circumstances
    - (3) Both compassion and empathy are important traits to possess, as they both directly can affect better social interactions, improve relationships, and help to improve communities as well as societies.
  - (iv) Harvard Study of Adult Development (the Grant/Glueck Study)
    - (1) Started in 1938 with 724 men, women added in later, ongoing for 80 years
    - (2) Key findings:
      - (a) Relationships are key to happiness and well-being
      - (b) Mental and physical health are synergistically in twined
      - (c) Stress management is essential for long term health and wellness
      - (d) Gratitude is also a key component to living a longer and happier life
      - (e) No one size fits all” approach

26) Specific physiology linked to body chemistry and holistic health

- a) Chemical imbalances
  - i) On the most basic level, chemical balances greatly affect life, death and all in between.
  - ii) Chemical imbalances can arise from what we think, what we eat and how we move our bodies on a daily basis.
- b) Vitamin D imbalances affect:
  - i) blood chemistry
  - ii) immunity
  - iii) bone health
  - iv) recovery from bone injuries
  - v) Season affective disorder (SAD)
  - vi) Osteopenia – weakening of the bones
  - vii) Osteoporosis – advance weakening of the bones as they become more porous than dense
    - (1) Due to a decrease in estrogen in women, and a decrease in testosterone in men as both age.
    - (2) Exacerbated from sedentary lifestyle and/or being confined to a bed due to a prolonged illness.
    - (3) Certain medical conditions can cause increased inflammation in the body
    - (4) More prominent in women but affects everyone mostly 50 and older.
    - (5) Greatly affects the hips, spine, and wrists
    - (6) Falls can have devastating ramifications in health/recovery
    - (7) Methods to prevent/improve
      - (a) Walking
      - (b) Hiking
      - (c) Weightbearing exercises
      - (d) Vibration
      - (e) Strategic trauma (micro-fracturing) from specific exercises
      - (f) Learn how to fall properly
- viii) Causes
  - (1) Lack of sunlight
  - (2) Dietary imbalances
  - (3) Bone and bone marrow health
- ix) Flu season is “Vitamin D Deficiency Season”
  - (1) Weather changes creating less sunlight
  - (2) Temperatures drop causing more coverage of skin
  - (3) Activities become more limited due to weather creating more opportunities for sedentary lifestyle
- c) Sleep quality affects blood chemistry
  - i) “Earn” a good night’s rest and sleep
  - ii) Break the vicious circle of sleep, work, eat, sleep
  - iii) Blood brain barrier and the glymphatic system

- iv) Circadian rhythm or Horary cycle
- d) Sitting is the new smoking
  - i) Sedentary lifestyle
  - ii) Increase in occupations that require sitting
  - iii) Edema in the lower body
  - iv) Poor posture leading to spinal issues and referred pain
  - v) Can lead to metabolic diseases due to lack of mobility
- e) Breathing through the nose
  - i) Many health benefits:
    - (1) Filters and humidifies air going into the lungs
    - (2) Regulates the temperature of the air on inhale
    - (3) Promotes slower inhale which provides longer contact time of oxygen with the nasal mucosa and consequently better exchange of gases in the respiratory system
    - (4) Promotes diaphragm breathing which in effect produces deeper breaths
    - (5) Facilitates production of nitric oxide (NO) which is a messenger molecule that has many health benefits of its own. Specifically, increases uptake in the lungs due to increased vasodilation.
  - ii) Chronic mouth breathing is thought to have negative health benefits such as over-breathing which can create imbalances in carbon dioxide ratios, as well as bad breath, dry mouth, dental problems and even altered fascial development in children.
- f) The “Four Horsemen” of chronic disease (effecting over 80% of deaths in people over 50 who do not smoke) (Peter Attia)
  - i) Atherosclerotic disease (comprised of cardiovascular disease and cerebrovascular disease)
  - ii) Cancer
  - iii) Neurodegenerative disease (Alzheimer's disease being the most common)
  - iv) Metabolic disease - a spectrum of everything hyperinsulinemia to insulin resistance to fatty liver disease to type 2 diabetes
- g) Pain and suffering
  - i) Pain – sensory reaction associated with actual physical damage to an individual's body
  - ii) Suffering – emotion pain, hardship or distress associated with mental of physical pain
  - iii) Most often people that are experiencing pain and/or suffering are manifesting further negative thoughts and emotions from stress, that in effect produce more chemistry imbalances. Increases in cortisol and norepinephrine production can lead to more health issues.
- h) Lower back pain/injuries and knee injuries
  - i) Approximately 80% of people will experience some type of lower back pain during their life span.
  - ii) Knee injuries are also quite common across the world, depending upon many factors.

iii) Regardless of lower back or knee pain and/or injuries, these are two of the most common causes of pain and suffering due to various circumstances.

- (1) More complacency towards a sedentary lifestyle
- (2) Age-related
- (3) Activities that risk injury
- (4) Occupational risks
- (5) Obesity
- (6) Genetics

## 27) Specific psychology affecting holistic health and well-being

a) Various cultures have differing perceptions on human behavior; therefore, context is highly important when discussing specific ideas and concepts.

b) People who had significant contributions to holistic wellness:

i) Rene Descartes – French philosopher and scientist (1596-1650)

(1) Famous quote of “*I am my thoughts, therefore I am*”

(2) However, many believe that we are not our thoughts (metacognition-thinking about one’s thoughts)

ii) William James - founder of psychology in the US (1874)

(1) Stream of consciousness, aka incessant inner monologue, (known in Buddhism for thousands of years as the “*monkey mind*”)

(2) Also known for his research on habits, emotions, and will

(3) Relative to: Default mode vs. focus mode of attention

(a) Default mode – “wandering mind” of 150 varying thoughts at any one time

(b) Focus mode – when attention is put on a particular thought or task at hand

iii) Sigmund Freud – Austrian neurologist (1856-1939)

(1) Major contribution was his concept of the unconscious

(2) Founder of psychoanalysis

(3) Id – basic instincts

(4) Ego – day to day reality

(5) Superego – morality

(6) Similar concepts to Taoism’s *jing*, *qi* and *shen*

iv) Carl Jung - Swiss psychiatrist and psychoanalyst (1875-1961)

(1) Archetypes – models of particular human characteristics that seem to repeat throughout humanity

(2) Persona – aspects of an individual character that is presented or seen by others

(3) Anima and animus – male and female traits within all of us regardless of gender

(4) The shadow – the darker side of our consciousness that we don’t want others to see

(5) Importance of symbols, signs, mandala – often found across many cultures over many years

- (a) Collective unconscious vs. collective conscious
- (b) Sacred geometry
- (c) Mysticism
- (d) Relationship to exercise (yoga, tai chi, qigong)
- (6) Many of Jung's ideas derived directly from his studies in Buddhism and Taoism.
- v) John B. Watson and Rosalie Rayner and the "Little Albert" experiment (1920)
  - (1) Fear, anxiety, and other emotions can be a learned response
  - (2) Phobias can be learned
  - (3) Generalization of conditioned associations
- vi) Albert Bandura – Bobo Experiments (1961-1963)
  - (1) Aggression can be a learned behavior
  - (2) Boys were more physically aggressive than girls
- vii) Ivan Pavlov - Russian physiologist (1897)
  - (1) Classic conditioning – stimuli can elicit a desired behavior
  - (2) Hear the bell, get ready to eat
- viii) BF. Skinner - psychologist, inventor, and philosopher (1904-1990)
  - (1) Operant conditioning – reinforcement, rewards, and punishment can be used to elicit a required behavior (1937).
  - (2) Clean your room, earn an allowance
- ix) Stanley Milgram "shock" experiments (1961)
  - (1) Obedience, compliance conformity can be taught
  - (2) Good people under certain conditions can do bad things
- x) Phillip Zimbardo Stanford Prison Experiment (1971)
  - (1) Conformity and compliance can be conditioned
  - (2) Learned helplessness is a phenomenon that can come about from a series of negative outcomes or stressors that cause an individual to believe that the outcomes of their life are out of their control.
- xi) Elton Mayo
  - (1) Hawthorne Effect - From 1924-1927 workers at the Hawthorne Works, a Western Electric plant in Cicero, Illinois, were exposed to variables that affected their behavior.
  - (2) People perform better or adjust their behavior if they think they are being watched or evaluated.
- xii) George Miller – one of the founders of cognitive psychology (1920-2012)
  - (1) Proposed in 1956 that the magic number 7, +/- 2, where the brain might be able to manage 7 objects, but maybe up to 9 or as little as 5, at any particular moment.
  - (2) Psychologist Nelson Cowan (2015) would later propose the number to be more like 5 chunks rather than 7.
- xiii) Bluma Zeigarnik – Russian psychologist (1901-1988)
  - (1) Zeigarnik Effect – desire to complete a circle, check the box, etc. to accomplish a task (1927).
  - (2) Short-term memory and uncompleted tasks.

- (3) Apple watch – “complete your circles”
- xiv) Leon Festinger theorized in 1957
- (1) Cognitive dissonance - the discomfort or tension that arises when an individual holds conflicting beliefs, attitudes, or values, or when their behavior contradicts their beliefs or values.
  - (2) They may alleviate this discomfort by changing their behavior, altering their beliefs, or finding ways to rationalize the inconsistency.

(a) Examples

- (i) Smoking and Health Beliefs
- (ii) Environmental Awareness and Driving a Gas-Guzzler
- (iii) Education and Career Choices
- (iv) Political Beliefs and Contradictory Actions:
- (v) Dieting and Indulging

- xv) Jean Piaget - Swiss psychologist theorized in 1940-1950's

- (1) Developmental cognitive stages or windows, can become displaced due to particular circumstances
- (2) Difficult to add back in a later time as the human psyche develops in a particular pattern
- (3) Piaget's stages

- (a) Sensorimotor stage: Birth to 2 years
- (b) Preoperational stage: Ages 2 to 7
- (c) Concrete operational stage: Ages 7 to 11
- (d) Formal operational stage: Ages 12 and up

(4) Examples

- (a) Learning to read facial emotions
  - (b) Late language acquisition or mathematical reasoning can also influence a child's cognitive development.
- xvi) Abraham Maslow – proposed in 1943 the “hierarchy of needs.” No small coincidence is that the hierarchy of needs lines up with the Hindu/Buddhist concept of the seven *chakras* or energy centers.

- (1) Physiological – requirements for basic survival
- (2) Safety (security) – health, a job, finances
- (3) Love and belonging - interpersonal relationships
- (4) Esteem – self-image, recognition from others
- (4) Self-actualization - achieve personal goals and aspirations

c) Other psychological concepts

i) Paying attention vs. mindfulness

- (1) Paying attention - the act of focusing one's awareness on a specific task, object, situation, etc. It may involve directing mental and sensory resources toward a specific object or activity. Paying attention may be a deliberate conscious effort to focus upon something and may be a short-term or goal oriented. Examples would be focusing attention during a movie, a lecture, a conversation or reading.



(2) Mindfulness - a more vast and more holistic concept. Mindfulness engages attention while striving to go beyond it. Mindfulness is a practice of attempting to be present and engaged in the moment, absent of judgment. This requires observing one's own thoughts, emotions, sensations, and the environment around them, with an open and accepting intent. Mindfulness can involve a sense of self-awareness of the present moment, while accepting whatever is happening and without trying to change it.

(3) Mindfulness can be practiced through meditation and other practices. It may be implemented into various aspects of life, such as stress management, emotional well-being, and increasing overall awareness.

ii) Group dynamics

(1) Conformity - the tendency of individuals to adjust their thoughts, beliefs, and behaviors to match those of the majority in a group.

(2) Groupthink - when a group prioritizes consensus and harmony over critical thinking and decision-making, leading to flawed decisions.

(3) Mass formation - the phenomenon where large groups of people become highly susceptible to influence and manipulation, often characterized by shared beliefs or emotions.

(4) Group energy - pertains to the overall vibe, enthusiasm, and synergy within a group, which can be positive or negative.

(5) The Hawthorne Effect - the phenomenon where individuals alter their behavior when they are aware of being observed, often resulting in improved performance.

(a) Energy suns vs energy vampires

(i) Energy Suns: These are individuals in a group who radiate positivity, enthusiasm, and energy, uplifting the group and fostering a productive atmosphere.

(ii) Energy Vampires: These are individuals who drain the energy of a group through negativity, complaining, or disruptive behavior, potentially harming group dynamics.

(iii) Energy Suns enhance group cohesion and creativity, while Energy Vampires can hinder progress and contribute to conflicts.

iii) Power of suggestion, placebo effect – (see previous section)

iv) Selective attention – when presented with various stimuli, an individual can deliberately direct their attention towards a specific source, while effectively ignoring other stimuli

v) Top down vs. bottom up - cognitive processing

- (1) Top down – thought processing begins with pre-existing knowledge and context to interpret sensory input and information
- (2) Bottom up - processing begins raw sensory information and builds up to form a perception
- vi) Interoception, exteroception, proprioception
  - (1) Interoception – perception of internal bodily sensations
  - (2) Exteroception – perception of stimuli coming from surrounding as environment
  - (3) Proprioception – a sense of self-awareness of one’s body positioning and/or movement within their personal space
- vii) Motivation
  - (1) Intrinsic – seeking personal interest, fulfillment and satisfaction driven from within an activity by itself (i.e., painting for enjoyment vs. painting solely for an income)
  - (2) Extrinsic – the outcome may be separate from the activity, such as working for income rather than a interest in the job.
  - (3) A combination of both intrinsic and extrinsic motivations may be experienced by most, albeit in varying proportions of each.

**28) Finding Meaning and Purpose**

- a) Meaning – the definition, value, or significance that we assign to something. Meaning in our lives often refers to having a sense of purpose, satisfaction, and fulfillment.
  - (i) Self-awareness helps one to find their meaning
  - (ii) Focuses on the here and now
  - (iii) Driven by goal of fulfillment
  - (iv) Draws from relationships, experiences and contributions
- b) Purpose – the cause or reason for why someone exists, a force behind one’s decisions and actions
  - (i) Self-awareness helps one to discover their purpose
  - (ii) Focuses on the future
  - (iii) Driven my motivation
  - (iv) Draws from passions, strengths, and values
- c) Self-awareness – the ability to be able to recognize one’s strengths, weaknesses, thoughts, behaviors, motives, and desires.
- d) Self-realization – the process of striving to fulfill one’s self-potential, pursuit of becoming the best version of themselves through authentic self-discovery and person growth.
- e) Different expressions for finding one’s meaning and/or purpose:
  - (i) Inner genius
  - (ii) Bliss
  - (iii) Calling
  - (iv) Vocation
  - (v) *Ikigai*

f) Religion, philosophy, and belief systems

(i) Religion

- (1) Has its basis in belief.
- (2) Religion originally provided an explanation for natural phenomena in terms of supernatural causes.
- (3) Often led to various forms of ritual sacrifice in order to placate the gods of the weather, harvest, fertility, etc.
- (4) Religion serves a moral purpose by providing codes of conduct for appropriate behavior through revelations from a divine source

(ii) Philosophy

- (1) Philosophy is a critic of belief and belief systems.
- (2) Subjects what some might be satisfied with believing to more critical examination.
- (3) Philosophy seeks rational explications and justifications for beliefs.

g) Shamanism

- (i) Spiritual practice with various cultures worldwide and having ancient origins.
- (ii) Often found within indigenous cultural populations, having major influences with Native Americans, traditional South American, Asian, and African cultures.
- (iii) Shamanism has influenced Hinduism, Buddhism as well as more modern esoteric belief systems of spirituality, alternative healing and psychotherapy.
- (iv) Characteristics of Shamanism:
  - (1) A Shaman is the spiritual leader of a particular group, where they serve as a conduit to communicate between the physical and spiritual worlds.
  - (2) Shaman provides knowledge, insights, healing and performs various rituals.
  - (3) Shamanic practices and rituals often include altered states of consciousness through consumption of plants and herbs
  - (4) Rituals are performed in order to communicate with nature's spirits, ancestors or other realms and dimensions.
  - (5) Rituals may have chanting, dancing, drumming, and other sounds

h) Paganism

- (i) Paganism has ancient origins, predating most major monotheistic (one supreme being) religions.
- (ii) Comprised of a wide range of polytheistic (multiple supreme beings), nature-centric, and pre-Abrahamic religious traditions.
- (iii) Greatly influenced the development of Christianity and other belief systems within Greco-Roman, Celtic, Norse, Egyptian and Mesopotamian cultures.
- (iv) Neopagan subgroups of Wicca and Druidry emerged.
- (v) New Age religious movements have been inspired by Paganism.

(vi) The Druids – Elite individuals in ancient Celtic societies that played important roles as priests, advisors, and scholars. Much of their knowledge was connected to nature and masked in mystery as they transmitted most of their information orally.

(vii) Characteristic of Paganism:

- (1) Belief in natural forces having their relative deities
- (2) Cycles and seasons of the earth have major impacts on day-to-day life as well as celebrations throughout the year
- (3) Respect for ancestors is of utmost importance.
- (4) Mythology and the use of symbols were used to pass history and stories throughout generations.

i) Organized religions

i) Hinduism

- (1) Three main gods of *Brahma*, *Vishnu*, and *Shiva*
- (2) Sacred texts of the *Vedas*, *Upanishads*, and *Bhagavad Gita*

ii) Abrahamic Religions - Judaism, Christianity, and Islam all recognize Abraham as their first prophet

(1) Judaism

- (a) encompasses some four millennia of development and dynamic historical record of the experience of worship of a people who identify themselves as children (descendants) of Abraham (circa: 2,000 B.C.).
- (b) Based upon the writing in the *Torah* coming from Moses and the ten commandments
- (c) The *Torah* (Law or Instruction)
- (d) *Neviim* (Prophets)
- (e) *Kethuvim* (Writings)
- (f) The Covenant between Yahweh (God) and Abraham
- (g) The Covenant ensured that God would protect and guide the Jews
  - (i) The Jews in return would worship and serve God alone
  - (ii) Men would be circumcised as part of the Covenant

(2) Christianity

- (a) Based upon the teachings of Jesus Christ (4 BCE-29CE)
  - (i) Teachings were recorded in the Holy Christian Bible, which includes the Old Testament and the New Testament.
  - (ii) The Holy Trinity of the Father (God), the Son (Jesus Christ) and the Holy Spirit
- (b) With Jesus having sacrificed himself, Jesus atoned for the original sin of Adam, the first man, and reconciled mankind's estrangement from God.

(3) Islam

(e) Based upon writings of the prophet Mohammad (570-632 AD)

(i) Compilation of his direct revelations from Allah (God) comprised into the Quran

1. Five Pillars of Islam

- a. Faith (*Shahada*): A declaration that there is but one God, Allah, and Muhammad is his messenger.
- b. Prayer (*Salah*): Must participate in prayer, facing the direction of Mecca, five times a day.
- c. Charity (*Zakat*): An obligatory tax (usually about 2.5 percent) that must be paid to the poor.
- d. Fasting (*Ramadan*): During this month, all able-bodied Muslims must fast during daylight hours. This month of fasting is in observance of the month in which God began to reveal the Quran to Muhammad.
- e. Pilgrimage (*Hajj*): All Muslims physically able to do so are expected to make a pilgrimage to Mecca at least once in their lifetime.

(b) Muslims (followers of the Islamic faith) follow Sharia or Islamic law, which is comprised of religious, moral, and social guidance from the Quran and the Hadith.

(c) Both terms of Islam and Muslim are rooted in the belief of submission to the will of Allah (God) while living in alignment with the principles from the Quran.

k) Philosophies

i) Buddhism – based on understanding the self by, removing unnecessary suffering

(1) Based on the teachings of Siddhartha Gautama (563-483 BCE)

(2) The 4 Noble Truths

(a) The Truth of Suffering (*Dukkha*): Buddhism acknowledges the existence of suffering and dissatisfaction in life. This suffering can be physical, emotional, or mental.

(b) The Truth of the Cause of Suffering (*Samudaya*): Buddhism asserts that the root cause of suffering is craving or attachment (*tanha*) to things that are impermanent. This attachment leads to suffering because everything in the world is subject to change and eventual loss.

(c) The Truth of the Cessation of Suffering (*Nirodha*): Buddhism teaches that it is possible to end suffering by

letting go of attachment and craving. When one ceases to cling to impermanent things, suffering can be extinguished.

(d) The Truth of the Path to the Cessation of Suffering (Magga): Buddhism offers a practical path called the Eightfold Path that leads to the cessation of suffering. This path consists of ethical and mental practices, such as right understanding, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.

- (3) The 8-fold Path
  - (a) Right views
  - (b) Right aspirations
  - (c) Right speech
  - (d) Right conduct
  - (e) Right livelihood
  - (f) Right endeavor
  - (g) Right mindfulness
  - (h) Right meditation

ii) Confucianism – based on understanding of social order

- (1) Founded by Confucius (551-479 BCE)
- (2) Sacred texts of the Wu Ching (Five Classics) include the I Ching (Book of Changes), the Lun-Yu (The Analects)
- (3) One should strive to become Chun-tzu (The Superior Man)
- (4) Moral code of:
  - (a) *Li*: A code of moral/social conduct
  - (b) *Jen*: Compassion/benevolence towards others
  - (c) *Yi*: Righteousness
  - (d) *Te*: Virtue
- (5) *Golden Rule*: Do not do unto others what you would not desire yourself

iii) Taoism - based on understanding of the self in regard to nature (the *Tao* or “The Way”)

- (1) Based upon the teachings of Lao Tzu (6<sup>th</sup> century BC)
  - (a) Writings of the *Tao Te Ching* (The Way and Its Power)
  - (b) Ying & yang - The unity and duality inherent in all seeming opposites, such as: night-day, male-female, good-evil, positive-negative, etc.
- (2) Striving to live in harmony with nature or be subject to it

f) Mythology

- i) Mythology is not lies or stories without merit, but rather a means to explain and pass on various rituals and traditions, in order to provide purpose and meaning.
- ii) Rituals vs. traditions
  - (1) Rituals - a series of actions performed according to a prescribed order, and which are rooted in an often-larger symbolic system, like a religion or a philosophy.

(2) Traditions - customs and beliefs passed on from one generation to the next.

iii) Initiations – traditions and/or rituals within particular cultures that are in place to usher an individual into adulthood (coming of age), specific groups, or communities.

iv) Rites of passage

(1) Driving our first automobile, graduation from high school, college, etc.

(2) Religious ceremonies such as confirmation, bar/bat mitzvah

v) Rough initiations – often self-induced or peer encouraged, contained encounter with danger, risks or even death with the intent of enjoyment, maturity, recognition, etc.:

(1) Smoking cigarettes

(2) Underage drinking of alcohol

(3) Fraternity/sorority hazing

(4) Risky behaviors such as drug use, sexuality, underage driving

(5) Strategic trauma

(a) Usually self-induced and/or self-regulated

(i) Adrenaline inducing activities or sports

(ii) Military training and/or initiations

(iii) Sports initiations

(iv) Specialized career training (i.e., law enforcement, first responders)

(ii) Self-cultivation through methods intended to bring about increased mental awareness, physical enhancement and/or spiritual awakening

vi) *The Hero's Journey* (Joseph Campbell, 1949)

(1) Ordinary world

(2) Call to adventure

(3) Refusal of the call

(4) Meeting with the mentor

(5) Crossing the first threshold

(6) Tests, allies, and enemies

(7) Approach to the inmost cave

(8) The ordeal

(9) Reward

(10) The road back

(11) The resurrection

(12) Return with the elixir

g) Cults

i) A group or organization that exhibits certain characteristics, often involving extreme devotion to a particular leader, belief system, or ideology

ii) General aspects

(1) Charismatic Leader

(2) Manipulation and Control

- (3) Unquestioning Devotion
- (4) Exclusivity
- (5) Financial Exploitation
- (6) High Degree of Secrecy
- (7) Use of language and symbols as tools to separate from the non-members

iii) Cult(ure) – fan(atic)

- (1) Types
- (2) Religious
- (3) Fitness-based
- (4) Sports-based
- (5) Pop culture
- (6) Cargo cults

iv) One person's culture is another one's cult

h) Original Sin vs Original Beauty

(i) Original Sin - Christian theological concept where sin is a concept rooted in the story of Adam and Eve in the Garden of Eden.

- (1) Original sin suggests that all human beings inherit a sinful nature as a result of Adam and Eve's disobedience to God.
- (2) This sinful nature is seen as a blemish on the human soul, leading to a parting from God and a tendency toward sinful behavior.
- (3) Focuses on a fallen state of humanity and the necessity for divine grace for salvation.
- (4) A need for redemption and salvation, through one's faith in Jesus Christ in Christian theology.

(ii) Original Beauty – there is an innate existence of beauty or goodness within the natural world and human beings.

- (1) Beauty is a fundamental aspect of existence, and humans have the capacity to recognize and appreciate it.
- (2) The concept is seen in philosophy and within some spiritual traditions.
- (3) This idea is not limited to any particular religious doctrine and is more generally focused upon the nature of beauty and in human perception.
- (4) This idea incites individuals to seek out and appreciate beauty in various forms in art, nature, and typical life.
- (5) The idea of beauty being a source of inspiration, joy and wonder.

i) Energy, Law of Attraction, entanglement, quantum physics, prayer:

- (1) Christians call it prayer.
- (2) Judaism calls it "Tefillah"
- (3) Islam refers to it as "Salat"
- (2) Witches call it spells.
- (3) Spiritualists call it manifestation.
- (4) Atheists call it the placebo effect.



- (5) Scientists call it quantum physics.
- j) Where thought goes, energy follows
  - (i) Pray – when an individual talks to a higher power
  - (ii) Meditation – when an individual listens to a higher power
- k) Enlightenment
  - i) Spiritual awakening of insight and realization.
  - ii) Found in religions, philosophies, and belief systems alike.
  - iii) May happen from conscious pursuit or as the result of traumatic events
  - iv) Not necessarily “one and done,” as opposed to a continuous goal and process:
  - v) Various names and cultures of origin
    - (1) *Nirvana* (Buddhism)
    - (2) *Moksha* (Hinduism)
    - (3) Illumination (Christianity)
    - (4) *Fana* (Islam)
    - (5) *Devekut* (Judaism)
    - (6) *Wu Wei* (Taoism)
    - (7) *Mukti* (Sikhism)
    - (8) Self-realization or enlightenment (Secular spirituality)
- l) Non-belief systems
  - i) Atheism – belief that there is no god nor supreme being.
  - ii) Agnosticism - belief that it is not possible to know for sure that a god exists.
  - iii) It's possible to be both an agnostic atheist that doesn't believe but also doesn't think we can ever know whether a god exists.

## 29) Philosophical concepts relative to holistic health and well-being

- a) Short presentations of wisdom and insights:
  - i) Proverbs – short sayings or expressions used in many cultures
  - ii) *Dichos* – originating from Hispanic cultures, offering guidance, commentary, and wisdom
  - iii) *Koans* - originating from Zen Buddhism, word puzzles of wisdom, designed to make an individual think deeper
  - iv) *Chengyu* – are traditional Chinese idiomatic expressions, usually consisting of a four-character set, used to convey profound meanings
- b) Teacher/student relationship
  - i) Has to have an exchange of energy
  - ii) Money is a form or conduit of energy
  - iii) Fees for instruction
  - iv) No fee, cost or sacrifice on some level = NO VALUE
  - v) Labor in return for knowledge
  - vi) Gratitude is a reciprocating relationship
  - vii) No teacher = no student
  - viii) No Student = no teacher
  - ix) Embrace the “*beginner's mind*” – cannot fill a full cup
  - x) Learning ability/environment later in life

- c) All things are relative
  - i) Dualism
  - ii) Dichotomy
  - iii) Yin and yang in all things
- d) Become the Warrior, Scholar Sage
  - i) Warrior – battle whatever trials and tribulations that support your survival
  - ii) Scholar – gain knowledge with time and experience to further your survival and other goals
  - iii) Sage – Hopefully cultivate the ability to discern what is and what is not important and relative to your goals and values
- e) 5 element life stages or seasons of life
  - i) Spring - Wood - Sprouting 0-8 years of age
  - ii) Summer - Fire - Flowering 8-33
  - iii) Late Summer - Earth - Fruition 33-58
  - iv) Autumn - Metal - Harvest 58-83
  - v) Winter - Water - Transformation 83-108
- f) True, right, and correct or “when to do, and when not to do” - a method to achieve appropriate decisions
  - i) True - what our true feelings are
  - ii) Right - what is right for a particular time, place and circumstances of thoughts, words, and relative actions
  - iii) Correct – is the balance needed to come up with the correct solutions for the greatest number of individuals that are involved in the event
- g) Happiness path (from Sadhguru)
  - i) Pleasure
  - ii) Pleasant
  - iii) Peaceful
  - iv) Joy
  - v) Love
  - vi) Compassion
  - vii) Ecstasy
  - viii) Bliss
- h) Observe, then contemplate, then meditate
  - i) One of the most difficult things to do is to see you true self and sometimes how others see you (self-reflection)
  - j) Social status assessment or socioeconomic status inventory (Respect for others based upon prejudging of education, occupation, etc.)
  - k) Plant good seeds, leaving a meaningful legacy
  - l) Sacrifice (service) to others betterment is a path to earning a well-lived life
  - m) Grow up vs. grow older
  - n) Effort, experience, knowledge, over time = wisdom
  - o) Polish the sword with your soul every day
  - p) Thought = energy (qi/chi) = blood = lymph
  - q) Extraordinary claims require extraordinary proof

- r) If we desire to fix the problems of the world, we need to foremost fix problems we have in our own hearts and minds
- s) We are the architect of our own health, happiness and destiny or fate
- t) Happiness comes from within
- u) Ego – all about me. “We go” - all about us together. Rising tides raise all boats
- v) Knowledge is wasted if not put to good use
- w) Physically close - mentally far; physically far - mentally close

The following pages contain detailed graphics of what I feel are key components to having a better understanding of what the Holistic health modality entails. Additionally, I have added some of what I have found to be the best mind, body, and spiritual practices that I have benefited from for over 40 years. Physical exercise is a conduit into self-awareness and higher levels of understanding, whether we choose to apply this awareness to our spirituality, self-cultivation, self-realization, self-actualization, or any other term for that which is beyond our typical mundane understanding of life as we know it.

Life is an echo.

What you send out, comes back.

What you sow, you reap.

What you give, you get.

What you see in others, exists in you.

Remember, life is an echo.

It always gets back to you.

So give goodness.

## The key to **YOUR** wellness

is to accept **personal accountability** for your health & well being

**Accountability** - means to make a personal decision to take responsibility for your own actions, determining your own success or failure. Responsibility can be presented, given or removed, but you have to accept accountability to truly achieve your desired results or goals. Observe, contemplate, then own it. Do it and then solve what needs to be done. No excuses and no regrets.

### The Health Care Crisis & Personal Accountability

If every person in American spent 5 minutes or more, every day by exercising, more people could better manage their weight and suffer less from related illnesses.

If every person in American spent 5 minutes or more, every day calming their mind by practicing deep breathing exercises, more people would be less stressed and suffer less from related illnesses.

If every person in American spent every day becoming more conscious of their nutrition habits, more people would be able to maintain their health through the choices they make while eating and drinking, and suffer less from related illnesses.

If everyone could assume personal responsibility for their own health, our nation would not have to spend as much time, effort, energy and money trying to keep people healthy.

These concepts seem easy enough, but in reality, most people lack the desire or self-discipline to take the effort and do what it takes to stay healthy, prevent illness or cure their own ailments. Self-discipline is one of five steps known to help achieve better mental and physical wellness.

1) **Respect** – This is where values begin. You must understand and have respect for yourself (self-respect) before you can demonstrate it to others. Taking the steps to take care of your physical and mental well-being effects you first and then those closest to you second.

2) **Discipline** – Developing control of one's own desires, commitments, and ultimately your own actions, leads to self-discipline. Control of physical exercises can lead to management of thought and emotion.

3) **Self-Esteem** – As you review your achievements of respect and discipline, your sense of worth is elevated and appreciated.

4) **Confidence** – Understanding and accepting your weak areas as well as your stronger aspects removes insecurity. When you feel that you are physically well and mentally sharp, confidence can fill your personality. You can accomplish whatever goal you set out to achieve.

5) **Determination to Achieve Goals** – The positive sum of the previous aspects leads to one's determination. Good judgment and focused effort toward positive goals result in true personal success.

# Peaks and Valleys

Life is a series of highs and lows.

Try not to be too excited when things are going well.

Try not to be too depressed when things don't go well.

Wins

Happiness

Success

Losses

Sadness

Failure

Stay centered, balanced  
and on your course.

Stay

Centered

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# A Balanced Life - One Perspective

Emotion management

Personal boundaries

Positive attitude

Inner dialogue

Intellect

Intent

Preservation of resources

Responsible medical care

Exercise and movement

Stress management

Personal hygiene

Proper nutrition

Adequate sleep

Physical health

Mind Body

Spirit

Self-awareness

Values & morals

Sense of meaning and purpose

Seeing yourself, as others see you

Faith in something bigger than yourself



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# Five Pillars of Health

Self-discipline begins with mastery of your thoughts.



Control of what you think, leads to control of your actions.

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# Vicious Cycle of Healthcare Mentality



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If You Think You Can Get Sick Tomorrow, Why Not Change Your Lifestyle Today?

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Nutrition



Exercise



Health Care



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# Address the Root Causes of Pain and Illness



## Why Our Bodies Break Down:

### Root Causes

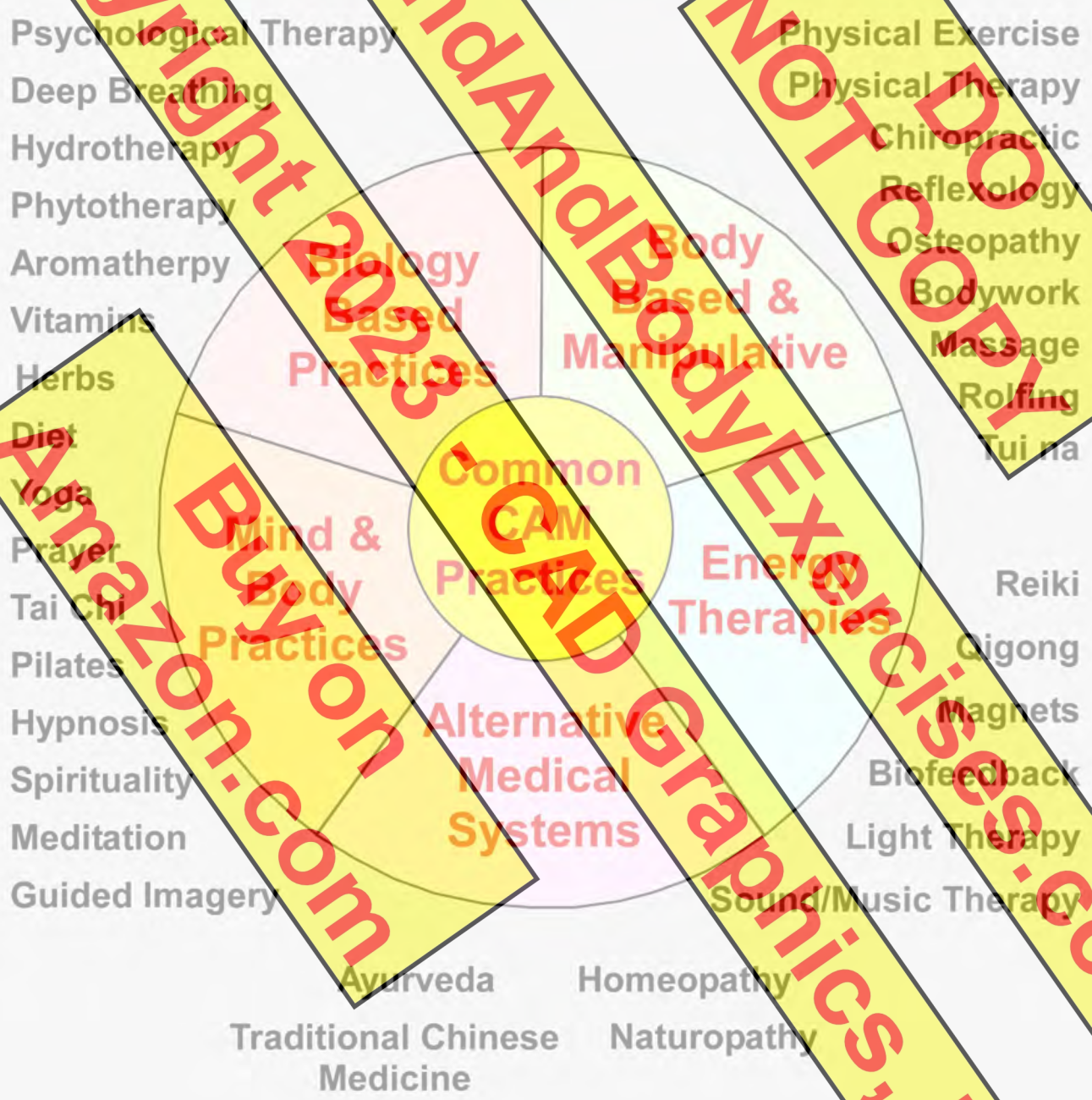
- 1) Vascular Deterioration  
(sedentary life styles contributing to compromising the arterial supply)
- 2) Neurogenic Deterioration  
(compromised nerves in the spine)
- 3) Mechanical Distortions  
(of the spine, pelvis, upper and lower extremities)
- 4) Chemical Imbalances  
(stress causes the body's blood chemistry to compensate for the engagement of the fight or flight response)

## Why We Become Ill:

### Root Causes

- 1) Environmental  
(due to issues within the air, food, water and conditions around our mind & body)
- 2) Trauma  
(strain or injury of the physical body as well as mental events)
- 3) Stress - leading to shallow breathing  
(factors cause the body's blood chemistry to compensate for the engaging of the fight or flight response)

# Complementary Alternative Methods



# Factors to Achieve a Healthier Mind, Body & Spirit

1 - A lineage of methods that have proven the test of time

2 - A teacher that has the knowledge & is willing to share

3 - A community of like minded peers for support & contrast

## Ancient Exercise Methods That Benefit the Mind, Body & Spirit

BaguaZhang  
(origins in 16-19 centuryAD)

Tai Chi

Asian Martial Arts  
(origins in 4-5 centuryAD)

Qigong (Yoga)  
(origins in 3000-1500 BCE)



# Heal the Body With the Mind - Heal the Mind With the Body

Life Provides the Input

Sense Organs Receive the Signals

The Brain Processes the Signals Into Thoughts

7 +/- 2 Objects of Thought

(Working Memory)



As few as 5, but as many as 9

We cycle through roughly 50 different thoughts



## Incessant Inner Dialogue

Similar to a sponge, the body absorbs positive as well as negative energy. Each thought and relative emotion can affect a specific internal organ. Qigong (breath work) can help to balance the emotions.

- Liver - anger, depression
- Heart - excess of joy
- Spleen - worry
- Lung - grief
- Kidney - fear

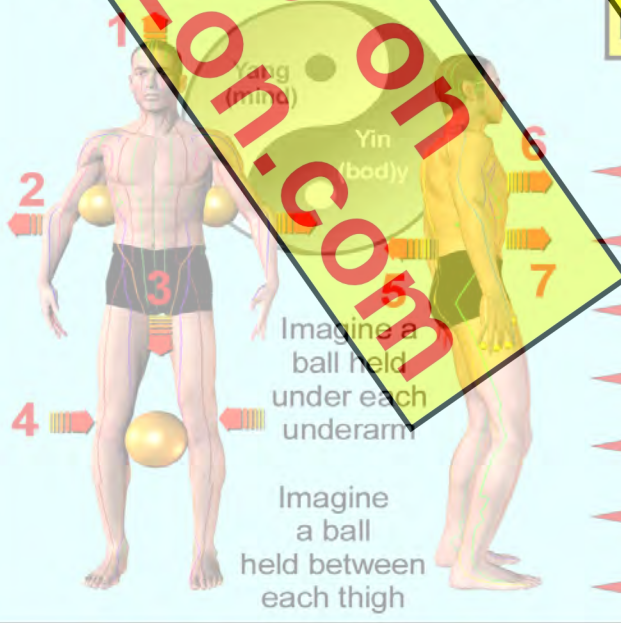
Healthy Sponge    Compressed Sponge



We can consciously put our focus in various areas

Or

## 7 Tasks to Focus Thoughts Upon



## Focused and Deliberate Thoughts

7 +/- 2 Objects of Thought

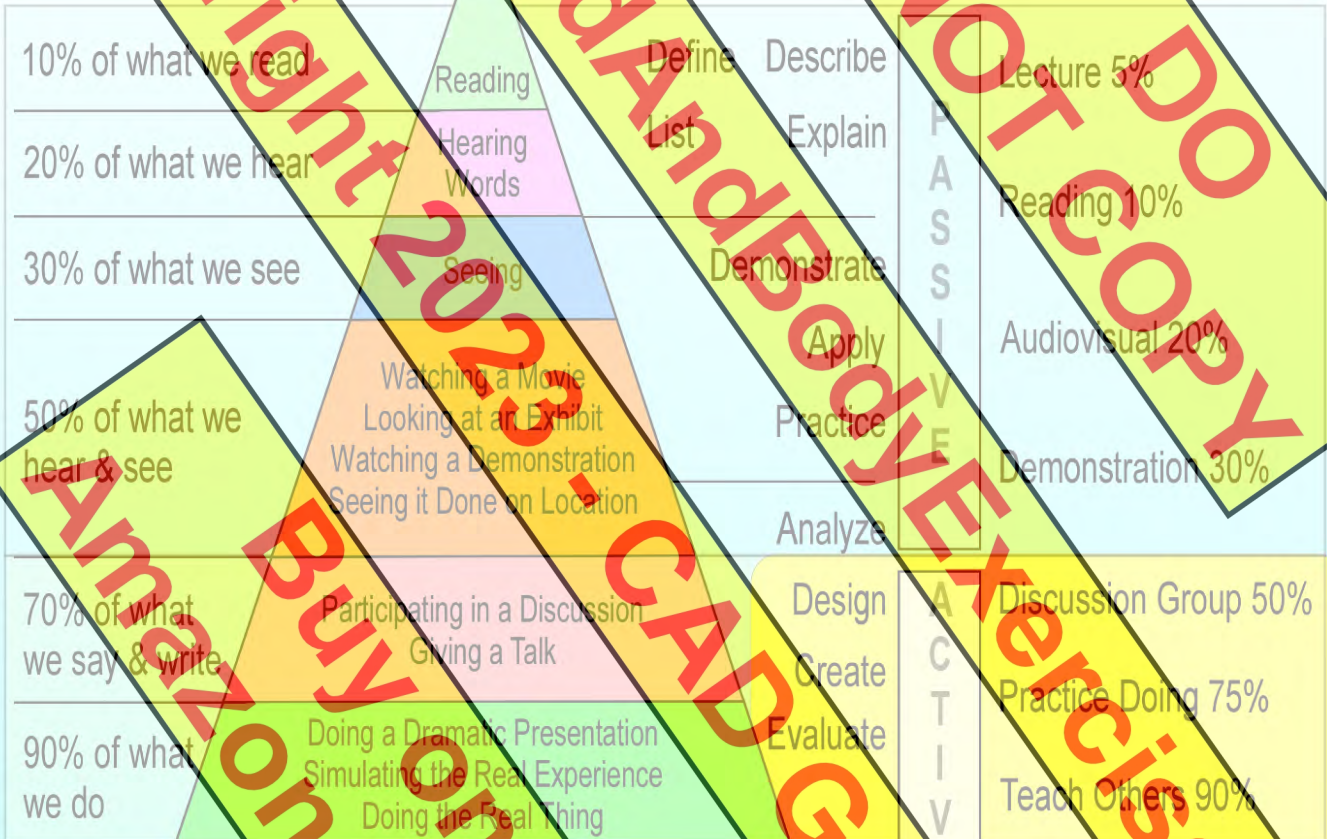
- 1 Head pushes upward to elongate the spine.
- 2 Elbows push outward.
- 3 Tailbone pushes downward from the spine.
- 4 Thighs push inward.
- 5 Kidneys presses backward.
- 6 Chest presses forward.
- 7 Breathe deeply from the diaphragm.

# The Cone of Learning

After 2 Weeks,  
We Tend to Remember:

People Are Able To:  
(learning outcomes)

Teaching Methods  
(retention)



I see and I forget.  
I hear and I remember.  
I do and I understand  
- Confucius

Really where we  
need to be to successfully  
understand subject matter

# Head, Stomach, Feet

(learn - process - implement)

Life Provides the Input

Sense Organs Receive the Signals

The Brain Processes the Signals Into Thoughts

7 +/- 2 Objects of Thought

Working or Long Term Memory



Head:  
learn

Observe

The body's "Brain" is the commander of the central nervous system (CNS) that manages most physiological body functions. Input from the sensory organs provides stimulus for the brain to process in order to sustain life, with relative health and happiness.

Stomach:  
digest or  
process

Contemplate

The body's "second Brain" is the enteric nervous system (ENS) that manages the gut. This extensive network uses the same chemicals and cells as the brain to help us digest not just food, but sensory input to alert the brain when something is out of order or awry.

Feet:  
put into use

Implement

Once the brain observes stimulus, and then processes this input, other thought processes determine the "how and why's" of putting this input either into short-term memory (STM) for immediate usage or stored into long-term memory (LTM) for later access.



# FITNESS vs. HEALTH vs. WELLNESS

focuses on your physical health including nutrition, strength, conditioning, flexibility, and body composition with specific markers based on body size, gender, body type, training style, and training age. Fitness is a component of wellness, but wellness isn't a component of fitness.

# HEALTH vs. WELLNESS

is a state of being - physical, mental, and social well-being. Primary determinants of health include the social, economic, and physical environments, and individual characteristics and behaviors.

# WELLNESS

includes fitness but it's broader. Wellness considers all of your choices and how they create your entire lifestyle. Wellness includes many facets, and looks at the way they interact to create balance or imbalance. Think of wellness as a web, then plucking it one part creates reverberations across the rest.

Wellness is the state of living a healthy lifestyle. Wellness is considered a conscious, self-directed and evolving process of achieving full potential. Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. Wellness is finding a balance between all of these and enhancing a sense of happiness.



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Many of these facets overlap or could be interchangeable depending upon context.

Do your personal goals revolve around working out to stay in shape (fitness) — or working out for your mind, body and spirit (wellness)?

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# Fitness vs. Health - Exercise Methods for Wellness

Various External Methods

Various Internal Methods



Many of these facets overlap or could be interchangeable depending upon context.

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The moment you change your perception,  
is the moment you rewrite the chemistry of  
your body. - Dr. Bruce Upton

Positive  
Thoughts



Bees  
Produce  
Honey

Half  
Full



Bees  
Can  
Sting

Half  
Empty

Negative  
Thoughts



"Happy Hormones"

**Dopamine**

The reward chemical

- celebrate small wins
- certain foods
- practicing self-care activities

**Oxytocin**

The love hormone

- hugging someone
- playing with pets
- socializing
- helping others
- hand holding

**Serotonin**

The mood stabilizer

- sun exposure
- exercise
- nature walks
- meditation

**Endorphin**

The pain killer

- laughter
- exercise
- listening to music
- essential oils

Get your  
daily DOSE  
of:

**D**opamine

**O**xytocin

**S**erotonin

**E**ndorphin

"Stress Hormones"

**Cortisol**

The death hormone

- increase blood pressure
- counteracts insulin
- suppresses immune system
- increase sodium & water retention
- reduces bone formation

**Adrenaline**

The fight & flight hormone

- prepares body to handle difficult or danger situations
- persistent high levels can lead to anxiety, depression, heart disease, weight gain

**Norepinephrine**

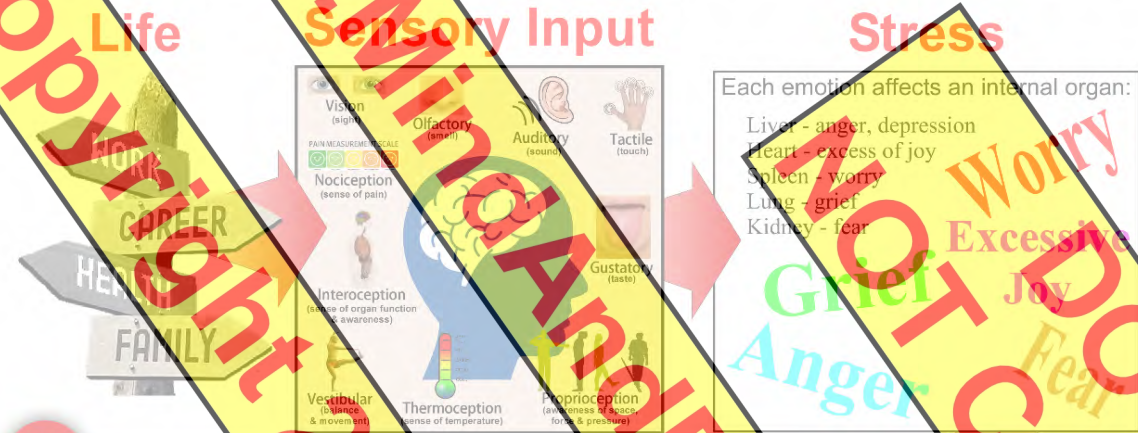
The fight & flight hormone

- increases heart rate & blood pumping from the heart
- increases blood pressure
- break down fat & increase blood sugar levels to provide more energy to the body

# The HPA-axis

(Hypothalamus-Pituitary-Adrenal)

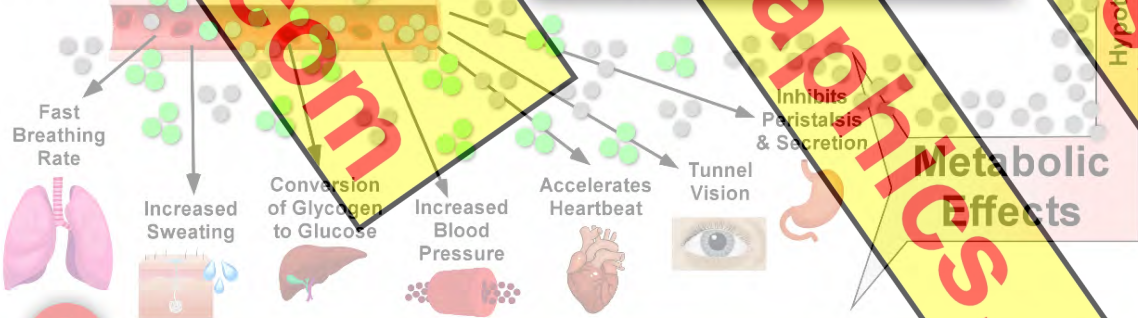
## How the Stress Response Works



**1** Receptors sense stress stimuli and send chemical signals to the hypothalamus, which releases corticotrophic (CRH) to the pituitary gland. The pituitary gland then releases adrenocorticotropic (ACTH) to the adrenal glands.



**2** The adrenal glands respond with the secretion of cortisol, adrenaline, and noradrenaline to be released into the bloodstream.



**3** Immediate physiological changes are induced, including acceleration of heart and lung activity, elevated blood pressure, inhibition of digestive activity, tunnel vision, and sweating.

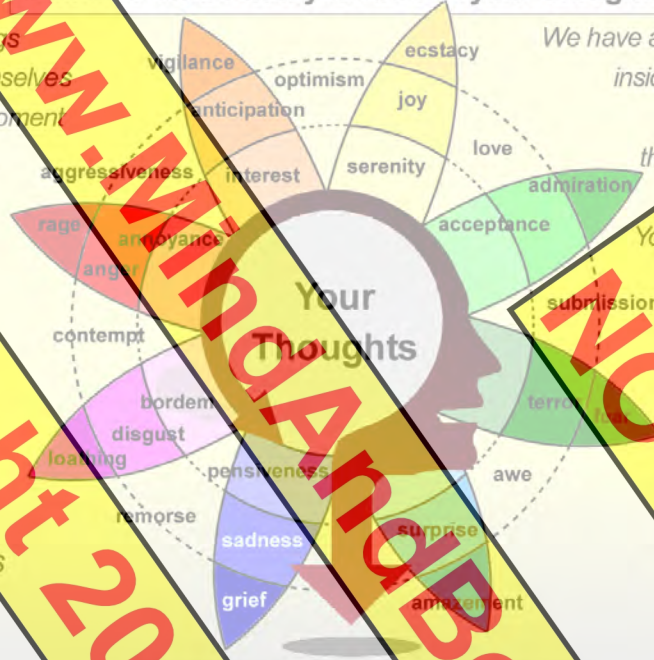
## How to decrease stress:

- **make sleep a priority** — try to get 7 hours of sleep every night
- **practice mindfulness** — deep breathing, daily meditation, yoga, tai chi
- **enjoy life** — do something you love every day; hobbies, read, dance, listening to music
- **connect with friends, family, pets** — a social support system is important for mental health
- **eat a healthy diet** — plan for more fruit, vegetables, whole grains, nuts, seeds, and oily fish
- **break a sweat** — try for 75 vigorous minutes of activity or 150 minutes moderate aerobic activity each week

Become aware that you are not your thoughts

Whatever thoughts or feelings that happen to present themselves in your head at any given moment do not define or control you.

We have an inner mental dialogue going on inside our head that never stops. The next time you have a disturbing thought or emotion, remember that it does not define or control you. You can actively choose whether to participate in it or not.



**Happy**  
You are not happy, but rather are experiencing happiness

**Anger**  
You are not angry, but rather are experiencing anger

Thoughts effect your emotions



Emotions affect your endocrine system (body chemistry)

The body chemistry affects hormones (growth & stress)

**Growth** (HGH-human growth hormone, serotonin, dopamine, oxytocin)

**Stress** (cortisol, adrenalin, norepinephrine)

Growth or stress hormones affects bodily functions of the physical health

Increased muscle strength, faster healing, stronger bones, better moods, improved cognitive function, better sleep, amongst others.

Too much stress hormones can suppress the immune system, increase blood pressure and sugar, decrease libido, produce acne, contribute to obesity, amongst others.

Physical health affects your thoughts - completing the circuit, brings us back full circle

Thoughts of happiness, trust, love, inspiration

Thoughts of fear, anger, worry, sadness

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

# Thoughts Affect Your Health



Emotions can change blood chemistry



# Breathe Deep - Why is This so Important?

Much recent research has linked stress to poor breathing habits and consequently many ailments. Many modern chronic conditions can be traced back to insufficient cell oxygenation otherwise known as cell hypoxia.

Breathing is one of the few bodily rhythms that we can consciously adjust, along with sleep and elimination. All of these rhythms directly effect our body's delicate blood chemistry. However, our breath is the root power in bringing oxygen (qi) into our body to nourish it down to the cellular level.

Deep and mindful breathing while stretching of all of the muscles and relative myofascial meridians can help reduce pain and accompanying inflammation.

**Most people breathe too shallow and too quickly!**

Faster breathing is necessary when experiencing truly stressful situations, like being chased by an animal, running from a fire or similar life-threatening situations. However, continued breathing at this pace for an extended period of time puts accumulative stress on all of the body's systems.

Most humans are breathing on the average, with normal activity about 12-18 breaths per minute (BPM). This amounts to very shallow breaths, using primary the top 1/3 of the lung's capacity.

Shallow chest breathing fills only the upper portion of the lungs. This reduces the ability to effectively oxygenate the circulation system.

This "over-breathing" and "under-inhaling" causes an imbalance in oxygen/carbon dioxide gas exchange. This further leads to a ripple effect of other chemical (and hormonal) imbalances.

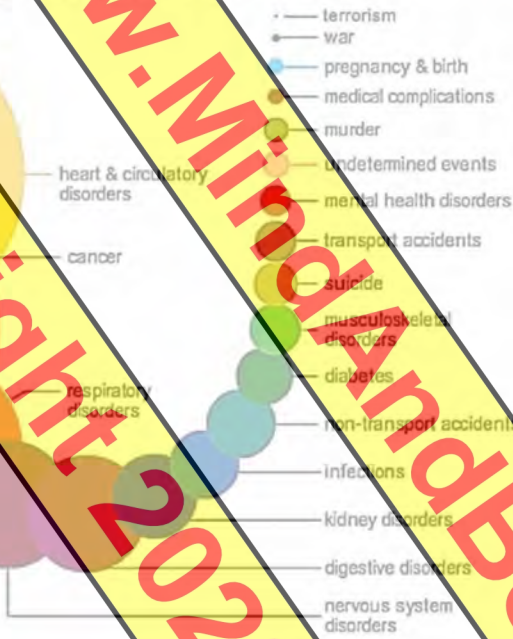
Poor oxygenation is linked to many modern chronic conditions such as asthma, COPD, obesity, diabetes, insomnia and cancer.

1/3

2/3

3/3

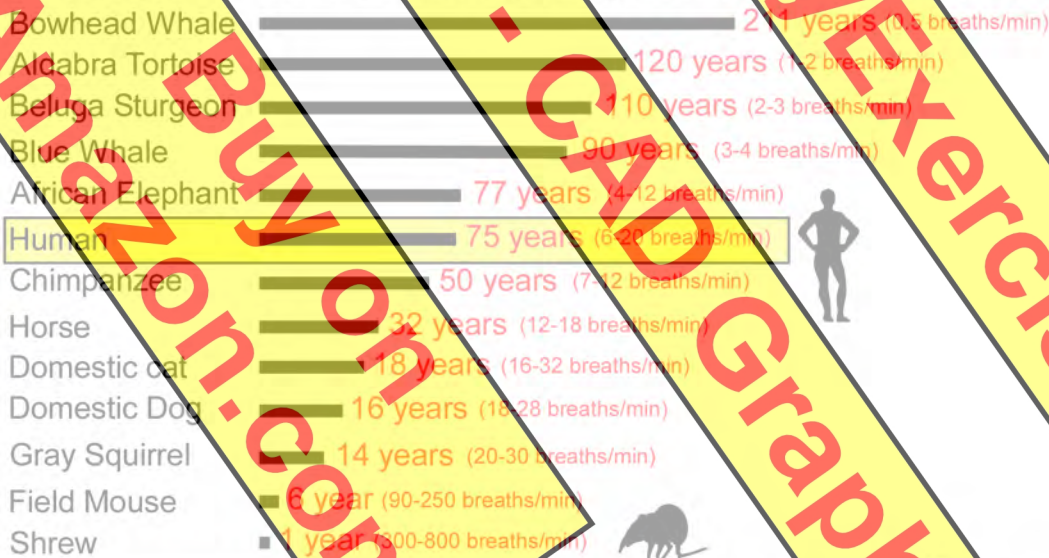
### Leading Causes of Death



Studies show that millions of people are affected by diseases directly related to poor breathing habits.

<https://www.businessinsider.com/the-things-most-likely-to-kill-you-in-one-infographic-2015-2>

### Average Lifespan & Breathing Frequency by Species



Less Years

More Years

### Species that breathe slowly, seem to live longer

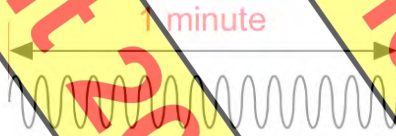
Animals with longer lifespans utilize a combination of methods to minimize oxidative stress that adds to cellular damage. Deep and slower breathing more effectively oxygenates the body, expelling waste and toxins while maintain proper bodily functions.

# Breathing Frequency During Mindful Breathing

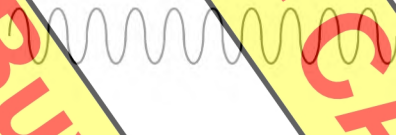
The average person breathes 12-18 breaths per minute during regular activity of standing, sitting & walking. Fitness experts suggest that 6 BPM is optimal for the lungs to properly oxygenate the whole body while also removing toxins. The lungs are responsible for removing 70% of the body's waste by-products through exhalation. This is best accomplished by mindful breathing patterns through exercises such as meditation, qigong, tai chi and yoga.

## Breathing Frequency During Specific Activities

Average Breaths Per Minute (BPM) during sitting, standing, minimal activity, 12-18 BPM



Parasympathetic Nervous System Activates at 10 BPM.



Regulated Breaths at 7.5 BPM. (4 second inhale, 4 second exhale)



Regulated Breaths at 5 BPM or less. (4 second inhale, 4 second pause, 4 second exhale)



## Types of Activities

Walking



Running



Sitting



Sauna



Swimming (slow)



Tai Chi



Baguazhang



Yoga



Meditation



Breaths per minute (BPM)	Amount of Oxygenation	Mental Effects	Physical Effects
18+			More Risk of Disease
17		Stress	Acidic Metabolism
16		Anxiety	
15	Insufficient	Depression	Chronic Oxygen Deprivation
14		Turbidity	More Stress Hormones (cortisol and adrenaline)
13			
12			
11	Moderate	Restless	Sympathetic System Activates (alertness)
10			
9			Parasympathetic System Activates (relaxation)
8	Good	Calm Relaxed	Basic Healthy Metabolism
7			
6			"Happy" Hormones (dopamine, serotonin, endorphin, oxytocin)
5	Excellent	Peaceful Clarity	
4		Tranquility	Healing & Rejuvenation

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# Parasympathetic & Sympathetic Nervous Systems

When respiration slows to 10 breaths per minute or slower, the parasympathetic nervous system is activated. Qigong, Tai Chi, BaguaZhang, yoga, etc. are all effective methods of exercise that activate this nervous system. These techniques have proven the test of time in being an option to remove or manage the inner critical dialogue and learn to regulate the fast paced modern existence we all experiencing.

Qigong balances breathing and promotes conditions in your body for it to be able to regenerate and heal itself. Qigong does not treat symptoms, but rather solves the problem at its root.

When the parasympathetic nervous system is activated, "happy" hormones are released, decreasing heart rate and blood pressure. This relaxes the nervous system, slows and calms all the body systems. This process then promotes regeneration through decreasing metabolic rate at all levels.

Deep breathing encourages pumping of cerebrospinal fluid (fluid around the spinal cord). This increases brain metabolism while promoting feelings of physical and mental well-being, as well as enhanced mental alertness.

## A ROOT SOLUTION to COMBAT DISEASE:

Activate the  
Parasympathetic  
Nervous System (PSNS)

12-18 breaths per minute average  
keeps us in the Sympathetic  
Nervous System of "Fight or Flight"

10 BPM or less activates PSNS

Fight or flight response transitions to  
restore and regenerate

DOSE chemicals & hormones  
released instead of Cortisol

- D - dopamine
- O - oxytocin
- S - serotonin
- E - endorphins

[www.MindAndBodyExercises.com](http://www.MindAndBodyExercises.com)

## Chemicals (hormones) that make you HAPPY

### DOPAMINE

the "reward" chemical  
released during  
pleasurable  
situations

### OXYTOCIN

the "love" hormone  
released during  
sex, childbirth  
and lactation

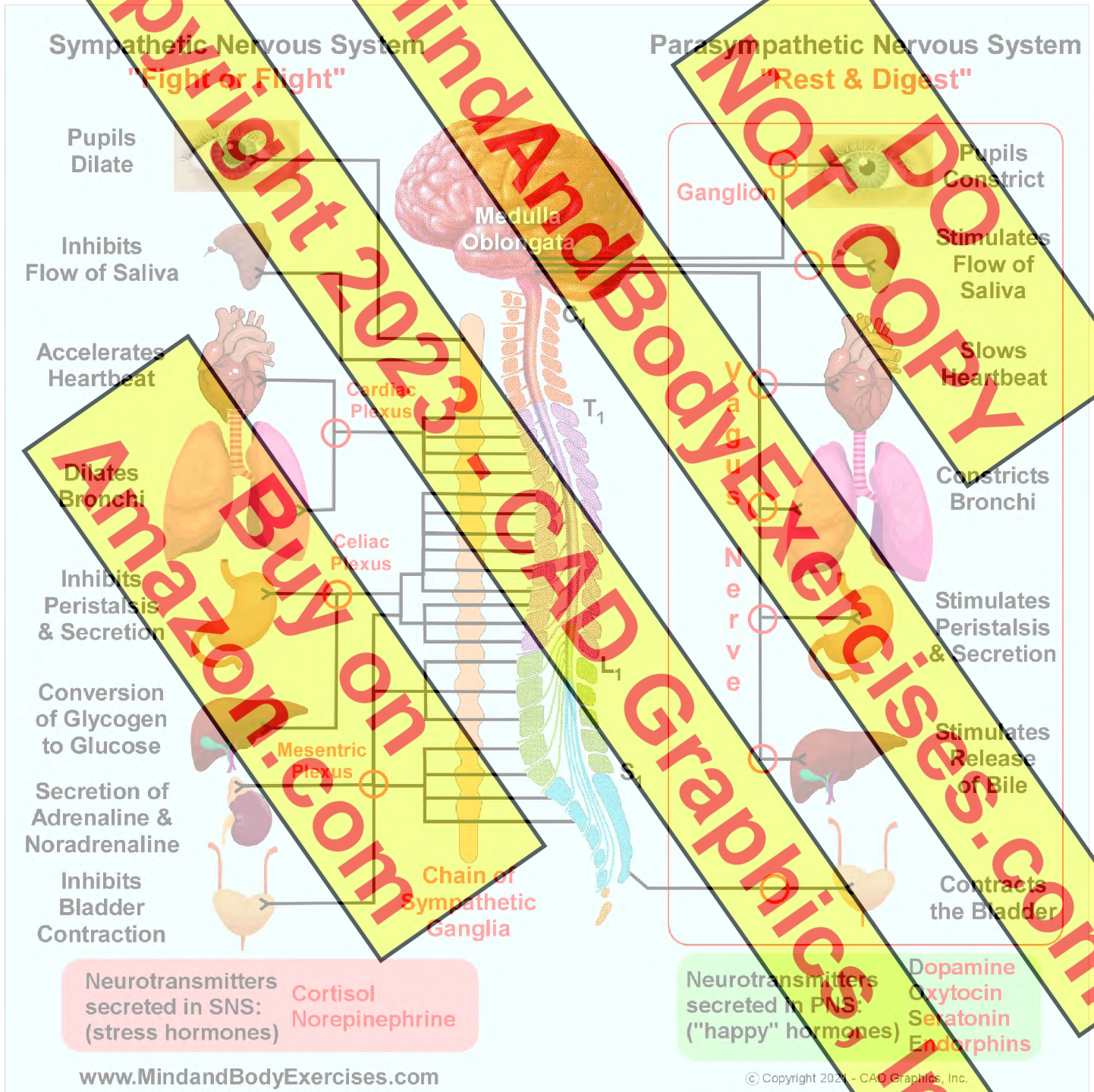
### SEROTONIN

mood stabilizer  
more sensitive  
to diet than other  
neurotransmitters

### ENDORPHIN

the pain-killer  
chemical  
release after  
exercise

Too much activity within the sympathetic nervous system causes the body to constantly respond as if in the "fight" or flight" mentally eventually deteriorating many body systems.



# Breathing Deeply - Exercise Intensity

## Breathing Rate vs. Intensity



Too much time in this area, makes the body sedentary impairing the body's ability to remove lymph causing inflammation and various other ailments.

This is the optimum area to function within, whether resting, exercising, meditating, etc. Minimum breaths per minute provides maximum oxygenation of the body on the cellular level.

Too much time in this area, makes the body react as if always in crisis mode or "fight or flight" mode producing more cortisol & adrenaline to accommodate the body's demands.

# Deep Breathing Benefits

Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved.

- Diaphragm breathing acts as a pump to massage internal organs

- Movement of the diaphragm helps push lymph throughout your body, eliminating toxins while strengthening the immune system

- Improves blood circulation which oxygenates cells

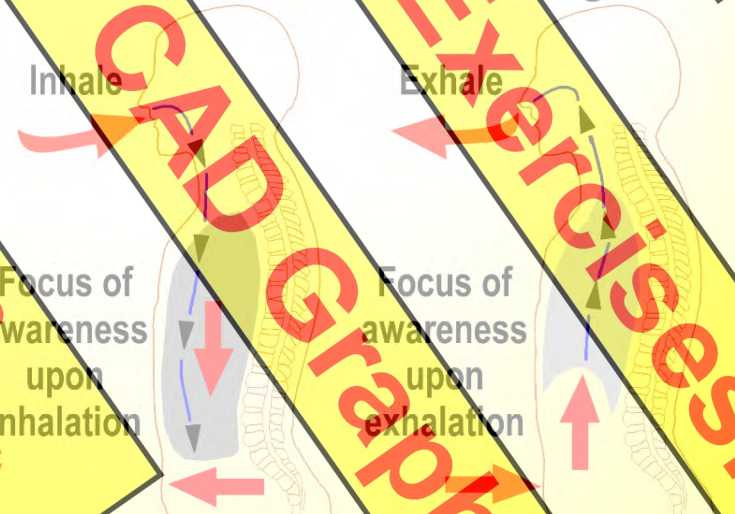
- Activates the Parasympathetic Nervous System

- CO<sub>2</sub> waste is eliminated directly through the breath



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## Abdominal Breathing



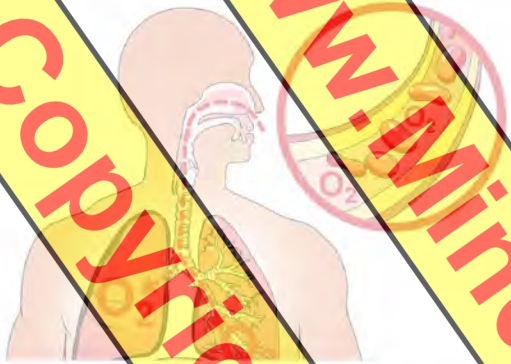
Abdominal movement while breathing dramatically increases lung capacity

Inhalation:  
abdomen expands,  
diaphragm descends

Exhalation:  
lower abdomen is retracted,  
diaphragm raises



## Other Benefits of Deep Breathing Practices



### 1. Breathing Releases Toxins

Exhaling air from your lungs, expels carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste byproduct of your body's metabolism.

### 2. Deep Breathing Releases Tension Muscularly and Structurally

When your breathing is deep, you are getting the amount of oxygen that your body needs. When you breathe easier you move easier due to reducing muscular tension. This allows an increase in flexibility of joints.

### 3. Breathing Relaxes the Mind and Body, Affecting Mental Clarity

Oxygenation of the brain reduces excessive anxiety levels. Deep breathing brings clarity and insights as concentration is improved.

### 4. Deep Breathing Relieves Emotional Problems and Mood Swings

Regulated breathing can adjust blood chemistry which effects one's emotional state. This releases endorphins, natural painkillers that create a natural high.

### 5. Deep Breathing Relieves Pain

Studies show that breathing into your pain helps to ease it.

### 6. Breathing Massages Your Organs

Diaphragm movement during deep breathing massages the stomach, small intestine, liver and pancreas.

### 7. Digestive System Works More Efficiently

Breathing deep from the diaphragm massages the internal organs to function better. This regulates and calms the emotions, directly affecting the digestion system.

### 8. Breathing Helps Strengthen the Immune System

Oxygen travels through your bloodstream by attaching to hemoglobin in the red blood cells. This in turn enriches the body to better metabolize nutrients and vitamins. Which also helps tissues to regenerate and heal.

### 9. Breathing Deeply Help Improve Posture

Better breathing exercises practiced consistently, will promote better posture.

### 10. Breathing Improves Quality of the Blood

Deep breathing removes more carbon-dioxide and increases oxygen in the blood, increasing blood quality.

### 11. Breathing Deeper Improves the Nervous System

The brain, spinal cord and nerves are more nourished by receiving more oxygen.

### 12. Deep Breathing Strengthens the Lungs

As you breathe deeply the lungs become stronger and powerful as they are also exercised with more expansion and contracting of each breath.

**13. Breathing Deeper Makes the Heart Healthier.**

Breathing exercises reduce the workload on the heart. Deep breathing promotes more efficient lungs, which distributes more oxygen into contact with blood sent to the lungs by the heart.

**14. Blood Circulation Improves with Deep Breaths**

Deep breathing leads to a greater pressure differential within the lungs, leading to an increase in the blood circulation, thereby resting the heart slightly.

**15. Better Breathing Can Assist in Weight Loss**

Extra oxygen throughout the body, burns up excess fat more efficiently.

**16. Deep Breathing Boosts Energy levels and Improves Stamina**

**17. Breathing Improves Cellular Regeneration**

**18. The Lymphatic System Works Better with Deeper Breathing**

Increased circulation of lymphatic fluid speeds recovery after illnesses, removing waste by-products more efficiently.

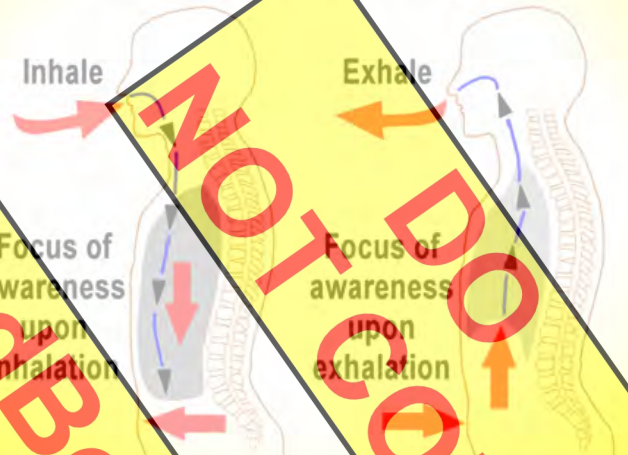
**19. Elimination of Waste Through Exhaling Works Better**

70% of the body's waste is eliminated through the breath.

**20. Self-Awareness & Spirituality Can be Enhanced from Deep Breathing**

Creativity and Intuition increases when you're relaxed.

# Abdominal Breathing



Abdominal movement while breathing dramatically increases lung capacity

Inhalation: abdomen expands, diaphragm descends

Exhalation: lower abdomen is retracted, diaphragm raises

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## A ROOT CAUSE of DISEASE:

Breathing is too fast & too shallow which can:

Affect Thoughts

Affect Emotions

Affect Blood Chemistry

Affect Organs & Functions

**OVERALL HEALTH**

# Breathe Through Your Nose - it stimulates Nitric Oxide Production

Nitric oxide (NO) is a vital key messenger molecule produced in the endothelium found inside our blood vessels. As a vasodilator NO modulates vascular tone which, enhances healthy blood flow and circulation, which is key to overall physiological organ function. NO affecting blood pressure, vitality, and nutrient absorption which impacts many aspects of health. As blood vessels dilate, blood flow increases to improved exercise performance and improved brain function. The nasal sinuses provide a very large reservoir of nitric oxide (NO). Nasal breathing stimulates nitric oxide production improving oxygen levels throughout the body.

Yoga (qigong), tai chi, meditation, martial arts and other methods often put a major emphasis on regulated breathing through the nose.

## Nitric Oxide

(NO)

### Vision

- neurotransmitter within retina
- regulation of retinal blood flow
- visual transduction
- effector in photoreceptors
- muscle tone in retinal and choroidal circulation

### Respiratory System

- Bronchial dilation
- Pulmonary vascular reactivity
- Alveolar-capillary membrane permeability

### Cardiovascular System

- opening of blood vessels
- blood cell health
- heart strength
- nutrient exchange

### Gastrointestinal Tract

- enhanced metabolism
- increases nutrient absorption

### Excretory System

- Glomerular filtration
- Renal vasodilation
- Renal endothelial function

### Urogenital System

- renin secretion
- penile erection
- fertilization
- spermatogenesis, oogenesis, ovulation

### Neurological System

- Learning
- Memory
- Neural protection
- Neuronal toxicity
- Neurotransmission
- Neuronal development
- Nociception
- enhances "rest state"
- pain management
- blood pressure regulation

### Cell Proliferation

- reduced cell death
- new blood vessel formation

### Immune System

- improved Innate immunity
- inflammation regulation
- cytotoxic chemical
- cellular injury protection
- superoxide radical quenching

### Endocrine System

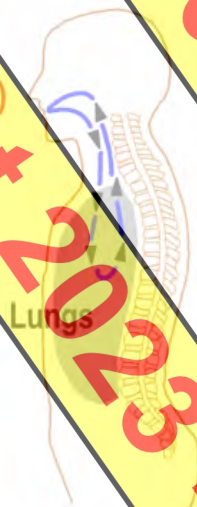
- posterior pituitary hormones
- gonadotropin hypothalamic releasing factor

# Box Breathing: A Method to Manage Stress

Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved. Box breathing is a technique to slow one's breathing rate per minute (BPM). Slower BPM allows precise self-regulation of the parasympathetic nervous system, also referred to as the "rest and digest" response or the sympathetic nervous system also known as "flight or fight" response. Both of these responses regulate our blood chemistry which can affect emotions as well as organ function. This technique needs to be practiced regularly and often in order to gain the benefits of deep and regulated breathing. One time will not do much.

Typical senior adult's breathing pattern (shallow chest breathing)

1/3  
2/3  
3/3



## Abdominal Breathing

Inhale

Exhale

Focus of awareness upon inhalation

Focus of awareness upon exhalation

Abdominal movement while breathing dramatically increases lung capacity

Inhalation: abdomen expands, diaphragm descends

Exhalation: lower abdomen is retracted, diaphragm raises

## The "Box" Pattern

1 2 3 4  
hold for 4 seconds

4  
3  
2  
1  
breathe in for 4 seconds

Inhale

Exhale

1  
2  
3  
4  
breathe out for 4 seconds

4 3 2 1  
wait for 4 seconds

Practice this technique as much as possible for optimum results

# Factors in Maintaining Balance

## Awareness

Understanding where ones center of gravity sits, greatly helps to become more sensitive to correct body positioning. Also, being more observant of environmental changes such as lighting, weather, terrain, etc. can prevent loss of balance.



## Focus

Keeping the eyes steady, helps keep the mind focused to be able to better control the bodies fine tuning of muscle control and body positioning leading to better balance.



## Strength

Maintaining muscle tone contributes to having stability whether the body is in motion or stationary.



## Range of Motion (flexibility)

When the limbs, muscles and joints are free to move, it is much easier to adjust ones center of gravity to a more balanced position.

# Exercises to Improve Your Sense of Balance

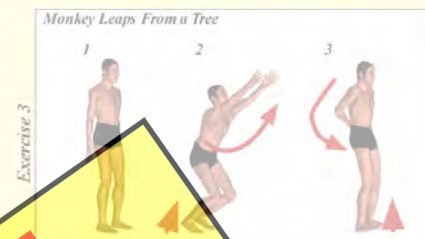
## Dynamic Exercises



**Exercise 1**  
**Shake the 9 Gates**  
**NOTES:** 1- Loosely shake hands, fingers, 2- Continue shaking hands working up to wrists, forearms & shoulders. Bend & straighten knees while shaking torso side. 3- Same motion but add gentle bouncing forward on to the feet.



**Exercise 2**  
**Standing on a Boat**  
**NOTES:** 1- Inhale as moving the lower back onto the heels of the feet. 2- Exhale as rocking back over the heels, while moving the tailbone slightly forward.



**Exercise 3**  
**Monkey Leaps From a Tree**  
**NOTES:** 1- Start in a neutral position. 2- Inhale as swinging arms forward, rock on to balls of feet. 3- Exhale while bringing hands to back, round back & neck tailbone forward, rock on to heels.

### Static Balance

Maintaining stability with ones center of gravity situated on an axis of vertical rotation, with little or no body movement.

### Dynamic Balance

Maintaining stability with ones center of gravity situated outside an axis of vertical rotation, with body movement or the body in motion.

### Basic Stance

Highest positioning, minimal bending of the main joints

### Intermediate Stance

Medium positioning, more bending of the main joints

### Advanced Stance

Lower positioning, increased bending & twisting of the main joints

### Extreme Stance

Lowest positioning, maximum bending & twisting of the main joints

### Balance Stance



Hold 5-10 seconds: minimum stretch. Improves range of motion, balance, coordination & focus

Hold 10-30 seconds: average recommended stretch. Improves range of motion, muscles & joints strengthen. Body systems are engaged and invigorated.

Hold 1-5 minutes: intense stretching & strengthening as primary muscles fatigue, lesser used muscles become engaged. Extreme mental focus and self-awareness is developed at this level

## Advanced Walking in a circle (circle walking, Bagua, Pakua)

Aerobic and anaerobic exercises are included within Bagua training, helping to relieve stress, lower blood pressure, massage of the internal organs and improve a better sense of balance. Chemical releases occur which promote relaxation and tranquility as well as balancing out the body's metabolism.

Walking is usually done in a circle or figure "8" pattern, keeping the knees bent throughout the exercise. Various hand, foot and walking positions can be practiced in order to achieve different health or self-defense benefits.



**IMPORTANT:**  
 Always watch that the toes, knees & hips stay in the same plane for all exercises.

# Vicious Cycle of Poor Posture

## Common Root Causes of Poor Posture

- Chronic Sitting
- Excessive Neck Tilting
- Standing & Sitting Cross-legged
- Favoring One Side
- Prolonged Driving



## Referred Pain in One Area Can be Felt Elsewhere



## Too much upper back hunching



## Too much lower back arch



## Muscular Imbalances Can Lead to Postural Issues

### Kyphosis (Posterior Pelvic Tilt)



### Neutral Posture



### Lordosis (Anterior Pelvic Tilt)



## Excessive Head Tilt Leading to Neck Issues

Habits of stress on the cervical spine caused by posture and position of the head, specifically an increase in forward head position. This increases the weight on the cervical spine especially in the C-7 to T-1 vertebrae. Addition bone mass can accumulate in this area to compensate for the extra strain on the muscles, tendons and ligaments within the neck. This is known as a Dowager's Hump or kyphosis.

0 degrees tilt	15 degrees tilt	30 degrees tilt	45 degrees tilt	60 degrees tilt
head weight	head weight	head weight	head weight	head weight
10-12 lbs.	27 lbs.	40 lbs.	49 lbs.	60 lbs.



# Posture & Symmetry Affects the Body & Mind

Instinctively, as humans we try to center our head directly above our physical center of gravity. Poor posture, short leg syndrome, injuries or habitual body movements can cause remodeling of the muscular, skeletal and nervous system. These root problems can be the cause of many chronic ailments.

Side effects can include:

- headaches
- neck pain
- shoulder pain
- low back pain
- hip pain
- knee pain
- ankle/foot pain
- Iliotibial Band Syndrome
- irritability
- emotional mood swings

A difference in leg length by 7mm or 0.275" can be enough to throw an individual's spine out of "calibration".



Ankle pain can occur when ones side of the body is favored due to chronic pain.

Shoulder pain can occur when ones side of the body is higher or lower than the opposite side.

Line of Center of Gravity

Neck pain and headaches can occur when one side of the neck has more tension than the opposite.

Knee, hip and iliotibial band pain can occur when ones body weight is unevenly distributed between the two legs.

Knee pain can occur when ones body weight is unevenly distributed between the two legs.



# Causes of Chronic Back Pain [www.MindAndBodyExercises.com](http://www.MindAndBodyExercises.com)

Most people in the United States will experience back pain at some time in their lives. Causes of back pain are many ranging from poor posture, heavy lifting and lack of exercise amongst others. Some find relief through chiropractic or acupuncture therapy. Most pain goes away within a few days or weeks only to return at a later date. Unless the root cause is fixed, most treatments only offer temporary relief. In many cases, the root cause of back pain is tight hamstring muscles. Excessive sit-ting can tighten these muscles as well as lack of proper stretching on a regular basis. The following set of exercises develop strength and flexibility which improve posture. Good health of the lower back starts with good posture. Strength in the back, hips and abdomen provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

1 Straining the neck forward to see closer, puts strain on the neck and upper back. This leads to hunching forward of the spine and a gradual realignment of the 3 natural curves.

2 Poor posture, combined with long hours sitting stagnant in a chair cause muscles within the legs to shorten and tighten over time. These muscles, specifically the hamstrings, cause the pelvis to tilt the tailbone forward.

Quadratus Lumborum

Piriformis

Sciatic nerve

4 Pelvic tilt also puts strain on the lower back muscles such as the quadratus lumborum. Spasms can occur as the muscles tighten even more to protect the spine from excessive movement. The piriformis muscle attaches the head of the femur to the base of the pelvis. The piriformis can become irritated or tense causing pain to the nearby sciatic nerve. Sciatica can cause pain and numbness down the back of the legs to the heels.

Pelvic tilt

Hamstrings

3 Just like a pulley, the hips rotate towards the tight muscle groups. Tight hamstrings, cause the pelvis to tilt the tailbone forward which put increased tension on lower back muscles.

# Posture Affects the Mind

## Course of Action:

- consult with your physician or chiropractor
- have your posture checked
- stretch regularly
- perform non-specific symmetrical exercises
- inspect footwear for uneven wear patterns
- evaluate poor posture habits and adjust
- review career choices if necessary

Chronic pain effects us emotionally (mentally) as well as physically. Similar to a sponge, the body absorbs positive as well as negative energy. Each emotion effects an internal organ.

- Liver - anger, depression
- Heart - lack of joy
- Spleen - worry
- Lung - grief
- Kidney - fear



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# Strengthen Your Back (set #1)

Good health of the lower back starts with good posture. The following set of exercises develop strength and flexibility which improve posture. Strength in the back, hips and abdominals provides a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system. Try to hold the static positions or perform moving exercises from 20 seconds to longer intervals such as 1, 2, 5 minutes or longer, to achieve advanced levels of development physically and mentally. Holding positions generally develops strength where as repetitive movements develop flexibility and endurance. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

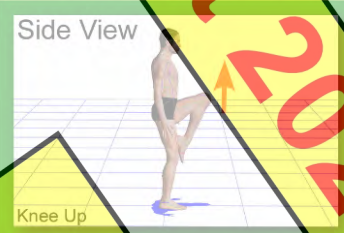
NOTE: This study guide is mainly a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.



Pick Up Leaves

Maintaining good back health is an ongoing task. A consistent regimen of these exercises can help prevent problems before they arise.

Stand with feet shoulder-width apart. Hands at the hips as you bend the waist forward towards the ground as if picking up leaves from the ground. Hands reach to the ground then the torso straightens up. Repeat in sets of 10 until desired amount of repetitions is achieved.



Knee Up

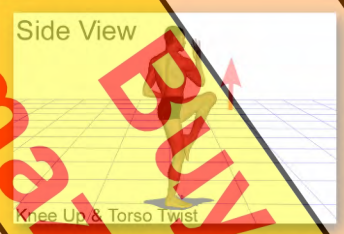


Top View



Front View

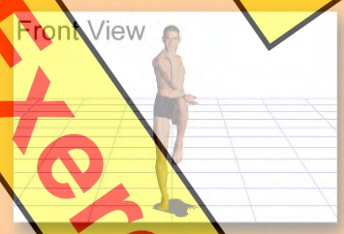
Stand with feet close together. Bring knee up as high as possible while pointing the toes downward. Keep the back upright and the head straight.



Knee Up & Torso Twist



Top View

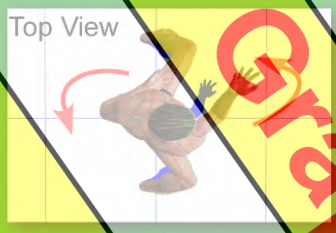


Front View

Same as knee up exercise but add twisting the torso towards the raised knee as trying to touch the bent elbow to the opposite raised knee.



Horse Stance & Torso Twist

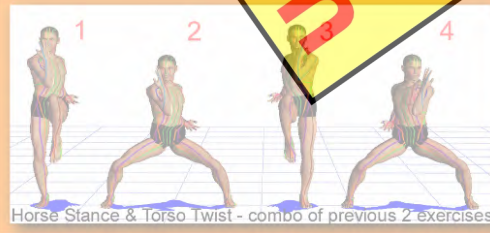


Top View



Front View

Same as knee up & torso twist exercise but add stepping down into the horse stance. Any of the above exercises can be held or alternating sides.



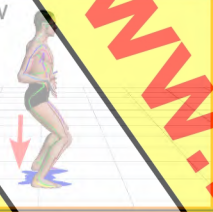


Horse Stance & Torso Twist - combo of previous 2 exercises

One can exercise 100% of the body's muscles 10%, or 10% of the muscles 100%. Which would you prefer?

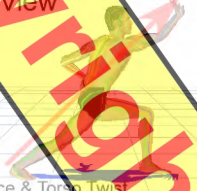



Leg up and twist torso as elbow comes to opposite knee. Step down into the horse stance as exhaling. Repeat on opposite side.

# Strengthen Your Back (set #1)

**Side View**  **Top View**  **Front View** 

**Horse Stance**  
Feet slightly wider than shoulder width, knees bent, hands open positioned next to the hips. Back straight, lower back arched inward as hips sink down.

**Side View**  **Top View**  **Front View** 

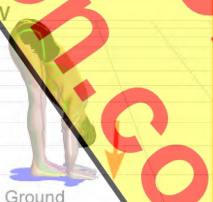


**Bo stance & Torso Twist**  
Left Bo stance as opposite arm extends out and away from back heel. Left hand, arm & shoulder twists with the torso towards the left. Sink hips.

**Horse Stance and Side Reaching exercise**  


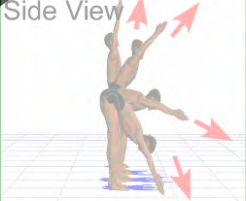


Same as the above 2 exercises but linking them together and alternating on both sides.

**Side View**  **Top View**  **Front View** 

**Arms Extended & Bending at the Waist**  
Rest on hands and knees as pulling stomach and lower back downwards while pulling chin upwards.

**Side View**  **Top View**  **Front View** 

**Reach for the Ground**  
Hands reach for the ground while the head faces downward. Legs straight as possible while trying to lengthen the spine while bending downward.

**Front View**  **Side View**  **Angled View** 

**Reach for the Ground - continuous**  
Combination of above 2 exercises. Can be held for intervals of time at different angles of height or continuously stretching as bending forward.

NOTE: This study guide is mainly a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

## Components of the Knee Joint



## Strength in the Knee Joint

Strength in the knee joint is greatly determined by a few factors.

- 1) Strength, tone & flexibility of the muscles acting upon the knee structure.
- 2) Strength of the tendons joining leg muscles to the femur, tibia & fibia.
- 3) Strength of the ligaments that connect the femur to tibia.
- 4) The general health of the knee joint.
- 5) The individual as far as physical condition and amount of activity.

Knee pain of some variety, is experienced by most humans at some time in their life. From the Center for Disease Control and Prevention (CDC) and National Center for Health Statistics (NCHS) data reflects chronic pain for U.S. adults, as follows:  
low back pain (28.1%)  
knee pain (19.5%)  
headache (16.1%)  
neck pain (15.1%)  
shoulder pain (9.0%)  
finger pain (7.6%)  
hip pain (7.1%).

**Instruction 1-** performing these stretches increases the range of motion and blood flow. 20 repetitions is a good start, adding 10 reps per day, barring no pain or excessive soreness.

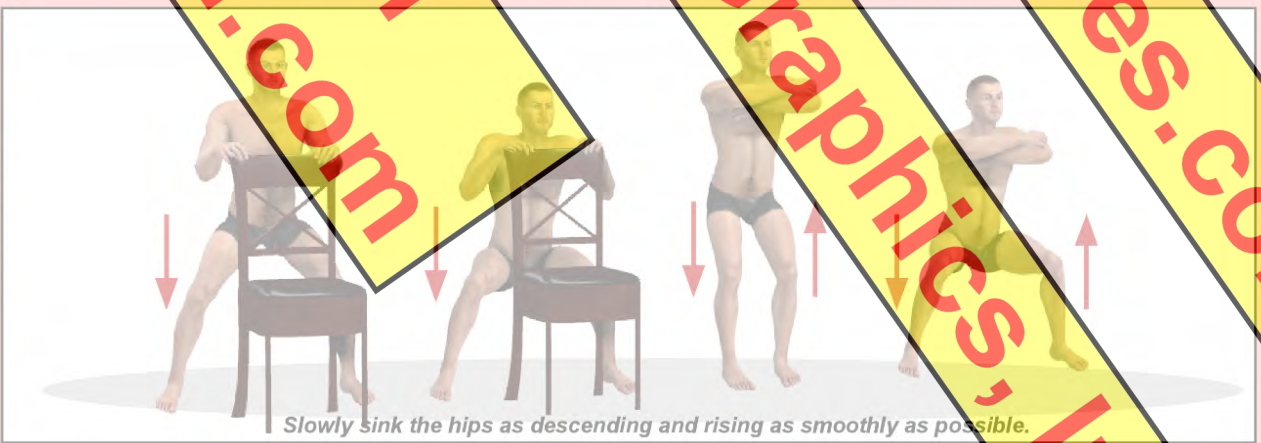
**Instruction 2-** increase to 1-2 minutes (or 30-50 repetitions) starts to develop more strength.

**Instruction 3-** 2-5 minutes, whether repetitions or holding the static position is where the most strength begins to develop.

### Exercise 1



### Exercise 2



NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

## Strengthening the Knee Joint

The most important muscle group determining knee strength is the quadriceps femoris. It is capable of stabilizing the knee joint in the presence of damaged ligaments. It is also capable of healing where as the ligaments receive very little blood flow which inhibits healing. Every person has their individual set of circumstances to address regarding any type of body pain or injury. Most of these exercises shown have proven the test of time, as far as being helpful in reducing knee pain by providing stability within the knee structure.

**Instruction 1-** performing these stretches increases the range of motion and blood flow. 20 repetitions is a good start, adding 10 reps per day, barring no pain or excessive soreness.

**Instruction 2-** increase to 1-2 minutes (or 30-50 repetitions) starts to develop more strength.

**Instruction 3-** 2-5 minutes, whether repetitions or holding the static position is where the most strength begins to develop.

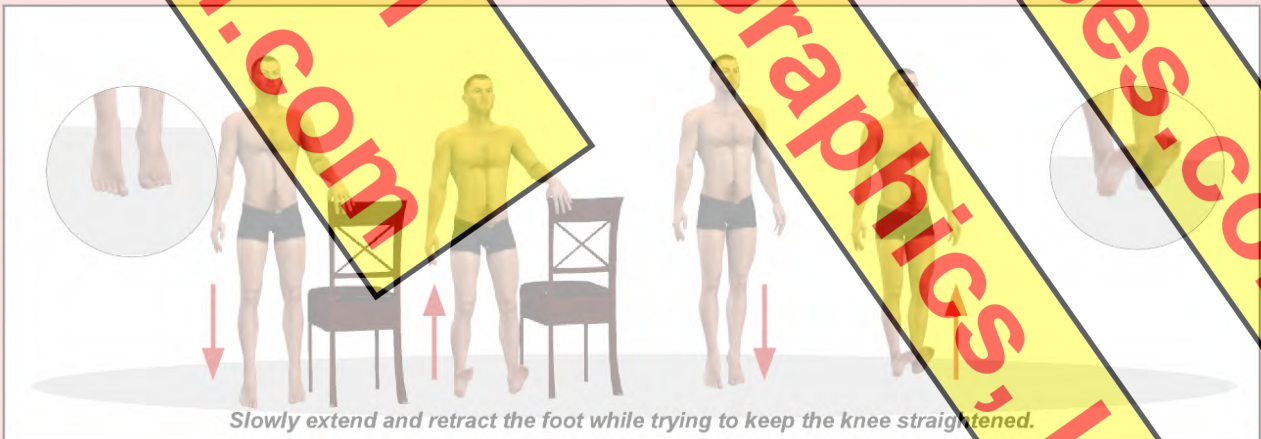
Exercise 3



Exercise 4



Exercise 5



**NOTE:** This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

# Ancient Exercise Methods That Benefit the Mind & Body

Various  
Conditioning Methods  
Spanning Centuries

**BaguaZhang**  
(origins in 16-19 century AD)

**Tai Chi**  
(origin in 12th century AD)

**Asian Martial Arts**  
(origins in 4-5 century AD)

**Qigong (Yoga)**  
(origins in 3300-1500 BCE)

## Benefits:

Balancing of  
the emotions

Flexibility

Strength

Change in blood  
chemistry

Coordination

Range of motion

Balance & Stability

## Key Concepts

### Time, Lack Thereof

We seem to have less and less time to do everything we need to accomplish within any given day. We don't have time; we "make" time. We often don't have time to exercise, meditate, eat wisely, etc., but will find or "make" time to socialize, check our smart phones, watch television, grab a coffee or whatever else is of a higher priority. 5 minutes a day, of deep breathing exercises is enough to notice your level of stress begin to drop.



### The 5 Elements

The 5 element theory is a major component of thought within Traditional Chinese Medicine (TCM). Each element represents natural aspects within our world. Natural cycles and interrelationships between these elements, is the basis for this theory. These elements have corresponding relationships within our environment as well as within our own being. Exercises that engage your body, your breathing and your thought have been known to effect the balance of these 5 elements. Qigong, Tai Chi and Baguazhang are these types of exercise methods. A more detailed education in the 5 Element Theory is available in other booklets.

### What You Think Effects Your Health

Every thought, has an emotional attachment on some level. Positive emotions keep organs in balance for optimal performance. Negative emotions disrupt this balance leading to other symptoms and ailments.



Positive	Negative
Love	Hate
Joy	Cruelty
Happiness	Impatience
Positive	Negative
Kindness	Anger
Generosity	Jealousy
	Envy
Positive	Negative
Gentleness	Sadness
Calmness	Fear
Silence	
Positive	Negative
Fairness	Worry
Openness	Anxiety
Trust	Mistrust
Positive	Negative
Courage	Sadness
Righteousness	Depression



# What is Qi, BaguaZhang, Tai Chi & Qigong?

## Qi - Our Life Force

What is this stuff we call Qi? Qi, Chi or Gi means air, energy or breath in Chinese and Korean. Gong or Kung means work. Qigong therefore translates to energy or breath work.

## Energy Meridians

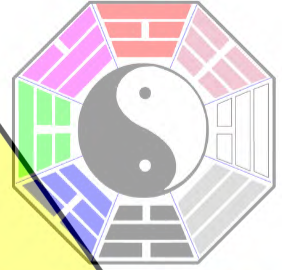
How the Qi moves through our bodies.

The human body is made up of bones, muscles, and organs among other components. Veins, arteries and capillaries carry blood and nutrients throughout to all of the systems and components. Additionally, 12 major energy meridians carry the body's energy, "life force" also known as "Qi". One's Qi is stored in the lower energy center or "Dan Tien". Daily emotional imbalances accumulate tension and stress gradually affecting all of the body's systems. Each discomfort, nuisance, irritation or grudge continues to tighten and squeeze the flow of the life force. This is where "dis-ease" claims its foothold.

### The 12 Meridians

Lungs  
Pericardium  
Heart  
Stomach  
Gall Bladder  
Bladder

Large Intestine  
Triple Burner  
Small Intestine  
Spleen  
Liver  
Kidneys



BaguaZhang  
8 Trigram Palm

Tai Chi  
the  
Supreme Ultimate



## What is Baguazhang

Bagua, Baguazhang, Bagwa, Pakua, Walking Meditation or "walking of the circle" are all names for this style of Kung Fu training. Translated to English is "8 trigram palm". Bagua is an internal developing style similar to Tai Chi and Hsing-I. Internal practices are known to increase the amount of Qi flow within the human body. Tai Chi is often considered to be the softest, Bagua somewhat harder and Hsing-I the hardest style of the three main internal styles. Hard and soft refer to the control applied to the various movements practiced. Bagua develops stability in motion amongst many other things. Cheng, Chung, Emei and Sun style 8 Animal are various styles of Baguazhang. The philosophical theme of BaguaZhang is that of wind; spiraling and circling using centrifugal force to develop flexibility, speed and strength.



Baguazhang  
8 Trigram Palm



## What is Tai Chi?

Tai Chi, Taiji, or T'ai Chi Ch'üan, is an internal Chinese martial art practiced for both its defense training and its health benefits. The term Tai Chi (translates to the "Supreme Ultimate") refers to a philosophy of the forces of yin and yang, related to the exercises. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal reasons such as stress relief, physical fitness, achieving greater longevity and spiritual cultivation. As a result, many training forms exist, both traditional and modern, which correspond to those aims with differing emphasis. Some training forms of Tai Chi are especially known for being practiced with relatively slow movements. Chen, Yang and Wu are the most practiced styles of Tai among others. The philosophical theme of Tai Chi is that of water, free flowing, smooth and yet very powerful.



Tai Chi  
the  
Supreme Ultimate



## What is Qigong?

QiGong or Chi Kung, is breathing exercises, with little or no body movement, that can adjust the brain waves to the Alpha state. When the mind is relaxed, the body chemistry changes and promotes natural healing. With deliberate regulated breaths, one is able to relax the deep skeletal muscles working outward, while releasing tension accumulated within the muscles, organs and nerves. Whereas conventional physical exercise can deplete energy, Qigong helps to replenish your natural energy. Tai Chi and BaguaZhang are types of Qigong, however not all Qigong is considered to be Tai Chi or BaguaZhang.

# Kan & Li (water on top, fire below)

Traditional Chinese medicine and Eastern philosophy states that fire rises and water sinks within the body. Fire resides in the heart. It is inevitable that it will move upwards, fuelled by the emotional state. This causes fire to move away from the water energy, residing in the kidneys. Water sinks downwards as the essence (Jing) is not adequately preserved throughout our lives. This causes the energy of fire and water to move away from the lower energy center (DanTien) and in this way divides these two forces even more.

The separation of Fire & Water is shown below:



rising upwards

Hastens Aging:

Li (fire) rising upwards



KAN (water) sinking downwards

Disturbances of the emotional mind

Li (fire) & Kan (water) move away from the lower DanTien (energy center)

Overuse of the essence



sinking downwards

Longevity Practices:

KAN (water) rising upwards



Li (fire) sinking downwards

Mundane thoughts and stress overtakes and affect our energies, increasing the divide causing the aging processes to hasten. Ideally, reversing fire on top to water on top, is an ancient Taoist practice of extending longevity. Practicing Fire Path breathing, Tai Chi, BaguaZhang and Qigong all offer methods of reversing this flow of energy. This is where the Wind (BaguaZhang practices) and Water (Tai Chi practices) makes Fire (internal energy-Qigong practices) terminology becomes apparent.

### Fire Path Breathing of the Small Circulation:



## Energy Meridians within the Body

There are twelve main energy meridians and 8 other special meridians within the human body. Meridians are similar in theory, to electrical wires or nerves. Most would agree that the body has electrical charges, which sustain the heart and also affect the brain. They run from the top of the head to the tips of the toes and fingers. Each meridian is associated with an internal organ. When there is a lack of flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and lifestyle, it is possible to increase ones circulating life force, inner health or chi (qi), pronounced as key or "chee". Chi is a type of energy similar to electricity, which flows throughout the human body and the meridians. The 8 special or "extraordinary" meridians are also referred to as the 8 Vessels. The Vessels serve as reservoirs to regulate how much chi flows through the meridians and consequently providing energy to the vital organs.

Tai Chi, Baguazhang and Hsing Yi are types of kung fu, composed of specific exercises. By performing specific exercises, along with regulation of ones breath, the chi within the body can be increased. It is this circulation of chi, along with the flow of blood that can improve ones health. Lack of this flow is what cause disease or dis-"ease" within the human body. Tai Chi and other types of martial arts exercises stimulate the chi by the gentle relaxing, stretching and twisting of the body and the energy meridians that flow within the body. The regulation of the breath is what calms the mind and in turn relaxes the muscles and allows the chi to flow more freely.



(various abbreviations noted)

Zang (solid organs)

Yin Hand Channels:

- (HT, HE) · Heart
- (PC, HC, P, MH) · Pericardium
- (LU) · Lung

Yin Foot Channels:

- (SP) · Spleen
- (LV) · Liver
- (KD, KI) Kidney

Fu (hollows organs)

Yang Hand Channels:

- (SI) · Small Intestine
- (TH, TW, SJ) · Triple Heater
- (LI, CO) · Large Intestine

Yang Foot Channels:

- (ST) · Stomach
- (GB) · Gall Bladder
- (BL, UB) · Urinary Bladder



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## Tai Chi & Qigong (benefits)

Many believe that Tai Chi and Qigong hold incredible healing powers. Studies prove that regular practice of Tai Chi improves health.

Low impact exercise is ideal for ALL ages & levels of fitness

Improves balance & hand-eye coordination so one is less likely to fall

Bone and muscle strength is improved

Eases chronic pain, strengthens muscles & joints in those with arthritis, osteoporosis and fibromyalgia

Tai Chi combines physical movement with meditative practices that can create a calming effect on the mind & body, lowering stress

Improves coordination, flexibility, balance & general physical fitness

Improves chronic & acute insomnia

Boosts immunity to shingles

Improves balance, walking capabilities & symptoms of Parkinson's disease

Meditation in motion helps to balance out the blood chemistry

Stimulates the abdomen which improves digestion, relieves constipation & other gastrointestinal issues

Enhances the functional capacity of women with breast cancer

Supports respiratory health which helps treat bronchitis, asthma & emphysema

The combination of physical, meditative & breathing techniques balance the mind, body & spirit, which helps to fight mental illnesses such as depression, anxiety and somatic ailments

Lowers blood pressure & supports heart health

Lowers the risk of stroke in high risk patients & helps stroke victims regain strength, coordination and feeling after paralysis

The mind & body connection in Tai Chi calms the mind, allowing one to cope better with their life, letting things go & improve their overall quality of life

**BOOSTS GENERAL WELLNESS & FITNESS**

Sources: Washington University, National Taiwan University, Tufts University, University of Rochester, University of Maryland Medical Center, Oregon Research Institute, National Institute of Health, Cumulative Index for Allied Health and Nursing (CINAHL)

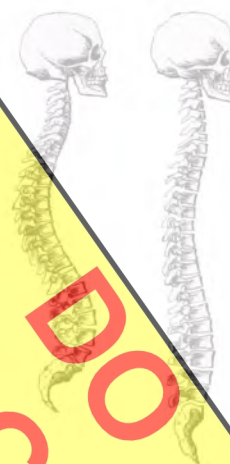


Qi, Chi or Gi means air, energy or breath in Chinese and Korean  
Gong or Kung means work  
Qi Gong therefore translates to energy or breath work

The human body is made up of bones, muscles, and organs amongst other components. Veins, arteries and capillaries carry blood and nutrients throughout to all of the systems and components. Additionally, 12 major energy medians carry the body's energy, "life force" also known as "chi". One's chi is stored in the lower Dan Tien. Daily emotional imbalances accumulate tension and stress gradually affecting all of the body's systems. Each discomfort, nuisance, irritation or grudge continues to tighten and squeeze the flow of the life force. This is where "dis-ease" claims its foothold.

Qi Gong breathing exercises can adjust the brainwaves to the Alpha state where the mind is relaxed and the body chemistry changes and promotes natural healing. Relaxing of the deep skeletal muscles, working outward. Release of tension accumulated within the muscles, organs and nerves. Whereas conventional physical exercise can deplete energy, Qi Gong helps to replenish your natural energy.

## Lengthening of the Spine



Head pointing skyward as though suspended by a string

"Dan Tien" refers to the 3 energy centers of the body

Eyes closed or focus blurred

located at eyebrow level  
- located at heart level  
- located below the navel and inward

Shoulders gently pushing downwards

By relaxing the arches in the spine, bending the knees and tilting the tailbone forward, the spine is lengthened allowing for a release of tension and stream-lined flow of energy within the body. By aligning one's body as the figure on the left, this can be accomplished.

Lower back pushed slightly away from navel

Tailbone tilted slightly forward

Thighs gently squeeze inward

Knees slightly bent forward

Body weight 70% supported on heels, 30% on the toes

Toes lightly gripping into the ground

Neutral, horse-riding or "Wuji" stance and alignments

Similar to a sponge, the body absorbs positive as well as negative energy. Each emotion effects an internal organ. Qi Gong helps to balance the emotions:

- Liver - anger, depression
- Heart - excess of joy
- Spleen - worry
- Lung - grief
- Kidney - fear



Healthy Sponge

Compressed Sponge

Benefits of Qi Gong exercises:

- Boosts the immune system
- Reduces stress, anxiety, depression, mood swings
- Lowers blood pressure
- Increase the body's natural healing process
- Lungs increase their capacity
- Promotes better respiration and circulation
- Enhanced self-awareness
- Helps to change the body's chemistry for the better

Qi Gong exercise can change brainwaves to the Alpha state:

- Alpha - relaxed concentration, creative state
- Beta - attentive, alert
- Delta - unconscious
- Theta - drowsy state of mind

#### Best Times:

- morning (calm, nature awakening)
- evenings (calm, tranquil)
- anytime (even a few minutes)

#### Best Locations:

- outside and peaceful
- inside and uncluttered
- anywhere possible

#### Basic Qi Gong exercises:

- 1) Stand, sit or lay in the position as shown to the right.
- 2) Try to align the body as listed in the steps on front side.
- 3) Inhale and exhale through the nose as the tongue gently touches the roof of the mouth behind the teeth.
- 4) Relax the forehead, eyebrows, eyelids, eyes, cheeks, lips and the jaw. Close the mouth but don't clench your teeth. Close the eyes to take away the distractions of what your eyes see.
- 5) Try to picture your body in your thought as you begin a scan from the top of your head working downward towards the toes.
- 6) As you think of the different parts of the body, try to imagine the deep skeletal muscles releasing from the bones as if they were melting or dissolving away.
- 7) Continue to become more self-aware of where you are holding tension within the body. As you exhale, try to release any tension in those areas by "dissolving" it away.
- 8) Follow your breathe from the diaphragm as you fill the lungs from bottom to top.
- 9) Let the stomach muscles pull inward as exhaling and bringing your thought back downward to just below the navel to the "Lower Dan Tien".
- 10) Continue this process as long or little as you choose, mindful that longer periods of time don't necessarily reflect increased benefits if not performed correctly. However, most benefits are arrived at over a period of time with consistent practice.

Breathe from the diaphragm by pulling the stomach muscles inwards during exhaling. Then relax the abdominal muscles as inhaling.

#### Arm Variations:



Try to imagine the muscles and the tension held within, dissolving away with each exhale.

#### Types:

- sitting
- standing
- lying
- moving



Find qualified teachers for actual instruction.  
Consult with a physician if uncertain of your physical abilities to perform such exercises.

## Intro to the 9 Gates & Filling the 8 Vessels

One method of opening the 9 Gates & Filling of the 8 Vessels, is with the practice of SHIP PAL GYE or Ship Pal Gae, which is a Korean version of Chinese Shaolin Lohan Qigong, meaning “18 chi movements” or what were supposedly the original 18 drills that Bodhidharma introduced to the Shaolin monks. It is reputed to be the basis for the Shaolin Kung Fu, which in turn, greatly influenced the developments of all branches of Asian fighting arts. For the martial arts student it is essential to appreciate that Lohan Qigong is not just another Chinese exercise to be introduced to the West; it is possibly the original ‘blueprint’ for Shaolin Kung Fu, from which the more familiar Karate, Aikido, Jujitsu, Taekwondo, Tai Chi, Hsing I, Baguazhang, etc. systems evolved or drew inspiration.

Lohan Qigong is the ancient healing exercise created by Da Mo (Bodhidharma), the founder of Chan (Zen) Buddhism 1500 years ago. This gentle exercise is relaxing and energizing at the same time, with each set of movements designed to activate and cleanse the Dan Tien and particular acupuncture meridians. Training can benefit every internal and external muscle of the body (over 625), all joints and internal organs of the body. The circulatory, respiratory and nervous systems will perform better with proper instruction.

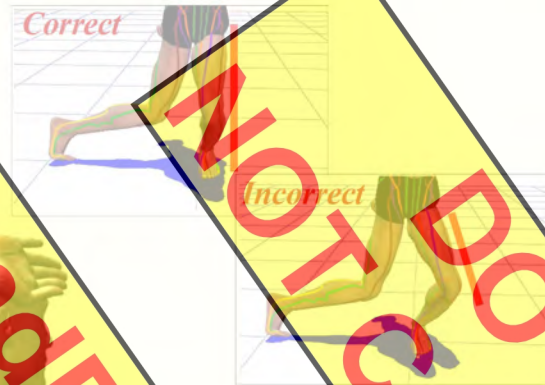
Legend has it that Bodhidharma spent nine years in meditation in a cave. During years of meditation he discovered that the lack of movement of his body and limbs over a long period of time, plus the bitter cold and wind around his mountain retreat caused fatigue, body aches and pains. His disciples also suffered the same problems and often dozed off during meditation. To combat those hazards Bodhidharma devised a set of exercises based on Indian yoga exercises, Chinese exercises of the time and his own observations of the natural movements of wild animals in their environment. Each movement was transformed into connecting movements for maximum strength and development for specific areas in the human body.

There are at least 8 Pal Gye sets taught within this system, forming a comprehensive system of progressively more advanced techniques towards gaining mastery of ones Qi (chi), or vital energy.

Correct postures allows for increased blood flow while increasing strength and flexibility without putting undue stress on the joints.

### The Tourniquet Effect

The muscular graphic illustrates the twisting of the body and its various systems. The tourniquet effect restricts and then releases the blood and thus, energy flow to a specific organ, muscle or joint. Veins, arteries and organs are cleaned out, flushed with new blood and oxygen. The same events affect the joints, by flushing through breaking down scar tissue and improving the quality of synovial fluids. This can help prevent and eliminate tendinitis or arthritis.



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## 8 Pieces of Brocade - Opening the 9 Gates

The Eight Pieces of Brocade or 8 Sections of Silk, is said to have been composed sometime during the Southern Sung Dynasty of the 12th century by the famous Chinese general, Yueh Fei. Yueh Fei was also known to have created Hsing I, an internal style of martial arts. The purpose of these exercises was to engage the mind and body in order to balance and strengthen the body's vital functions, as well as purge stagnant energy and toxins from the body. If practiced as simple physical exercises, one can loosen their muscles, improve posture, increase blood circulation, and relax the body as well as the mind. These exercises and methods have been practiced and studied for hundreds of years to help maintain good health, prevent and sometimes cure diseases, to calm the mind, and uplift the spirit of the person performing them.

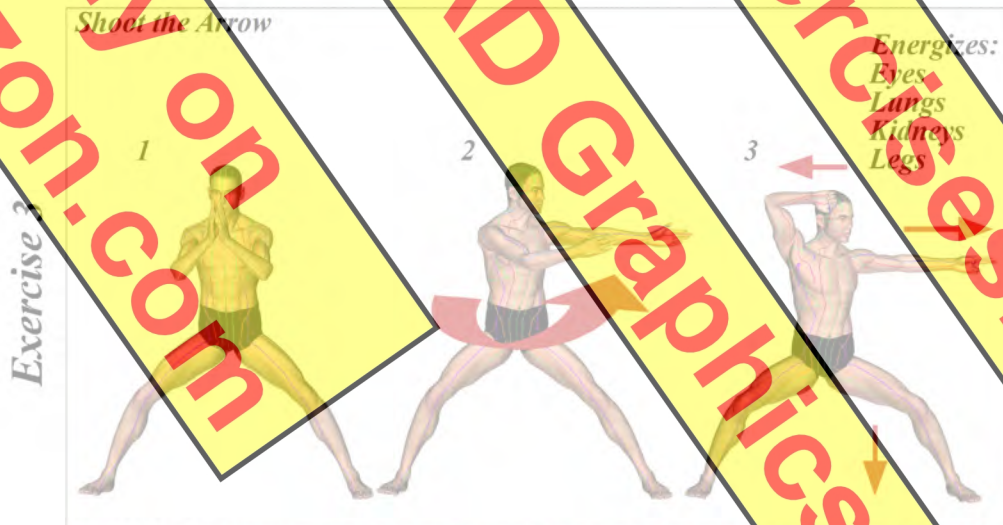
*Push up the Heavens*



*Energizes:*  
Heart  
Lungs  
Stomach  
Liver

**NOTES:** 1- Interlace fingers and rest behind the head. 2- Inhale as stretching arms & shoulders upward as balancing on the balls of the feet. 3- Exhale with feet flat as leaning torso to the left side while still stretching shoulders outward. 4- Repeat step 2, then repeat leaning to right side.

*Shoot the Arrow*



*Energizes:*  
Eyes  
Lungs  
Kidneys  
Legs

**NOTES:** 1- Palms press together as legs apart in a high horse-riding stance. 2- Twist torso to the left as bringing right hand to left elbow. Inhale as drawing back right arm as if pulling back the string on a bow. 3- Right hand in a fist, left hand has the index & middle fingers extended, while thumb, ring & little finger touch together. Exhale as sinking the hips downward.

**NOTE:** This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

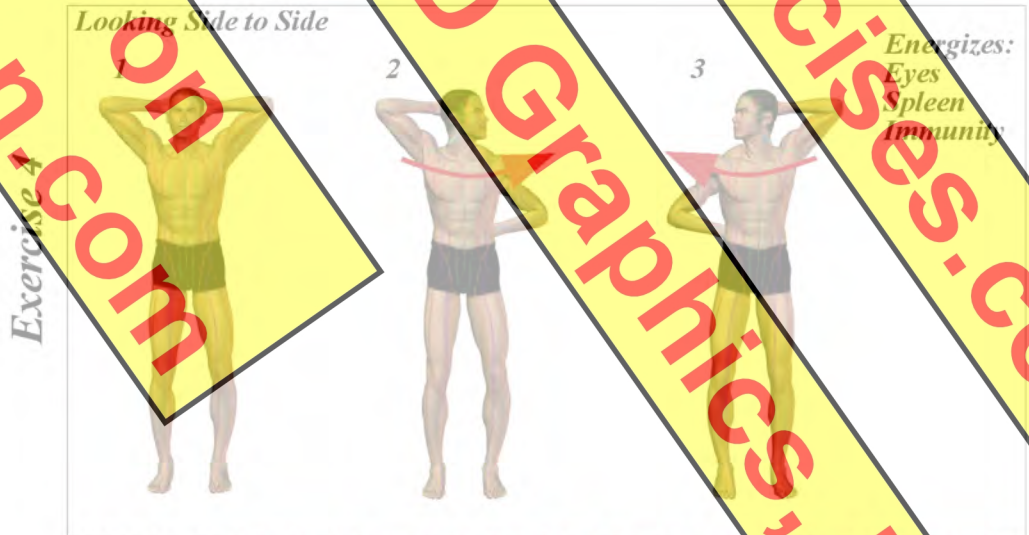
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Ancient literature shows and explains body postures and exercise routines similar to the Eight Pieces of Brocade, but dating back roughly 2,100 years. This is important in establishing that these exercises and concepts are not a new fitness fad with little documented facts of actual benefits achieved. Some doctors throughout China, often prescribe exercises like these to prevent of heal injuries, cure illness or disease and improve overall health. This set is possibly the most popular and often practiced chi kung (energy exercises) routines practiced throughout the world, maybe my millions of people. It is just one of perhaps hundreds of different exercise sets in the vast chi kung category. To achieve optimal health benefits, these exercises should be practiced every day. Use a pace and amount of repetitions that are appropriate for your overall physical and mental condition.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.



NOTES: 1- Place hands as if holding a beach ball. 2- Inhale as bottom hand continues to rise upward as opposite hand pushes downward from near the left hip. 3- Exhale as returning the hands to the ball holding position with the hands now opposite. 4- Repeat step 2 with arms opposite as to alternate sides.



NOTES: 1- Interlock fingers behind the head and inhale. 2- Reposition back of left hand onto lower back as turning head to the left & exhaling. 3- Turn head to the right as switching the arms to the opposite position.

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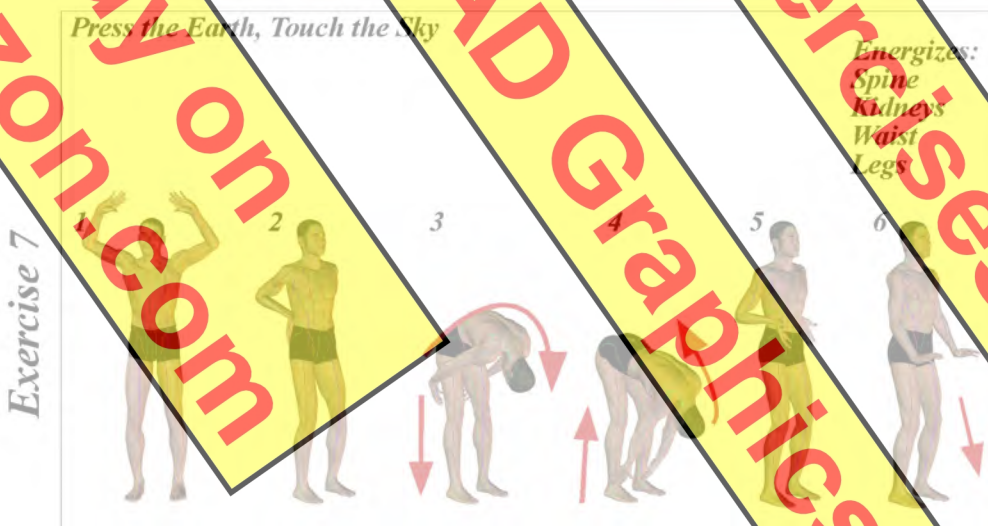
## 8 Pieces of Brocade - Opening the 9 Gates

Focusing of the mind and one's intention are key in accessing the advanced benefits available from this set. Utilizing the concept of "where thought goes, energy follows", can enhance the movement of "chi" or life force within the body. Slower and deliberate movements will greatly help improve your focus by paying attention to the body as moving exactly how and where you want to. Some traditional practitioners share the view that 100 days of consecutive practice will provide noticeable benefits well beyond the basic benefits of increased strength, flexibility and balance. Cultivating internal wellness requires some consistent effort.

**NOTE:** This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.



**NOTES:** 1- Wide horse stance with hands on thighs and torso leaning forward as inhaling. 2- Exhale as twisting the head and torso to the left while keeping hands on thighs. 3- Alternate twisting from left to right.



**NOTES:** 1- Arms make a heart shape motion as inhaling. 2- Hands come to rest on the lower back. 3- Exhale as bending spine forward as hands glide down back of legs to the heels. 4- Inhale as straightening the spine as hands glide up the front of the legs. 5&6- Exhale as straightening arms downward.

Anything of value worth achieving, will take some time and effort. One cannot grow a garden in one day and expect to reap the fruit without some time and nurturing. Relax as breathing deeply and naturally while doing the 8 Brocades. Sink your weight into the earth as becoming fully aware of your body and the surroundings. Relax the facial muscles and blur the vision. Perform 10 or more repetitions before advancing to the next exercise in this series.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Exercise 6

Punching the Fist with Fiery Eyes



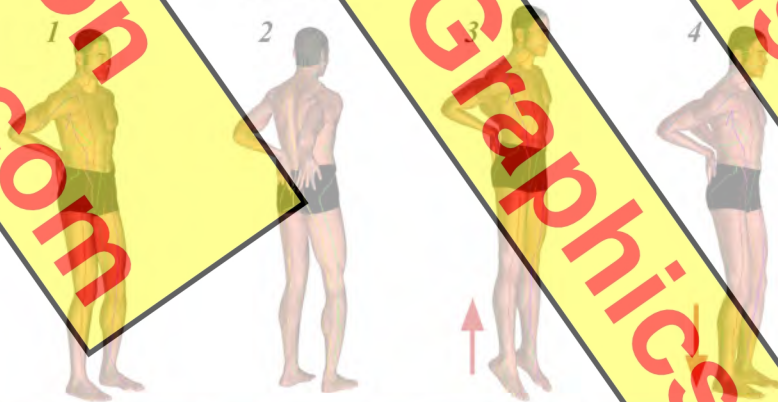
Energizes:  
Eyes  
Heart  
Liver

NOTES: 1- Wide horse stance with arms back and fists palm up on hips. 2- Exhale as extending left fist forward as turning fist to have palm facing downward. 3- Inhale as pulling left fist back to hip as right fist repeats step 2. Alternate from left to right arms.

Lifting Up the Heels

Exercise 8

rear view



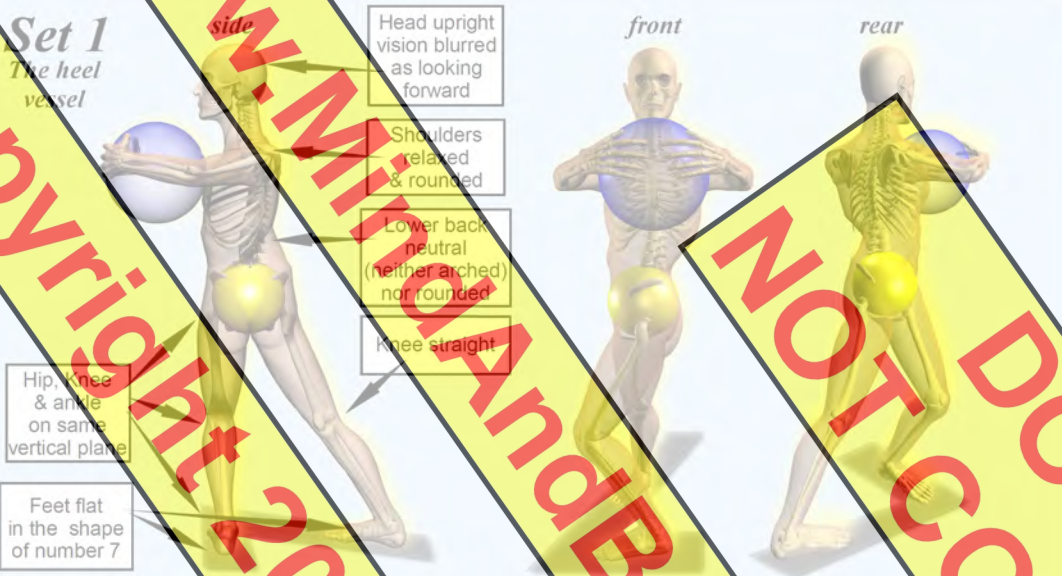
Energizes:  
Immunity  
All Organs

NOTES: 1- Stand with palms on lower back. 2- Rear view. 3- Inhale as lifting up heels and balancing on the balls of the feet. 4- Gently drop down to feet flat as exhaling. Repeat.



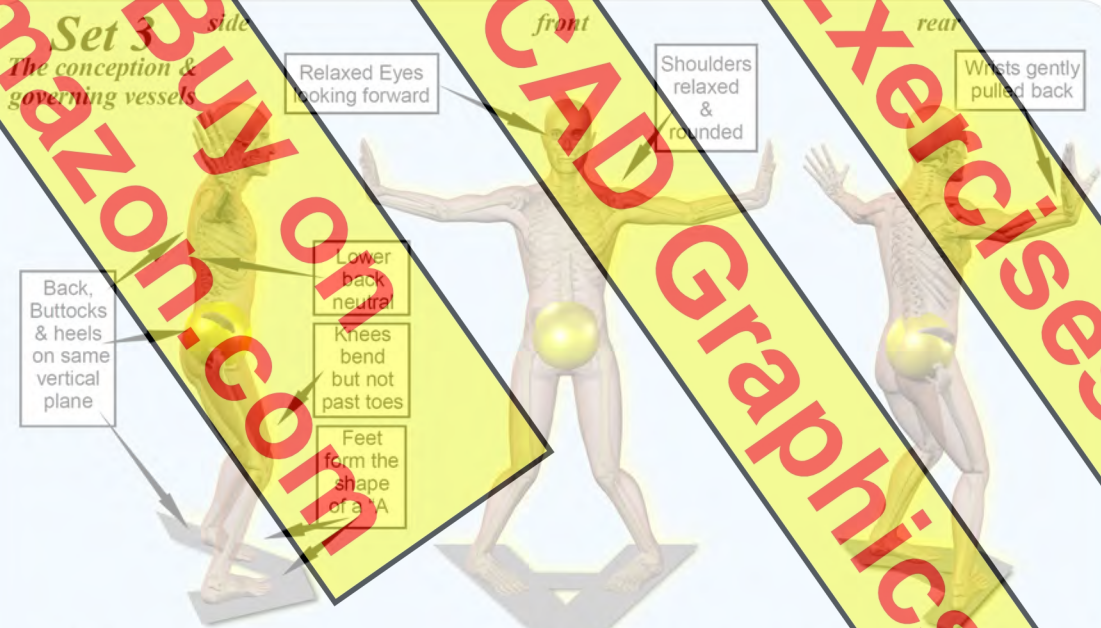
# Filling the 8 Vessels

## Set 1 The heel vessel



Set 1 activates all 9 gates as well as preparing the muscles, joints and bones for the next progressive stances. Start with the feet, working your way up the body as applying the proper positions and posture. Imagine holding a weightless ball between your palms and chest for this 1st exercise. Execute on both sides for 1 set.

## Set 3 The conception & governing vessels



Set 3 also activates all 9 gates while putting extra resistance on the hips, thighs and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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**Set 2**  
*The thrusting vessel*

Wrists gently pulled back

Hip, knee & ankle on same vertical plane

Feet form the shape of a "T"

Relaxed eyes looking towards bottom hand

Shoulders relaxed & rounded

Lower back neutral



Set 2 also activates all 9 gates while putting extra resistance on the hips, thighs and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

**Set 4**  
*The belt vessel*

Feet form the shape of a "T"

Relaxed eyes looking upward

Shoulders relaxed

Back, buttocks & heels on same vertical plane



Wrist gently twisting

Wrist gently pulled back

Lower back neutral

Set 4 stimulates the belt vessel by twisting the torso like a wet dish towel. This stance also strengthen the thighs, knees and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

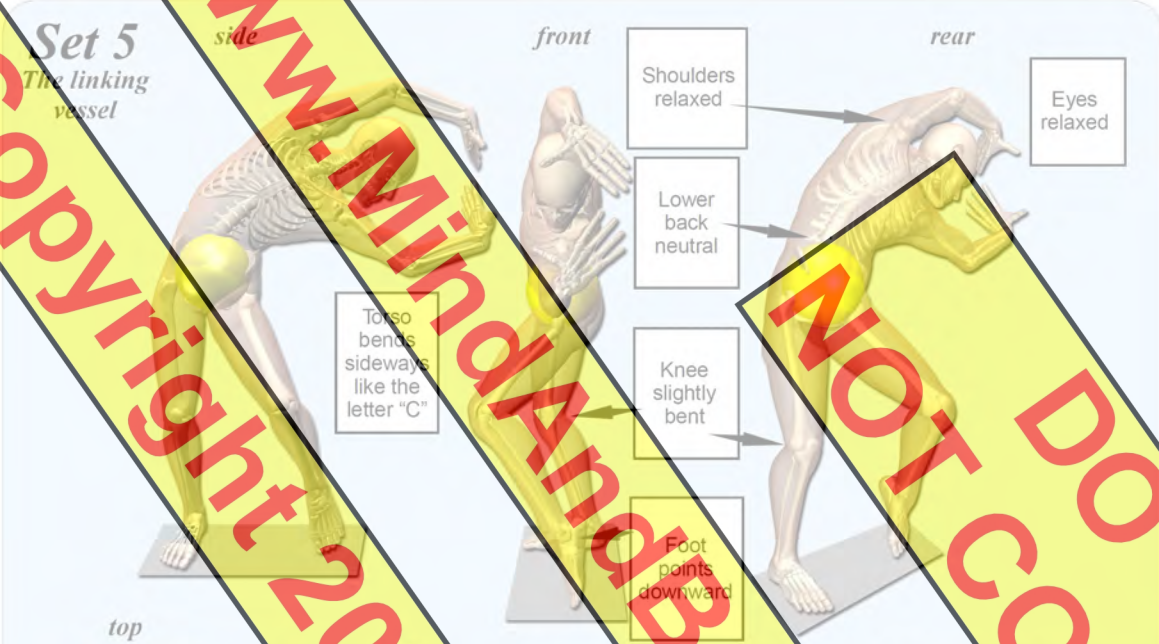
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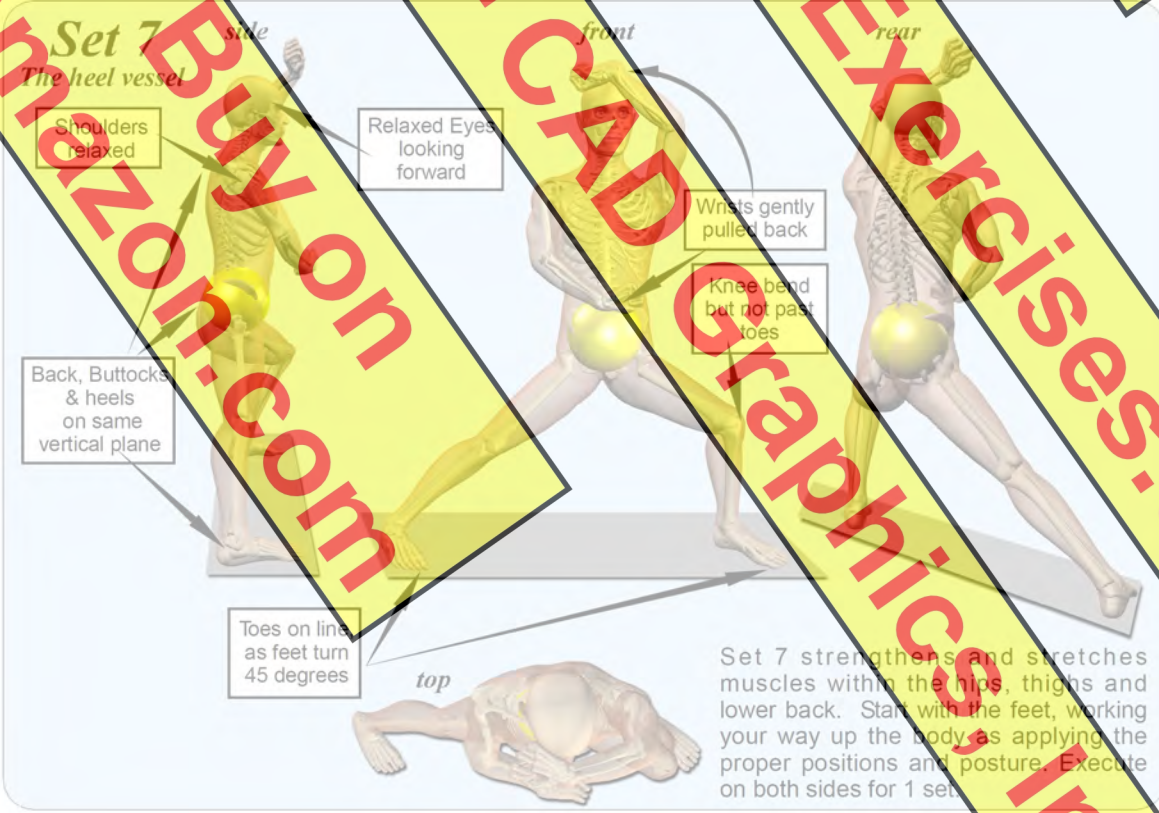
# Filling the 8 Vessels

## Set 5 The linking vessel



Set 5 increases the range of motion in the spine and torso. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

## Set 7 The heel vessel



Set 7 strengthens and stretches muscles within the hips, thighs and lower back. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

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**Set 6**  
*The thrusting vessel*

Relaxed  
Eyes  
looking  
upward

Thigh up

Foot  
downward

side

front

Shoulders  
relaxed

rear

Head  
follows  
hand

Spine  
gently  
twists  
laterally

Lower  
back  
neutral

Knee  
slightly  
bent

Set 6 increases balance and focus. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

**Set 8**  
*The thrusting vessel*

Shoulders  
relaxed

Back, Buttocks  
& heels  
on same  
vertical plane

side

front

Relaxed  
eyes  
looking  
forward

rear

Shoulders  
relaxed

Lower  
back  
neutral

Knees  
bent

Foot  
points  
down

Set 8 stimulates the thrusting vessel while putting extra resistance on the wrists, thighs and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

top

# Grip Strength Affects Overall Health & Wellness

People who practice muscle/bone strengthening exercises, such as lifting weights or weight bearing exercises, are much less likely to manifest heart disease, osteoporosis, high blood pressure and various other chronic illnesses than others who avoid resistance exercise. In general, the weaker a person's grip strength is, the higher their epigenetic age seems to be. Their DNA seems to be less youthful than that of their stronger contemporaries. This may lead them to be potentially more vulnerable to earlier illness or death. People with lower hand grip strength have shown to have significantly lower bone mass density (BMD) of lumbar spine, femoral neck, and total hip strength overall.



## Highly Suggestive Evidence from studies indicate:

- Lower All-Cause Mortality
- Lower Cardiovascular Mortality
- Chair Rise Performance Overtime



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Unique to this exercise is the body posture combined with the correct hand and arm positions, and the extra awareness required to keep the lower body stable while also maintaining the correct body alignments. By squeezing the hands into fist and then opening them moving only the hands and wrists, the fascia trains, the nervous, muscular and skeletal systems are all engaged throughout the entire body. Try to hold the static position while performing the wrist exercise, from 1, 2, 3, etc. consecutive repetitions. Holding the stance generally develops overall strength where as repetitive rolling develops stamina, endurance and determination. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing this exercise. Try 10x each, building to 20x, 30x, etc.

Head extends upward to elongate the spine.

Lower back is slightly arched & tilted forward.

Toes, knees & hip turn inward 45 degrees.

Elbows stay locked.

Hip sink downward.

Just like the tensegrity model, tension on one area of the body can affect tension on all components throughout the human body.

**More challenging -**  
Horse stance.  
Feet & arms parallel shoulder width or wider apart.

## Strengthen Your Core (bottle exercises)

www.MindandBodyExercises.com

Good health of the lower back starts with good posture. The following set of exercises develop strength, increase muscular range of motion and to a lesser degree flexibility. Strength in the back, hips and abdomen, provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Unique to this set of exercises is the body postures combined with holding a weighted object and the extra awareness required to hold it while also maintaining the correct body alignments. By holding the bottle at the top using only the fingertips, the nervous system is engaged throughout the whole body. Try to hold the static positions or perform moving exercises from 20 seconds to longer intervals such as 1, 2, 5 minutes or longer, to achieve advanced levels of development physically and mentally. Holding positions generally develops strength where as repetitive movements develop flexibility and endurance. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

### Exercise #1



Start by standing with your feet as wide as your hips are. Pivot your feet, knees, hips and torso 45 degrees to the left while keeping the chin straight ahead. Bend slightly at the ankles, knees and hips. Hold the water bottle at chin high while using just the fingertips of the right hand at the bottle top. Hold the right arm extended forward, keeping the elbow slightly bent. Rest the left hand above the left hip with the palm up, open and relaxed. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

### Exercise #2



Start by standing with your feet slightly wider than your hips. Bend slightly at the ankles, knees and hips. Hold one bottle at chin high while the other at navel height, using just the fingertips of each hand at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try with the feet wider and the hips level with the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

### Exercise #3



Start by standing with your legs crossed as shown bending slightly at the ankles, knees and hips. Hold both bottles at shoulder high with the right arm extended outward and the left arm bent more so at the elbow. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended to the right side, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try to lower the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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## Strengthen Your Core (bottle exercises)

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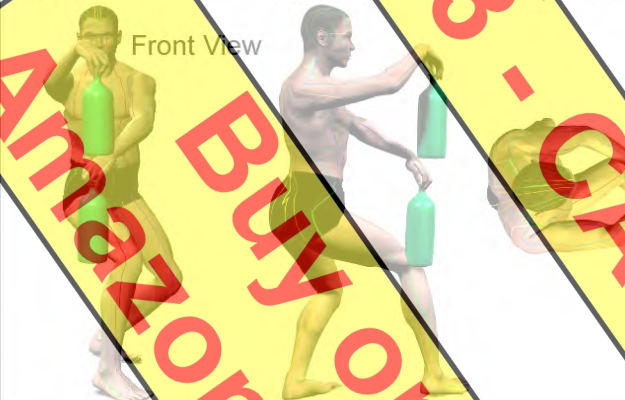
Advanced levels of physical and mental strength can be achieved by holding these positions for longer periods of time. Start slowly by holding on one side for a few seconds and then switching to the opposite side. Your determination will increase by trying to hold the bottles up without allowing them to drop from your fingertips. Also, holding the postures longer without failure, will dramatically increase mental strength and tolerance to pain and stress. After diligent practice, over a few months of continuous training, 1-5 minutes can be an obtain-able amount of time to hold the bottles and body positions without taking a break from switching to the opposite side. Another variation of these exercises would be to adjust the amount of weight or water in the bottles. Begin with a near empty 16 ounce bottle. Eventually, add more water working up to a 2 liter soda bottle over a few months time.

### Exercise #4



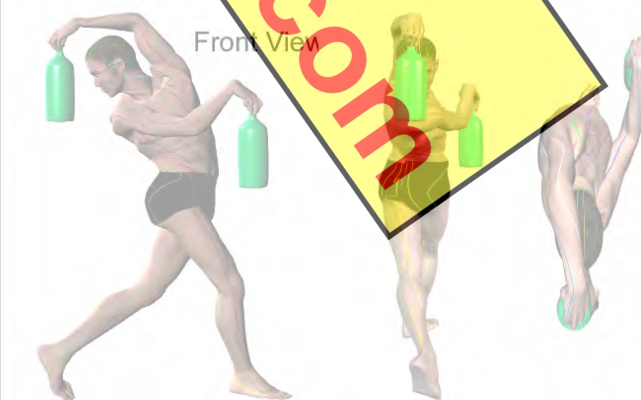
Start by standing with your legs crossed as shown, bending slightly at the ankles, knees and hips. Hold one bottle in the right hand, at shoulder height. The left hand holds the other bottle at navel height. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try lowering the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

### Exercise #5



Start by standing with your feet as wide as your hips are. Pivot your feet, knees, hips and torso 45 degrees to the left while keeping the chin straight ahead. Bend slightly at the ankles, knees and hips. Hold one bottle in the right hand, at shoulder height. The left hand holds the other bottle at navel height. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

### Exercise #6



Start by standing with your legs crossed as shown, bending slightly at the ankles, knees and hips. Hold the left arm above the right shoulder as shown. Hold the right hand by the left underarm. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try to lower the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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# Mind & Body Exercises

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These exercises engage one's body and thought at the same time. When in the proper body alignments, the back, abdominals, quadriceps, hamstrings, knees and ankles are strengthened. The "kwa" or the area where the thigh meets the hip, is also developed promoting more circulation to the legs and lower torso. Stance training helps to discipline the mind, discover one's spirit, cultivate internal energy, enhance the ability to root and improves posture and body alignment. Hold the stances from 20 seconds to longer intervals such as 1, 5, 10, 15, 30 minutes to achieve advanced levels of development. Relax the body into the positions in spite of any tension in the muscles.

Exercise #1

Front View



- 1) Left arm scoops up, as left leg lifts up just above the ground.
- 2) Left leg lifts higher as right knee bends slightly to lower center of gravity.
- 3) Left arm pushes to left side as left leg slides left.
- 4) Hips shift towards left as head turns to look left. Repeat set switching left to right.

Rear View



- 1) Right arm and right leg lift up together to balance on left leg.
- 2) Right leg lifts higher as left leg bends slightly to lower waist.
- 3) Right arm pushes to right side as right leg slides right.
- 4) Hips shift towards right as head turns to look right. Repeat set switching right to left.

Exercise #2

Front View



- 1) Legs apart as hips drop into horse stance.
- 2) Left elbow reaches towards right hip as right leg lifts to just above the ground.
- 3) Right arm reaches behind as right knee lifts higher.
- 4) Step into horse stance as right fist comes to right hip and left hand squeezes into loose fist.

Rear View



- 1) Legs apart as hips drop into horse stance.
- 2) Right elbow reaches towards left hip as left leg lifts to just above the ground.
- 3) Left arm reaches behind as left knee lifts higher.
- 4) Step into horse stance as left fist comes to left hip and right hand squeezes into loose fist.

Exercise #3

Front View



- 1) Both arms cross in front of waist.
- 2) Left leg slides to left into horse stance as both arms swing to above the head.
- 3) Right leg steps behind left as palms push together.
- 4) Hips drop as palms drop keeping even pressure on the palms.

Rear View



- 1) Both arms cross in front of waist.
- 2) Right leg slides to right into horse stance as both arms swing to above the head.
- 3) Left leg steps behind right as palms push together.
- 4) Hips drop as palms drop keeping even pressure on the palms.

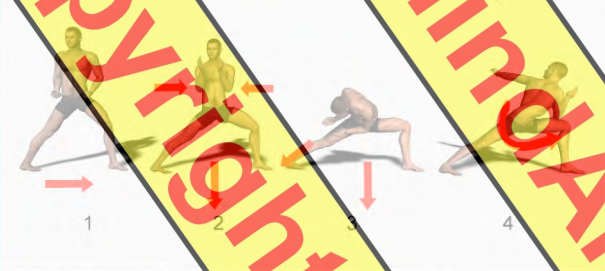
NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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Neuromuscular Coordination or the connection between the nervous and muscular systems, promotes the ability to execute what one is thinking. For example, the ability to regain one's balance after stumbling, or catching a glass before it falls from a cupboard. This response is enhanced by performing exercise which engage more than a few muscle groups (compound exercises) at a time. Another way would be exercises that require more thought, more control and more focus to perform them. **Engagement of Thought** (or mindfulness) upon something other than the redundant inner dialogue, has been known to reduce stress, which effects all organs. This can be observed as a "fasting" or purging of one's thoughts in order to achieve mental clarity.

Exercise #4

Front View



- 1) Left leg steps left to left leg bent as right leg straightens.
- 2) Both arms in front of body as hips sink down.
- 3) Torso bends at waist as reaching toward right knee. Hips drop lower if possible.
- 4) Torso twists to the left as left arm reaches behind, right elbow reaches for left thigh.

Rear View



- 1) Right leg steps right to right leg bent as left leg straightens.
- 2) Both arms in front of body as hips sink down.
- 3) Torso bends at waist as reaching toward left knee. Hips drop lower if possible.
- 4) Torso twists to the right as right arm reaches behind, left elbow reaches for right thigh.

Exercise #6

Front View



- 1) Hands in front of centerline as per graphic. Light weight on left foot.
- 2) Left leg lifts higher as left arm extends outward to the left.
- 3) Left leg lifts highest as torso twists at the waist to bring left arm further behind..
- 4) Torso untwists but then arches to the right side as right arm stretches over the head, left hand reaches towards the ground.

Rear View



- 1) Hands in front of centerline as per graphic. Light weight on left foot.
- 2) Left leg lifts higher as left arm extends outward to the left.
- 3) Left leg lifts highest as torso twists at the waist to bring left arm further behind..
- 4) Torso untwists but then arches to the right side as right arm stretches over the head, left hand reaches towards the ground.

Exercise #6

Front View



- 1) Left arm extends forward, right arm in front of navel. Legs parallel and shoulder width apart.
- 2) Twist torso to the left keeping hips and lower body stationary.
- 3) Continue to twist torso further to the left as lower body stays set.
- 4) Both arms form a ball shape at shoulder level.

Rear View



- 1) Right arm extends forward, left arm in front of navel. Legs parallel and shoulder width apart.
- 2) Twist torso to the right keeping hips and lower body stationary.
- 3) Continue to twist torso further to the right as lower body stays set.
- 4) Both arms form a ball shape at shoulder level.

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For more Information:

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# Dumbbell Exercises

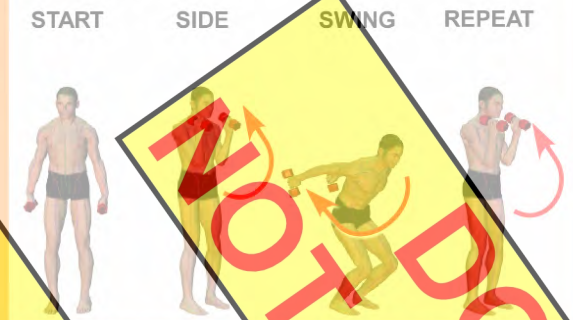
These fairly simple exercises can be performed with or without dumbbells. The main goal is to increase the natural range of motion, mostly in the neck, shoulder, spine and hips. Light weights can help to tone muscles as well as provide increased strength in lesser used muscle groups. Weight training, even with lighter weights, has been known to help prevent osteoporosis. These exercises take up very little space and a few minutes of time to gain benefits.

## Exercise #1



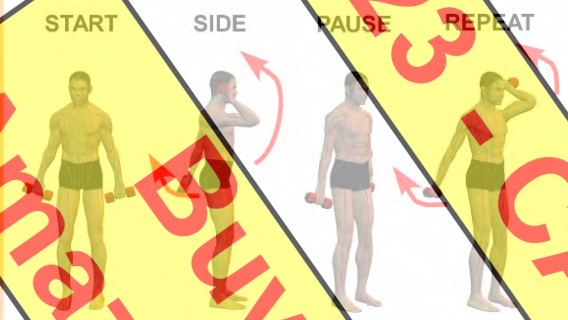
Start with dumbbells at thighs, palms **forward**. Swing right arm up and past the ear as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

## Exercise #2



Start with dumbbells at thighs, palms face in toward thighs. Swing arms up and bend elbows as shown. Reverse, by swinging arms down and backward as bending ankles, knees and hips. Arch lower back inward as chin points forward. Swing back forward and stand immediately to repeat.

## Exercise #3



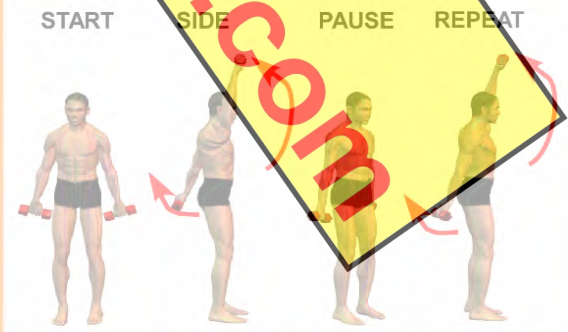
Start with dumbbells at thighs, palms **backward**. Swing right arm up and past the ear as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

## Exercise #4



Start with dumbbells at thighs, palms face in toward thighs. Swing front arm up to opposite shoulder as back arm swings up towards lower back. Reverse, by swinging arms down and then to opposite side. Pull tailbone forward as gently twisting the spine side to side.

## Exercise #5



Start with dumbbells at thighs, palms **backward**. Swing right arm up and overhead as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

## Exercise #6



Start with dumbbells at thighs, palms face in toward thighs. Swing slightly bent arms up and straight ahead as shown. Swing dumbbells away from your centerline and back as far as comfortable. Return arms in front to repeat again.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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### Exercise #7

START LEAN TO SIDE PAUSE REPEAT



Start with dumbbells at the sides with palms facing inwards. Lean torso sideways as lifting one dumbbell up towards underarm as other dumbbell reaches downward towards the foot. Ear drops toward shoulder as eyes focus ahead. Briefly pause as repeating on opposite side.

### Exercise #8

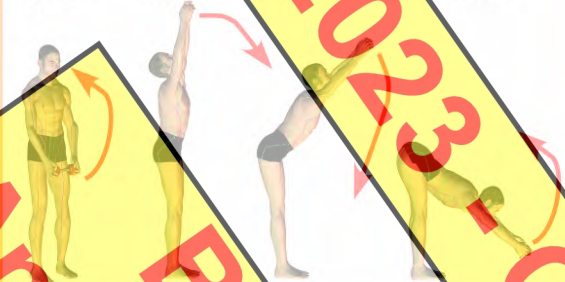
START LEAN TO SIDE PAUSE REPEAT



Same as exercise #7 except practiced with feet apart as performing the exercise. Turn head towards shoulder as bending torso to same side.

### Exercise #9

START SIDE EXTEND REVERSE



Start with 1 dumbbell held between both hands. Raise the dumbbell forward and up above the head. Try to extend the arms and spine as far as possible away from the hips as bending forward at the hips. Reverse direction to return to original starting position. Keep neck and shoulder relaxed as performing this exercise.

### Exercise #10

START LEAN TO SIDE REVERSE LEAN TO SIDE



Start with dumbbells in front of thighs and circle both dumbbells to the side of body. Continue above the head and eventually to the opposite side of body as shifting body weight to same side as dumbbells. Reverse direction and perform exercise on opposite side.

### Exercise #11

START BEHIND THE NECK CIRCLE ARM REPEAT



Start with 1 dumbbell held out from left shoulder as shown. Bring dumbbell behind head to opposite shoulder. Circle dumbbell above head and out to left side and then downward past the front of thighs and then up to the front of the right shoulder. Repeat on the same side by bringing the dumbbell back to the left side starting position.

### Exercise #12

START BEHIND THE NECK CIRCLE ARMS AWAY REPEAT



Same as exercise #11 except using 2 dumbbells at the same time. Start with each dumbbell to the side of each shoulder. Cross arms behind the head and then uncross as circling each dumbbell out to the sides. Cross arms again in front of thighs and uncross again as raising dumbbells to shoulder height. Repeat exercise again from this position.

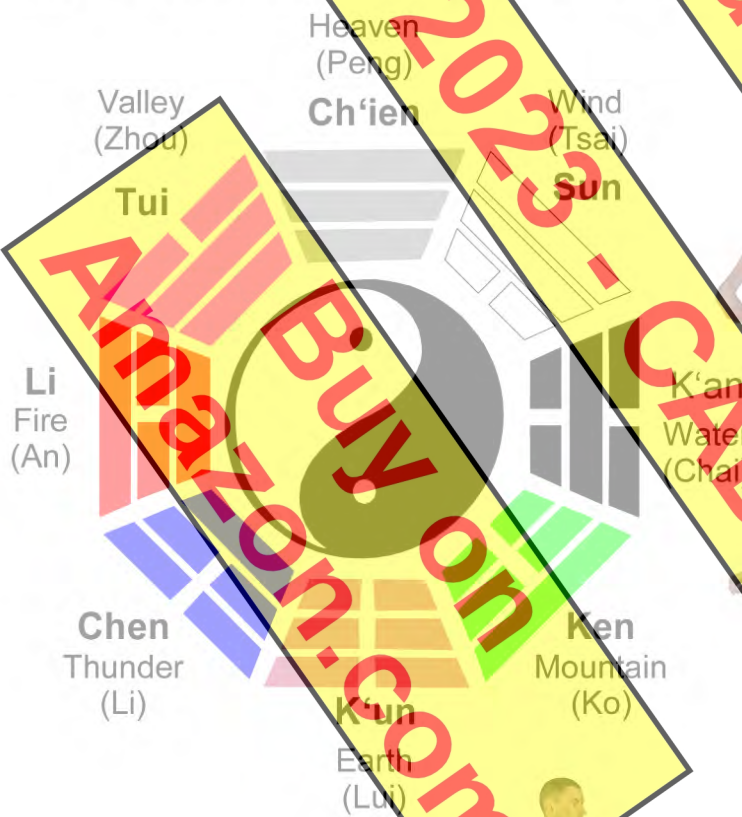
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# Tai Chi & Qigong (introduction)

Tai Chi is an ancient Chinese martial art, that is practiced as a graceful form of martial arts, low impact exercise and moving meditation. It involves a series of movements performed in a slow, smooth and focused manner with accompanied Qigong (mindful breathing exercises). Tai Chi, also called Taiji, Tai Chi Chuan or Taiji Quan, on the fitness level, is a self-paced system of gentle physical exercises and stretching. Each exercise or posture flows into the next without pausing, ensuring that the body is in constant motion. Tai chi is similar yet different from Yoga which is another type of meditative exercises and practices. Tai Chi and Yoga includes various physical postures, deep breathing techniques and often along with meditation. Tai Chi is sometime referred to as "Yoga in motion".

Tai Chi has many different types or styles. Each style emphasize various Tai Chi principles and methods. There are also variations within each style. Some styles or teacher focus more on health benefits, history, or philosophy, while others might focus on the martial arts aspects of Tai Chi.



**History:**

**Chen, Yang, Wu and other Tai Chi Styles**

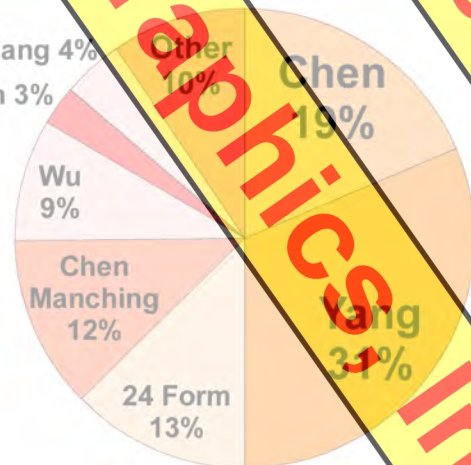
There are differing theories as to the true origins of Tai Chi. Some believe Chen Wangting to be the original founder of Tai Chi and the **Chen style**. Chen style is practiced typically with explosive movements including jumps, kicks and strikes. Slow, graceful movements are alternated with quick, forceful ones. Low, strong stances develop strength, stability and agility. Silk reeling is spiraling movements that flow from the feet to the hands, is the foundation of Chen style Tai Chi. Chen style can provide a good cardiovascular workout, but requires more athleticism and physical coordination than some of the other styles of Tai Chi. All styles can be adjusted to the practitioner.

From the Chen Style came the most popular and practices **Yang style**, with its founder Yang Lu Ch'an. It is thought that Yang learned his system from the Chen family while working as a servant in their village and secretly observing their training and practice routines. In 1850, the Imperial family hired Yang Lu Ch'an to teach his modified, less athletic adaptation to their elite palace guards. The Yang style improves flexibility by expanding and contracting the body using exaggerated movements practices slowly and gracefully.

The Yang Style ultimately produced the **Wu Style**, another popular style of Tai Chi founded by Wu Ch'uan Yu. This military officer cadet trained under Yang Lu Ch'an, the founder of the Yang style and martial arts instructor of the Chinese Imperial Guards. Wu style is unique in its focus on the body leaning forward and backward rather than remaining centered, as one does in the other styles of Tai Chi. The back leg serves as a counterbalance, allowing for added extension without losing stability and balance. Wu style uses a medium stance, with movements being smaller and more compact than those used in Yang style.

Beyond these three original styles came others such as the **Hao, Sun & Li styles**. There are then the many variations or sub-styles that emanated from the original family styles. There is also the **Wudang style** from Wudang Mountain which is also thought to be the original style, originating from the Daoist monk Chang San Feng.

Taijiquan Styles Survey 2016  
(Qialance.com)

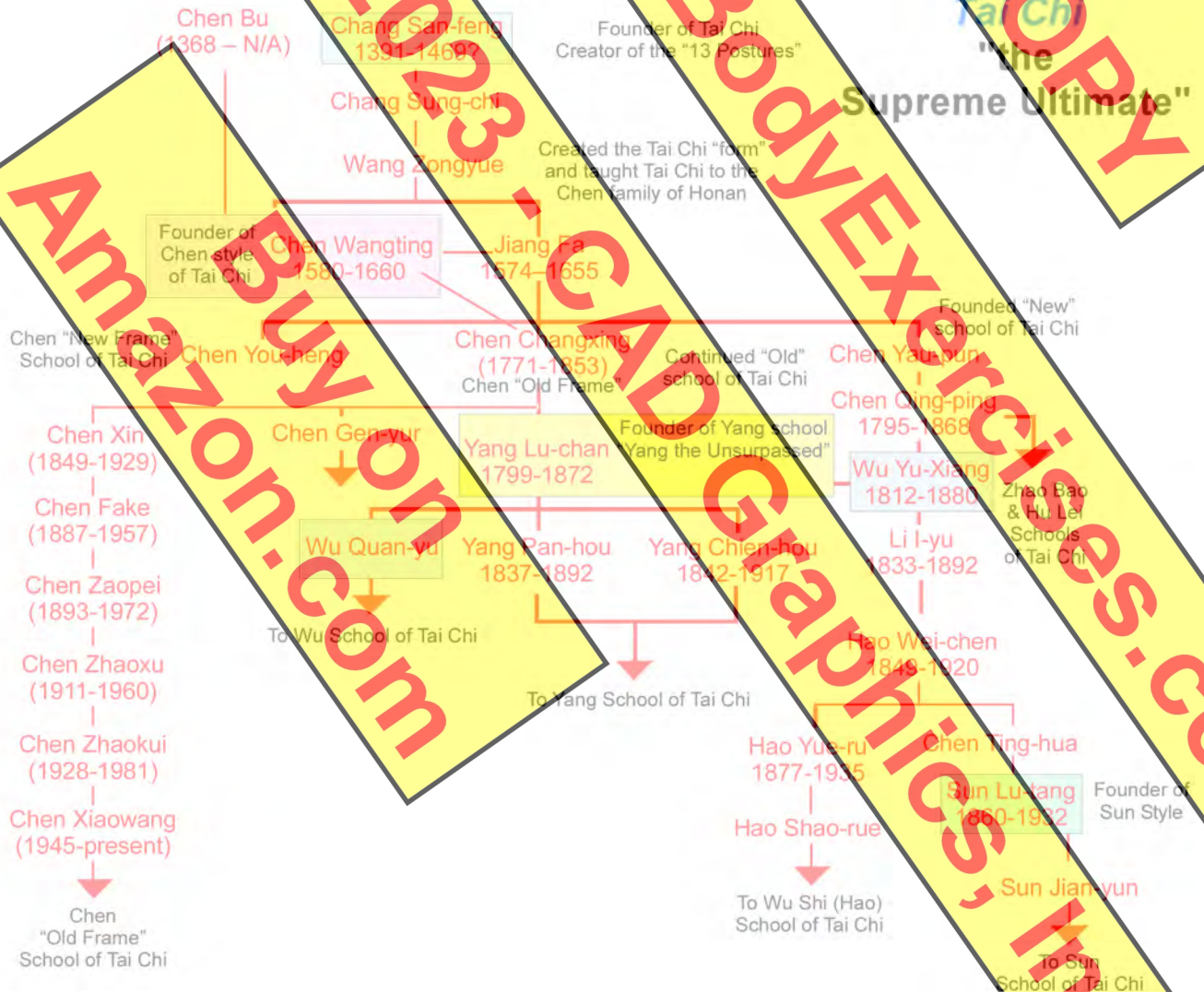


# Tai Chi Lineages

The origin and roots of Tai Chi, are based on written information, oral interpretations, word of mouth. Also, many of the practitioners often went by different names and spellings there of. This presented information is by no means complete nor precise, but is offered as a basic understanding of the origin of these ancient methods.

Many history scholars and martial arts enthusiasts have spent much time and effort debating the details of the origins. While it might be interesting for some, it is suggested not to lose the meaning behind the knowledge and the practice methods. To become a walking encyclopedia of information, but have no true understanding of the methods, can lead to a somewhat imbalanced understanding of Tai Chi. More in depth understanding can come from the actual physical practice, mental understanding, self awareness as well as spiritual cultivation,

## Tai Chi Origins



## The 10 Essentials (principles) of Tai Chi

These essential principles must engage the mind, Qi (chi), and physical movement in one unit. This means that when the mind is focused on a specific area of the body, the Qi will flow into that area. When Qi flows into an area, power will follow.

**1) The Head is naturally suspended from the Crown Point:** Press the head upward as if to support the ceiling. This allows for a feeling of looseness in the spine making the spine extremely flexible. It also helps to imagine space between each of the vertebrae.

**2) Sink the shoulders, drop the elbows:** When practicing, your elbows are to hang downward. Sinking the shoulder joints, which typically form a flat line, are relaxed downward turning the flat line into a curve.

**3) Relax the chest and round the back:** The chest must be concave and the back muscles active to lead the Qi to the Dantien. The principles of containing your chest and plucking up your back with dropping your elbows and sinking your shoulders are interrelated, making your chest and belly comfortable, your breath deep and long, your organs ideally placed, and your center of gravity stable.

**4) Relaxation of Waist and Hip:** The Jing (energy) comes from the lower Dantien. In order to move it through the body the hip must move in a relaxed manner.

**5) Differentiate between empty and full (Yin and Yang):** One leg is full with weight, while the other is empty. Clearly differentiate between the leg that is empty of weight and the leg that is the supporting leg. It is important to be able to load up one leg from the other in an easy and smooth transition of weight.

**6) Coordination of Upper and Lower Parts of the Body:** The upper and lower body must interact together in constant connection. Movements begin in the feet with a sense of being rooted below the earth, thus bringing that ground strength up through the legs. Then energy and movement is directed by the waist to the shoulders, finally moving through the hands.

**7) Using the Mind instead of Force:** The conscious mind (Yi) must lead the Qi through the body, and this must be focused and relaxed. This is one reason why the practice of tai chi has become known as a "moving meditation", because of the mindfulness involved in the practice.

**8) Harmony between internal and external:** In Tai Chi practice it is important that the mind, the body and the breath engage into a single focus. This comes with concentration and single-minded practice. When the body and the mind are one and there is no division between what the mind directs and the instantaneous response in the body.

**9) Find stillness within movement:** Even in movement there is a sense of stillness. When practicing Tai Chi there is always a state of tranquility in the mind. When completely open and aware the chi can sink into the lower Dantien. Slower is better, with long deep breathing to allow the Qi to sink to the lower Dantien and prevent one from over exerting oneself physically.

**10) Continuity without interruption throughout the form:** The practice of Tai Chi is very fluid. Practice is in a constant state of motion alternating between yin and yang. When in circulation, the Qi is as like drawing silk from a cocoon, a continuous flow of movement.

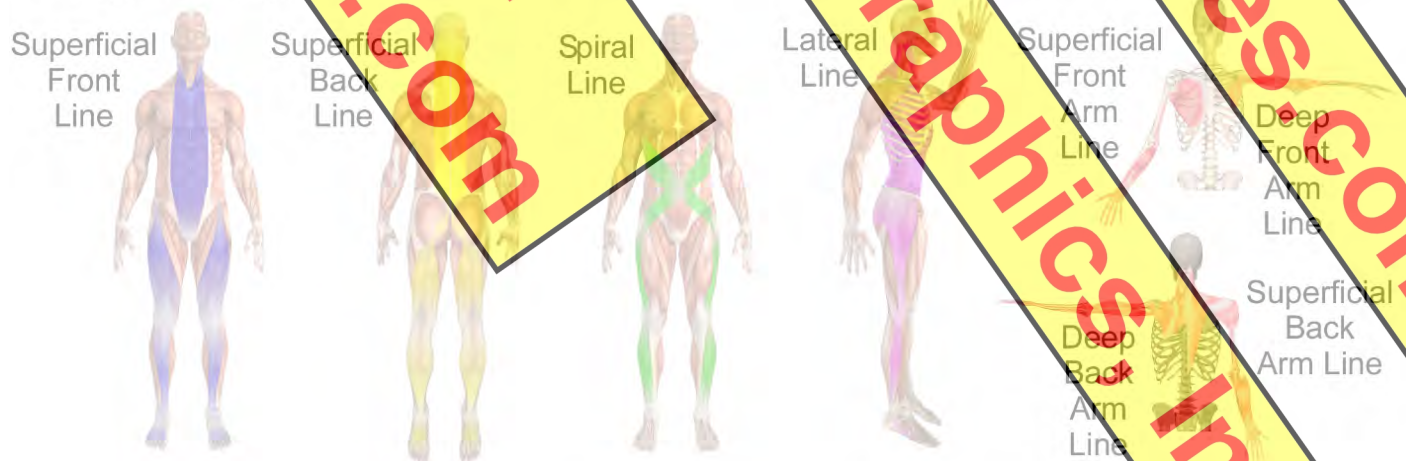


# Tai Chi, Qigong, BaguaZhang and the Fascial Trains

The Tai Chi, Qigong, BaguaZhang and Yoga connection to the fascial trains - Physical (and mental) training within Chinese internal martial arts, Qigong and Yoga focus on training the mind and body to move as a whole unit. The traditional Western understanding of muscles and bones functioning separately and mechanically is not very useful within these practices. However, understanding basic anatomy is useful when these known components are seen as encased by the connective tissue making the myofascial lines become apparent. When muscles are seen as floating in bundles or bands of connective tissue, all movements and all components are possible only through the interaction of the contracting muscles with the connecting tissue. Each bone, muscle and organ might exist independently, but the fascia spreads throughout the entire body connecting all of these body components in a network of webbing.

Another component of the fascial network is a gelatin-like web of mucus. All of the fluid circulation in your body has to pass through these fibrous and mucus webs. The denser the fibers and the drier the mucus, makes the fascial web less able to allow molecules to flow through it. Nourishment goes in one direction while waste comes out another. Tai Chi, Qigong and Yoga types of exercise helps stretch, ease and hydrate the fibrous webbing, making it more permeable.

Cells are never more than four-deep from your capillaries, which transport food, oxygen and more. Tension in your body, such as constantly rounding the back while sitting activates the fibroblasts to make more fibers that will arrange themselves along the line of stress. These accumulated fascial fibers form blockages that will impede capillary-sourced food from reaching the body's cells. The mucus that completes your fluid fascial network also becomes denser impeding the flow to your cells. Within a denser fascial network, the exchange of nutrients and waste from capillaries to cells can trap toxins causing even more energy blockages.



Tai Chi, Qigong and Yoga types of exercise offer deep strengthening and stretching of the fascial network similar to the way you would wring out a wet towel. The nutrients, oxygen and waste products that were trapped in the mucus mesh, rush in to the capillaries and into the bloodstream. Often times practitioners of these exercise methods feel somewhat ill, after the release of the deeply held tension. The liver must work extra to process the toxins squeezed from the tissues. With consistent practice over time, fascial fibers blockages will slowly thin out and become un-adhered. The mucus webbing can change to a more liquid state in minutes, allowing more sliding, less resistance and therefore less pain.

There are many individual exercises and techniques, that can stretch and release tension of the fascia trains throughout the human body. Tai Chi, Qigong, BaguaZhang, Yoga and Pilates are methods of stretching and strengthening the fascia as preventative or post-injury low impact exercises.

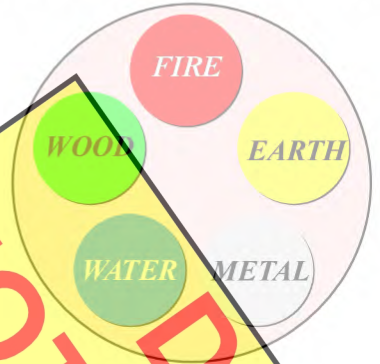


# The 5 Root Powers of Tai Chi

The fundamental practices of Tai Chi are based upon 13 postures. These 13 postures consist of 8 forces, or “expressions of energy”, and 5 steps, root powers or “directions of movement” as follows:

- Jin** – Advance forward
- Tui** – Retreat back
- Gu** – Gaze/Step left
- Pan** – Gaze/Step right
- Ding** – Center-Fixed

## 5 Elements - Wu Xing



- 1) Push (power) from the feet
  - 2) Direct with the waist moving
  - 3) Express with the shoulders, arms & hands
- Heels slightly up, shifting the weight to the balls of the feet

### 5 Elements - Wu Xing



### Big & Small Triangles on the Foot

- Awareness of the 2 triangles on the soles of the feet, promote stability and balance.
- The ball of the foot initiates the body movement (power) from the feet.
- The heel of the foot provides the braking or stopping of the body movement.
- The figure-8 pattern is achieved as the weight repetitively shifts from one triangle to the other.

Ding  
Earth  
(center)

Gu  
Water  
(left)



# The 8 Expressions of Tai Chi

## The 8 Expressions, 8 Energies, 8 Principles of Tai Chi:

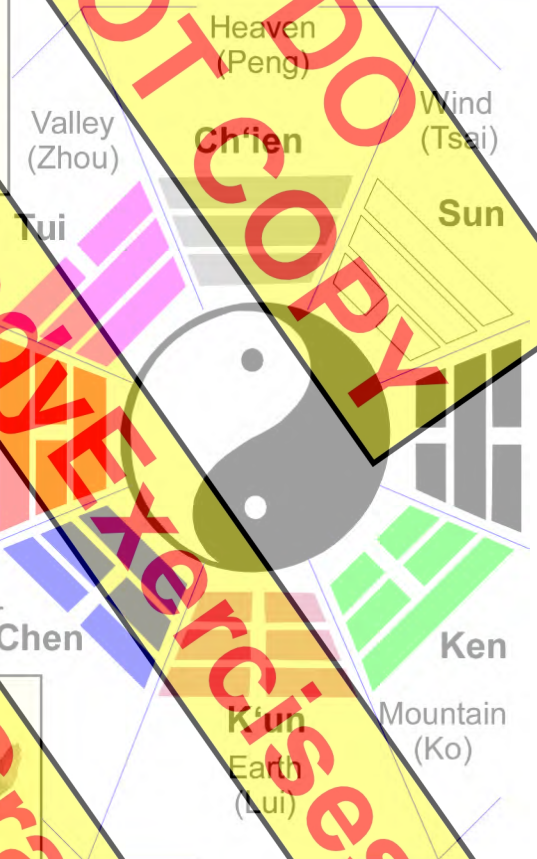
6) **Zhou** – elbows are overtly shown in all angles, with a coiling effect. Zhou is the force where you use your elbow to strike an opponent. This strike throws the opponent off balance and prevents them from controlling your elbows.



5) **An** – is when you gather your power, and then redirect it towards an opponent to drive them away. Power for this force comes up from the earth and through the legs.



8) **Lie** – is a combination of Peng and Ji, which splits. Lie is a force that causes your energy to split into two separate directions. It is often used to break the hold that an opponent may have on you.



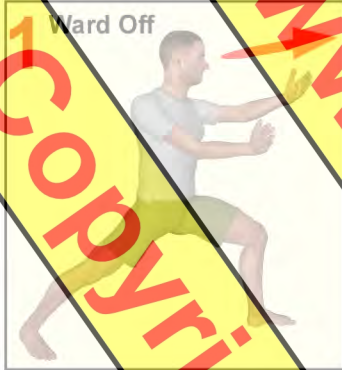
### The 6 Harmonies:

#### 3 External Harmonies (san wai he)

- 1) The hands harmonize with the feet.
- 2) The hips harmonize with the shoulders.
- 3) The elbows harmonize with the knees.

#### 3 Internal Harmonies (san nei he)

- 1) The heart harmonizes with the intention.
- 2) The intention harmonizes with the Chi.
- 3) The Chi harmonizes with the movement.



1) **Peng** – the outward (or upward) expansion of energy. Peng is the force that puts a curved barrier between you and an opponent. In this force, the body is placed in a way that repels any incoming force, warding it away. When standing in the correct Peng posture, it is almost impossible to move them.



4) **Cai** – Sometimes referred to as clear, pluck or “large roll back”, Cai is when you use your hands and fingers to pluck or pull. Like Liu, Cai is used to lead your opponent off balance. Cai is a combination of Lu and An.



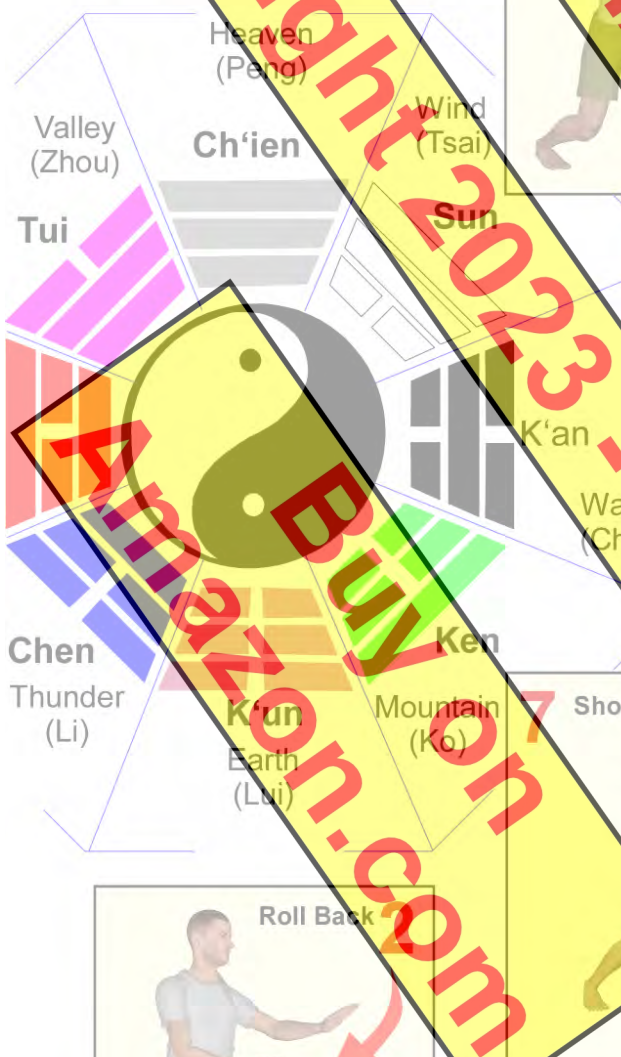
3) **Ji** – is best used close in, as a way to gain some space from an opponent who is smothering you. Ji requires both hands and arms to work together. It is the action of squeezing your force into a small area of your opponent. Ji is directed forwards, toward your opponent.



7) **Kao** – used when the arms are bound or the distance is too close to punch, we can use “Shouldering.” This is when you use your shoulder, combined with your full body force, to defend against an opponent. This will knock your opponent off balance.



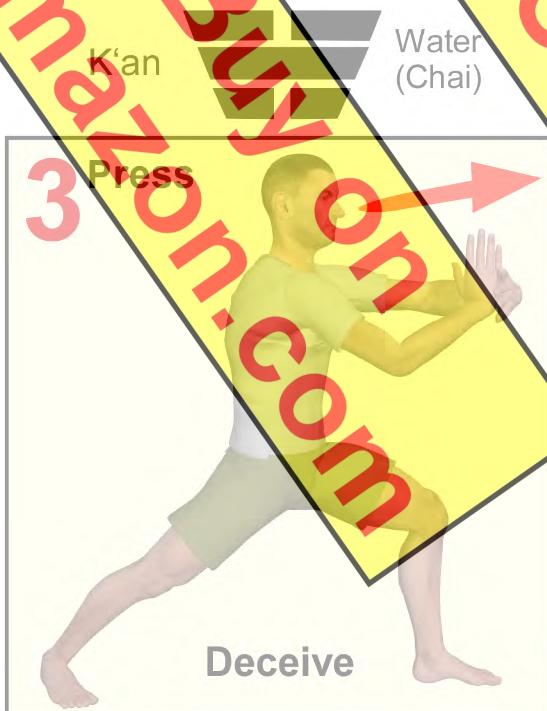
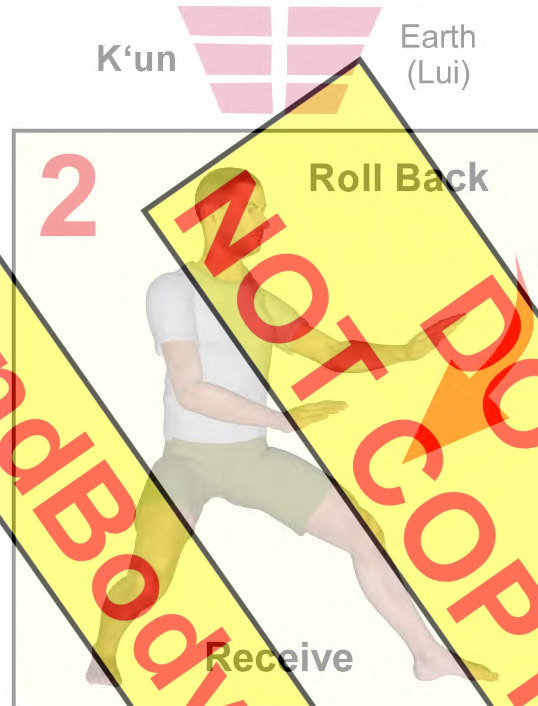
2) **Liu** – leads the opponent’s force into emptiness” and is the force that causes them to lose their balance by redirecting their force away from the center to the side. often referred to as “roll back,” Liu is the ability to absorb, yield or deflect incoming force. The are 3 characteristics of Liu are: Yielding (Jan), Merging (Ian) & Adhering (Nien)



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# The 8 Expressions of Tai Chi (linking sequence)

The 8 Expressions, 8 Energies, 8 Principles of Tai Chi:



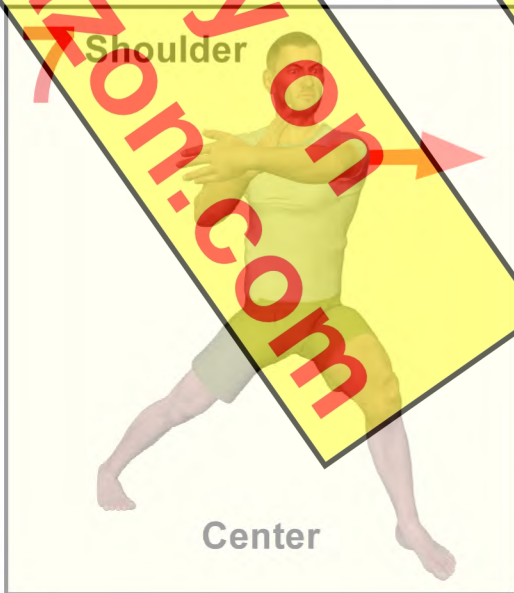
Li Fire (An)



Tui Valley (Zhou)



Ken Mountain (Ko)



Chen Thunder (Li)



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# 24 Yang Style Tai Chi

## What are “forms” or “sets” of Tai Chi Exercises?

Tai Chi is a powerful art of immense depth consisting of exercise, self-defense and philosophy. The “sets” or “forms” are the structure or the foundation. Forms are individual exercises linked together to form a long flowing series of movements. According to Yang Chan Fu (who is known as the modern father of Tai Chi) “to start learning Tai Chi you have to start with the forms”. There are many styles of Tai Chi, and within each style, each has its different Forms. Even with one well-known form, there are many versions. Students might feel confused facing so many options, or one could take it as an advantage to have so many choices available.

It is helpful and interesting to understand the structure and background history of the forms. Similar to an artist playing a musical composition, it is possible to play music well. To play it as a piece of art, it becomes necessary to understand the inner meaning, intention and structure of the piece.

## The Origin of the 24 Forms

The Chinese National Sports Committee authorized the country's four most renowned Tai Chi experts to compose the 24 Forms in order to popularize Tai Chi. Based on the Yang style, and by eliminating many repetitions and retaining the essential principles of Tai Chi, the 88 Forms was condensed to only 24 Forms. The 24 Forms is easier to learn, remember and practice taking about five minutes to practice. Anyone can do four times through the form in about 20 minutes. The 24 Forms has become the most popular tai chi form in the world.

## The Structure of the 24 Forms

The 24 Forms is divided into five sections. The first section consists of moderate stretching of the upper and lower limbs, which works as warming up for the later exercises. The second section is more challenging with further stretching and turning of the body. The third section contains the most challenging parts with balance exercise and a few kicking movements. The fourth section contains the most technically difficult movements. Lastly, slower movements work as winding down exercises. The 24 Forms has incorporated the essential tai chi principles.

## The Names of the 24 Forms

The 24-posture Simplified Form of t'ai chi ch'uan sometimes called the Beijing or Peking form for its place of origin, is a short version of Taiji composed of twenty-four unique movements. The following are the exercises and their various names for the same movements.



1st Section

1. Commencing - Preparation, Beginning
2. Part the Wild Horse's Mane, LEFT and RIGHT
3. White Crane Spreads Its Wings, Stork/Crane Cools Its Wings
4. Brush Knee and Step Forward, Brush Knee and Twist Step, LEFT and RIGHT
5. Playing the Lute, Strum the Lute, Play Guitar

2nd Section

6. Reverse Reeling Forearm, Step Back and Repulse Monkey, LEFT and RIGHT
7. Left Grasp Sparrow's Tail, Grasp the Bird's Tail
  - a. Ward Off (Peng)
  - b. Rollback (Lu)
  - c. Press (Chai)
  - d. Pull (Tsai)
  - e. Push (An)
8. Right Grasp Sparrow's Tail
9. Single Whip

3rd Section

10. Wave Hands Like Clouds, Cloud Hands, Cloud Built Hands, Wave Hands in Clouds
11. Single Whip
12. High Pat on Horse, Step Up to Examine Horse
13. Right Heel Kick, Separate Right Foot, Kick with Right Foot
14. Strike to Ears with Both Fists

4th Section

15. Turn Body and Left Heel Kick
16. Left Lower Body and Stand on One Leg
  - a. Single Whip Squatting Down, Snake Creeps Down,
  - b. Golden Rooster Stands on One Leg, Golden Bird Standing Alone
17. Right Lower Body and Stand on One Leg (same as 16, but opposite sides)
18. Shuttle Back and Forth, Fair Lady Works with Shuttles, RIGHT and LEFT

5th Section

19. Needle at Sea Bottom
20. Fan Through Back, Fan Penetrates Back
21. Turn Body, Deflect, Parry, and Punch
22. Apparent Close, Withdraw and Push, as if Closing a Door
23. Cross Hands
24. Closing

# 24 Yang Style Tai Chi

Section  
1



1. Commencing Form



2. Part the Horse's Mane (3x)



3. White Crane Spreads Its Wings



4. Brush Knee (3x)



5. Play the Lute

7 & 8. Grasp Sparrow's Tail: (Left & Right a-e)



6. Repulse Monkey (4x)



a. Ward Off (Peng)



b. Rollback (Lu)



c. Press (Chai)



d. Pull (Tsai)



e. Push (An)



9. Single Whip

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# 24 Yang Style Tai Chi

Section  
3

10. Cloud Hands (4x)

11. Single Whip

12. High Pat on Horse



13. Right Heel Kick

14. Double Ear Punch

15. Turn Body and Left Heel Kick

Section  
4

16. Left Lower Body and Stand on One Leg  
a. Snake Creeps Down (Single Whip Squatting Down)  
b. Golden Rooster Stands on One Leg

17. Right Lower Body and Stand on One Leg  
a. Snake Creeps Down (Single Whip Squatting)  
b. Golden Rooster Stands on One Leg



18. Fair Lady Works the Shuttles (left & right)

19. Needle at Bottom of the Sea



# 24 Yang Style Tai Chi

Section

5



20. Fan Through Back



21. Deflect, Parry & Punch



22. Apparent Closure



23. Cross Hands



24. Closing Form



# 24 Yang Style Tai Chi

## Movement Sequence



**Legend**

- Head straight ahead
- head faces left
- head faces right
- on left toes
- on right toes
- left foot
- right foot
- on left heel
- on right heel
- direction to move
- step with lead foot transition
- lead foot not changing as movements partially overlap
- narrow stance
- wide stance
- movements confined within the box, movements overlap totally
- shift noted on paper for clarity

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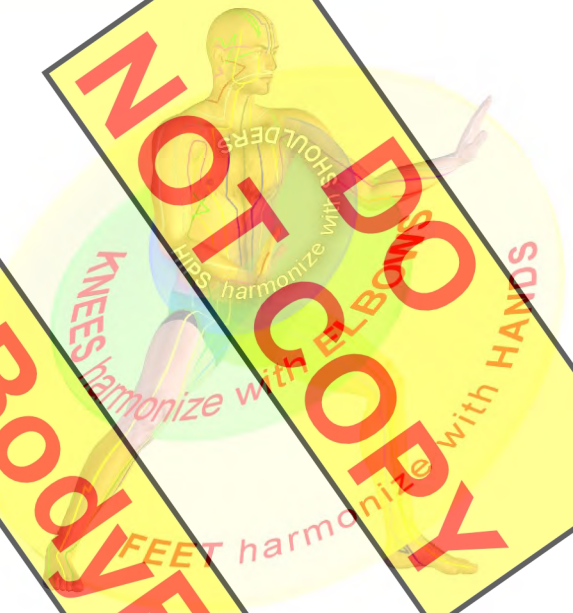
# Six Harmonies

## 3 External Harmonies (san wai he) (relationships of the limbs)

- 1) The hands harmonize with the feet.
- 2) The hips harmonize with the shoulders.
- 3) The elbows harmonize with the knees.

## 3 Internal Harmonies (san nei he)

- 1) The heart harmonizes with the intention.
- 2) The intention harmonizes with the Chi.
- 3) The Chi harmonizes with the movement.



## 3 Pillars



Shoulder  
Hip  
Heel

Elbow  
Knee

Hand  
Foot

## 3 Pillars & 3 Harmonies



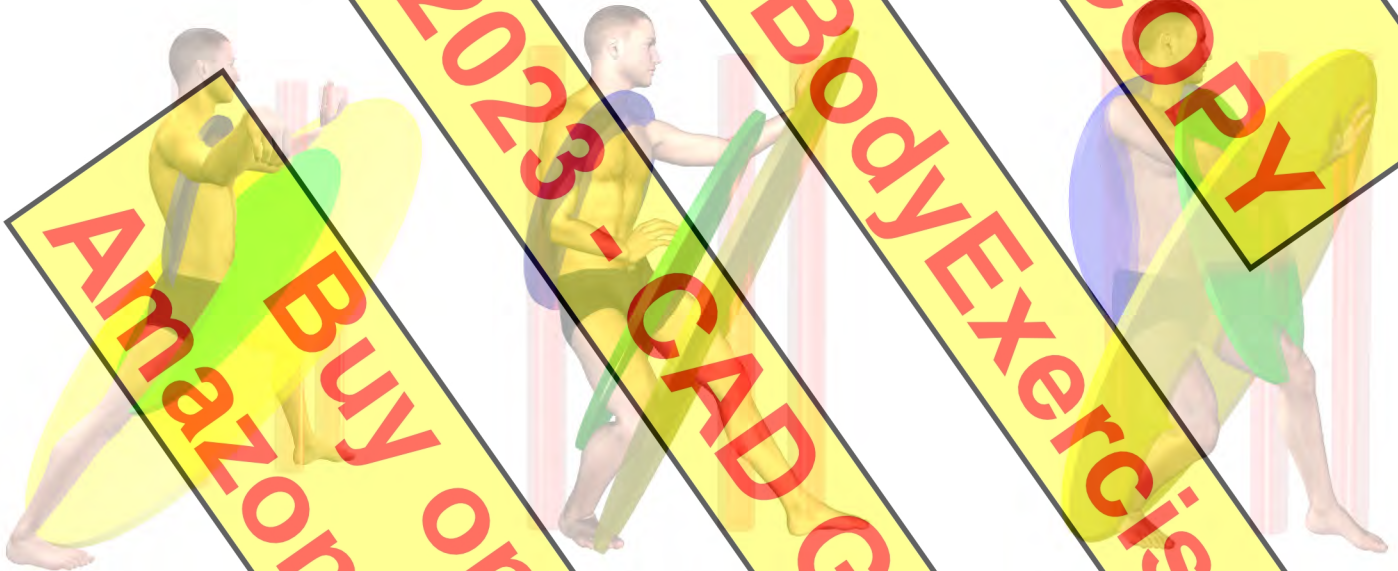
Shoulder  
Hip  
Heel

Elbow  
Knee

Hand  
Foot

Six Harmonies include harmonizing the body and heart/mind, heart/mind and intent, intent and Qi/energy, Qi/energy and spirit, spirit and movement, and movement and emptiness. Here, emptiness means wu-ji, that is, void state. It is a quiet, motionless state achieved when one's movement follows the body's automatic reaction to a specific circumstance.

Eight Methods refer to (1) Qi (energy), circulating Qi to concentrate Shen (spirit); (2) Gu (bones), collecting energy inside the bones; (3) Xing (form), incorporating animal forms from nature; (4) Sui (to follow), circular and smooth motion responding to the situation; (5) Ti (lifting), lifting from the crown of one's head to have a floating feeling; (6) Huan (returning), coming and going in a cycle; (7) Le (suspending), being motionless and calm while waiting; and (8) Fu (concealing), looking for an opening while concealing yourself.



Tai Chi

Hsing Yi

Bagua Zhang

### The 6 Harmonies:

#### 3 External Harmonies (san wai he)

- 1) The hands harmonize with the feet.
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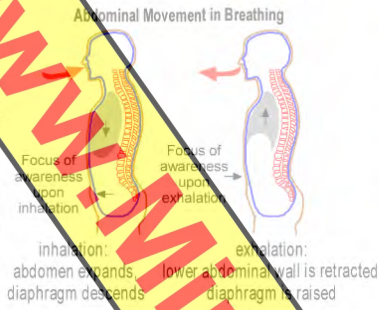
#### 3 Internal Harmonies (san nei he)

- 1) The heart harmonizes with the intention.
- 2) The intention harmonizes with the Chi.
- 3) The Chi harmonizes with the movement.

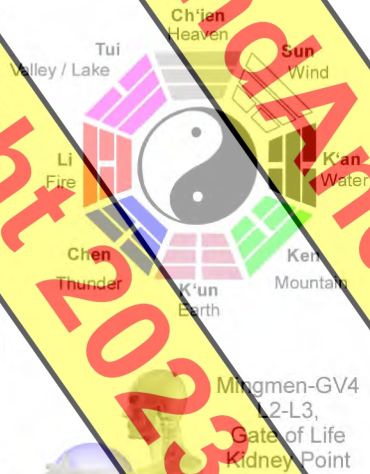


# Graphic Glossary for Energetic Anatomy

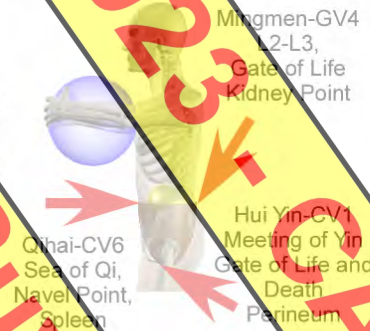
**Abdominal breathing** – effective, diaphragmatic breathing that fills your lungs fully, reaches all the way down to your abdomen, slows your breathing rate, and helps you relax.



**Bagua** (or Pa Kua) / 8-trigrams - eight symbols used in Daoist philosophy to represent the fundamental principles of reality, seen as a range of eight interrelated concepts. Each consists of three lines, each line either “broken” or “unbroken,” respectively representing yin or yang.



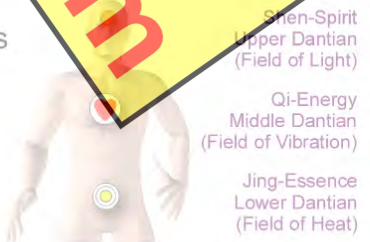
**The Brass Basin** – sits within the lower abdomen, touching at the navel in the front, between L2 & L3 vertebrae in the back and the perineum at the base.



**Bubbling Well** - an energetic point located in the sole of the foot, slightly in front of the arch between the 2nd and 3rd toe. In the meridian system it is the same as the Kidney 1 point.



**Dan Tian** - 3 energy centers  
Lower Dan Tian (1 of 3) - also known as the “sea of qi,” is positioned below and behind the naval encompassing your lower bowl and is closely related to jing (or physical essence).



**Daoyin, DaoYi, Daoist Yoga, Qigong** – all names for energy exercises, with specific postures, little or no physical body movement and mindful regulated breathing patterns.



**Feng Shui** – translated into ‘wind and water’; it is a Chinese philosophical system that teaches how to balance the energies in any given space.



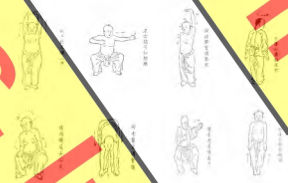
**Conception Vessel (Ren Mai)** – flows up the midline of the front of the body and governs all of the yin channels. The Conception Vessel is connected to the Thrusting and Yin Linking vessels.



**Governing Vessel (Du Mai)** - flows up the midline of the back and governs all the Yang channels.



**General Yu Fei** – creator of the 8 Pieces of Brocade set.



**Controlling Cycle** – the controlling or regulating sequence of the 5 element cycle. Wood controls Earth; Earth controls Water; Water controls Fire; Fire controls Metal; Metal controls Wood.

**Generating Cycle** – the creative sequence of the 5 element cycle. Wood generates Fire; Fire generates Earth; Earth generates Metal; Metal generates Water; Water generates Wood.

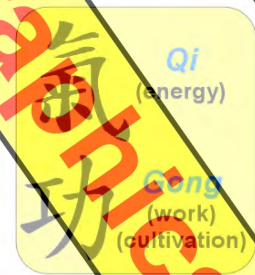
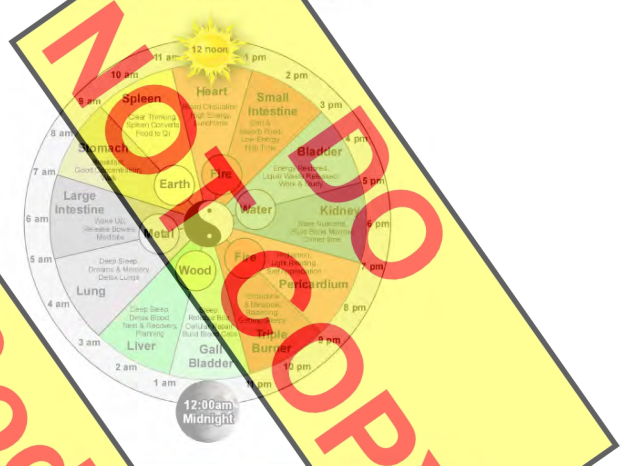
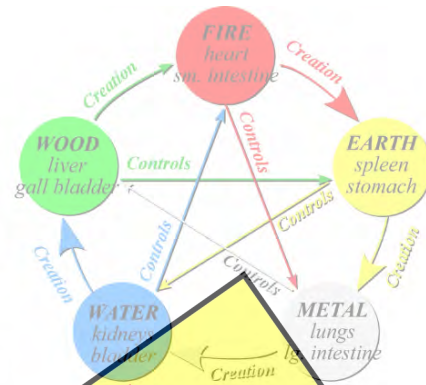
**Horary Cycle** - 24 Hour Qi Flow Through the Meridians; This cycle is known as the Horary cycle or the Circadian Clock. As Qi (energy) makes its way through the meridians, each meridian in turn with its associated organ, has a two-hour period during which it is at maximum energy.

**Jing Well** - The Jing (Well) points are 1 of 5 of The Five Element Points (shu) of the 12 energy meridians. They are located on the fingers and toes of the four extremities. These points are thought to be where the Qi of the meridians emerges and begins moving towards the trunk of the body. These are of upmost importance in that these points can help restore balance within the energy flow throughout the human body.

**Meridians** - a meridian is an 'energy highway' in the human body. There are 12 meridians and each is paired with an organ. Qi energy flows through these meridians or energy highways.

**Qigong** - or Chi Kung, is breathing exercises with little or no body movement, that can adjust the brain waves to the Alpha state. When the mind is relaxed, the body chemistry changes and promotes natural healing.

**San Jiao** (Triple Burner/Heater) – is a meridian line that regulates respiration, digestion and elimination. It is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing and protective energy.



- Upper Burner WU QI
- Middle Burner YING QI
- Lower Burner YUAN QI

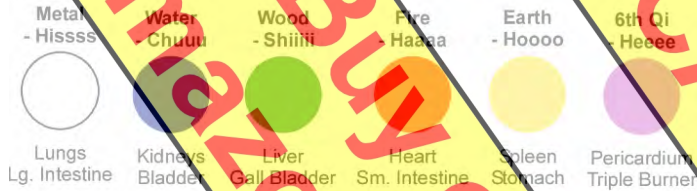
**Nine Gates** - the energy gates in your body are major relay stations where the strength of your Qi are regulated. These gates are located at joints or, more precisely, in the actual space between the bones of a joint. The nine gates are located at the shoulder, elbow and wrists, hip, knee and ankles, and along the cervical, the thoracic, and the lumbar spine.



**Seven Energy Centers** - also known as chakras, are energy points in the subtle body that start at the base of the spinal column, continue through the sacral, solar plexus, heart, throat, eyebrow and end in the midst of the head vertex at the crown.



**Six Healing Sounds** - auditory sounds used for clearing internal (yin) organs and other tissues of stagnant Qi.



**Small Circuit** - the linking two energy pathways that run along the midline of the body into a cycling loop. The "fire pathway", Du Mai (Governing Vessel), extends up the back and the other, Ren Mai (Conception Vessel), down the front of the body.



**Taoism** - (sometimes Daoism) is a philosophical or ethical tradition of Chinese origin, or faith of Chinese exemplification, that emphasizes living in harmony with the Tao (or Dao). The term Tao means "way", "path", or the "principle".

**Three Treasures – Jing, Qi & Shen**

**Jing** - (essence) the physical, yin and most dense of the Three Treasures. Think of Jing as a candle, specifically the quality and quantity of the wax.

**Qi**, chi or ki - (energy/breath) the energetic, vital force within all living things and it the most refined Treasure. Think of Qi as the burning flame of the candle.

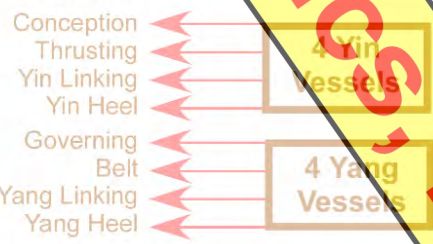
**Shen** - (consciousness or spirit, is the most subtle of the Three Treasures and is the vitality behind Jing and Qi. Think of Shen as the light or illumination produced from the flame.



**The 3 Hearts** - Heart, abdomen, calves: The first heart is the heart in your chest for the oxygenation of the blood. Lower abdominal breathing is considered the second heart for circulation of fluid, Qi and digestion. The third heart is the calf muscles for re-circulation of the blood.



**Vessels** - there are 8 extraordinary vessels that function as reservoirs of Qi for the Twelve Regular Meridians.



The Void  
(Supreme  
Mystery)

**Wuji** – ultimate stillness, the beginning of creation.

**Yang Qi** - yang refers to aspects or manifestations of Qi that are relatively positive: Also-immaterial, amorphous, expanding, hollow, light, ascending, hot, dry, warming, bright, aggressive, masculine and active.

**Yin Qi** - yin refers to aspects or manifestations of Qi that are relatively negative: Also-material, substantial, condensing, solid, heavy, descending, cold, moist, cooling, dark, female, passive and quiescent.

**Taijitu** -The term taijitu in modern Chinese is commonly used to mean the simple "divided circle" form (☯), but it may refer to any of several schematic diagrams that contain at least one circle with an inner pattern of symmetry representing yin and yang.

**Yi** – intellect, manifests as spirit-infused intelligence and understanding.

Mind Intent Body

**Zang-Fu organs** – solid, yin organs are Zang – yang and hollow organs are Fu.

**5 Yin Organs**

Liver  
Heart  
Spleen  
Lungs  
Kidneys



**5 Yang Organs**

Gall Bladder  
Small Intestine  
Stomach  
Large Intestine  
Bladder



**Baihui point** - Governing Vessel 20 (GV 20). Sits on the crown of the head.

**Jade Pillow** – located at the top of the cervical vertebrae (C1).

**Great Hammer** – located on the midline at the base of the neck, between seventh cervical vertebra and first thoracic vertebra.

**Mingmen point** – Conception Vessel 6 (CV6), the 'Sea of Qi' located on the lower abdomen.

**Qihai point** – Conception Vessel 6 (CV6), the 'Sea of Qi' located on the lower abdomen.

**Hui Yin point** – Conception Vessel 1 (CV1), also known as the base chakra, is located between the genitals and the anus; the part of the body called the perineum.



**Wu Xing or 5 Elements -**

The 5 Element theory is a major component of thought within Traditional Chinese Medicine (TCM). Each element represents natural aspects within our world. Natural cycles and interrelationships between these elements, is the basis for this theory. These elements have corresponding relationships within our environment as well as within our own being.





## **About the Instructor, Author & Artist - Jim Moltzan**

Physical health, mental well-being and the relationships within our lives; are these the most cherished aspects of our existence? Yet, how much effort do we put towards improving these areas on a daily basis?

My fitness training started at the age of 16 and has continued ever since. I have been actively training, studying, and teaching for almost 43 years, effectively educating hundreds of students. During that time, I attended high school, then college, and worked 2 jobs all while pursuing further training in martial arts and other fitness methods. 26 years ago, I started up an additional business to help finance my next goal of owning my own school. I moved to Florida from the Midwest to make this goal a reality. Now, having had previous ownership in 2 wellness & martial arts schools, I have reached far beyond what I thought to have been my potential. Currently though, no more schools for me; too much time was spent on the business aspects, instead of the importance of the training and how it benefits myself and the others in my life. Now, as a husband and father of 2 grown children, I have no problem with expressing that we must be prepared to work hard mentally, physically, and financially to earn our good health and well-being. Not only for ourselves, but for our families as well. Good health always comes at a cost whether in time, effort, cost, sacrifice, or some combination of the previous.

In recent years I have gone back to college to pursue a bachelor's degree in holistic medicine, which was not too commonly offered up until recently. Here I have sought to fill in the missing blanks from my earlier education such as anatomy, physiology, phytotherapy (herbology), stress management for PTSD, mindfulness-based stress reduction (MBSR), meditation, psychology, nutrition and other areas of academic study.

The majority of the movements I teach are of Chinese origin. The Qigong (breathing work) is from Chinese Kung Fu and the Korean Dong Han medical Qigong lineage. I have also gained much knowledge of Traditional Chinese Medicine (TCM) from many TCM practitioners, martial arts masters, teachers, peers and my college courses. This includes many techniques and practices of acupressure (reflexology, auricular, Jing Well, etc.), acupuncture, moxibustion as well as preparation of some herbal remedies and extracts for conditioning and injuries. I have been studying for over 20 years with Zen Wellness, learning medical Qigong as well as other Eastern methods of fitness and self-awareness. I have been recognized as a "Gold Coin" master instructor having trained and taught others for at least 10000 hours or roughly over 35 years. The core fitness movements are from Kung Fu and its forms in *Baguazhang* and *Ship Pal Gi* (Korean Kung Fu and weapons training). Each martial art and its fitness exercises can complement and enhance one another. The more ways that you can move your body, the better it is for your overall health.

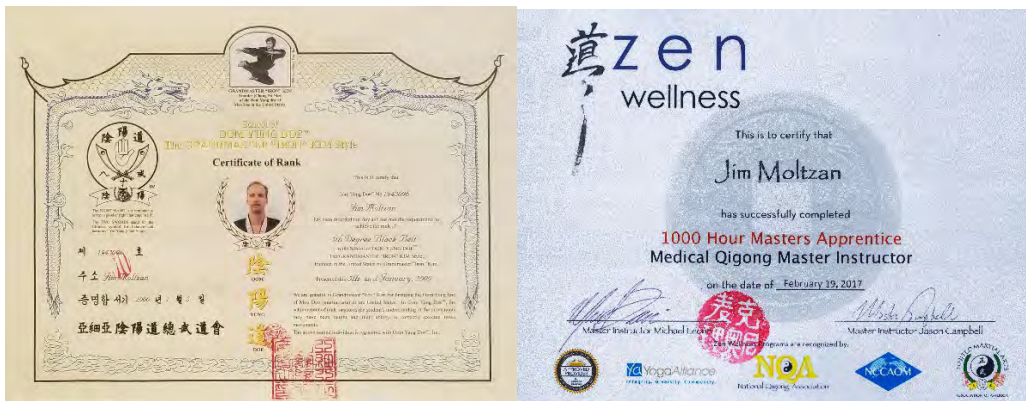
Many have used martial arts training as a method of learning to see one's character as others see them. I feel that I can offer the priceless qualities of truth, honor, and integrity with my instruction. You must seek the right teacher for you, because in time a student can become similar to their teacher. Through the training that I have experienced and offer to others, an individual can understand and hopefully reach their full potential. By developing self-discipline to continuously execute and perfect sets of movements, an individual can start to understand not only how their being works physically but also mentally and emotionally. You can find your strengths and your weaknesses and improve them both. From here the self-control acquired can be used to accomplish any goal when properly motivated.

My specialty is teaching exercises to improve chronic conditions, working with people of all ages, especially senior adults. Offering guidance and instruction, I also have worked with Parkinson's Disease patients through Florida Hospital. I periodically give lectures as requested by Advent Health (previously Florida Hospital), The Orlando Public Library, The Winter Park University Club, and other organizations, regarding the benefits of Eastern practices and other holistic practices.

I have co-authored a book, produced numerous other books and journals, graphic charts and study guides relative to the mind and body connection and how it relates to martial arts, fitness, and self-improvement. A few hundred of my classes and lectures are viewable on YouTube.com.

### Lineage

- Recognized as a 1000 and 10,000-hour student and teacher
- Earned gold coins through the Doh Yi Masters and Zen Wellness program
- Earned a 5th degree in Korean Kung Fu through the Dong Han lineage



### Education

Bachelor of Science in Holistic Medicine - Vermont State University

## Laminated Charts 8.5" x 11" or 11" x 17" - over 200 various graphics (check the website)

### Qigong - Chi Kung

SKU: ChiKung



The human body is made up of bones, muscles, and organs amongst other components. Veins, arteries and capillaries carry blood and nutrients throughout to all of the systems and components. Additionally, 12 major energy medians carry the body's energy, "life force" also known as "chi". One chi is stored in the lower Dan Tien. Daily emotional imbalances accumulate tension and stress gradually affecting all of the body's systems. Each discomfort, nuisance, irritation or grudge continues to tighten and squeeze the flow of the life force. This is where "dis-ease" claims its foothold.

### Strengthen Your Back (set #1)

SKU: StrengthenYourBack1



Good health of the lower back starts with good posture. The following set of exercises develop strength and flexibility which improve posture. Strength in the back, hips and abdominals provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system.

### Broadsword 1-10

SKU: Broadsword



Broadsword training develops the body, mind and spirit well beyond that which can be gained from empty hand training alone. The Broadsword has many different sets to be mastered utilizing quick, fluid and precise movements.

### Ship Pal Gye set 7 (Kung Fu stance training)

SKU: ShipPalGye7



SHIP PAL GYE or Ship Par Gay, is a Korean version of Chinese Shaolin Lohan Qigong, meaning "18 chi movements" or what were supposedly the original 18 drills that Bodhidharma introduced to the Shaolin monks. It is reputed to be the basis for the Shaolin Kung Fu, which in turn, greatly influenced the developments of all branches of Asian fighting arts.

### Noble Stances

SKU: NobleStances



Noble stances are a combination of various stances from different styles of Chinese martial arts. Stances, in this case, meaning correct placement of the feet, knees, hips, and arm positions relative to one's center of gravity. Executing static positions and holding the particular body positions for anywhere from a few seconds to several minutes reaps many benefits foremost being able to cultivate a strong and healthy core.

## Laminated Charts 8.5" x 11" or 11" x 17"



### Yoga Postures for Martial Arts

SKU: YogaPostures1

Martial arts have their roots in Yoga going back to Bodhidharma teaching the Shaolin monks hundreds of years ago. When one is in the proper body alignments, the individual disciplines the mind, discover ones spirit, as well as cultivates internal energy. Physical benefits such as strength, flexibility and increased range of motion can be achieved from consistent practice.



### Strengthen Your Core set 1

SKU: StrengthenYourCore1

The “core” is comprised of many different muscles that stabilize the pelvis and spine . These muscles provide a firm foundation for movement of the torso, arms and legs. These muscles also provide a protective cage for the internal organs. This graphic shows the main muscle groups of the core and exercises that can strengthen, tone and increase flexibility.



### San Ti Shi stance training

SKU: SanTiShi

“San Ti Shi” is Chinese for “Trinity Posture”, also known as the “3 Elements Form/Posture” or “3 Body Posture”.San Ti Chi is the fundamental posture used in Hsing Yi Chuan (Xing Yi Quan). Hsing Yi is one of the 3 major internal martial arts along with Tai Chi and BaguaZhang.



### Rattan Hitter Meridian Exercises

Practice of Using the Rattan orWire Hitter The following offers a brief summation of the theory behind using the rattan or wire hitter. Using a bundle of small 1/8" diameter rattan or wire, fixed into a handle, the device is briskly brushed across the surface of the body.

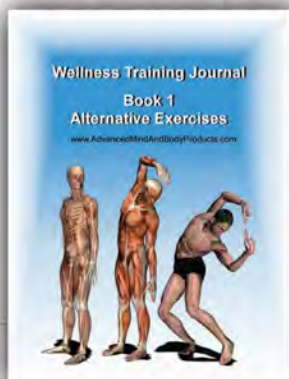


### Bottle Exercises

Good health of the lower back starts with good posture. The following set of exercises develop strength, increase muscular range of motion and to a lesser degree - flexibility. Strength in the back, hips and abdomen, provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Unique to this set of exercises is the body postures combined with holding a weighted object and the extra awareness required to hold it while also maintaining the correct body alignments.



**Journals - 8.5" x 11" - over 20 different booklets (check the website for updates)**



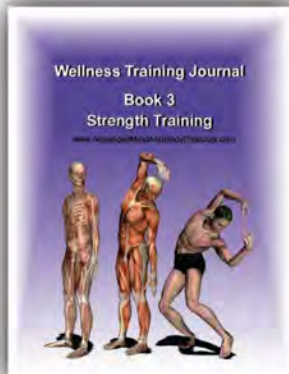
### **Alternative Exercises - Wellness Training Journal 1 - Hard copy**

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - Yoga for Martial Arts - Relieve Chronic Lower Back Pain - Strengthen Your Back - Strengthen Your Core - Bo Stance Variations - BaguaZhang Basics - 37 pages, Hard copy.



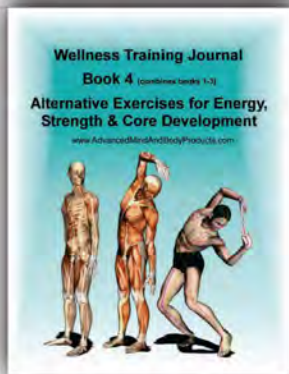
### **Core (stance) Training - Wellness Training Journal 2 - Hard copy**

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - San ti Shi - Ship Pal Gye sets 1,2 & 7, Noble stances 33 pages, Hard copy.



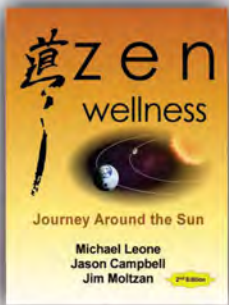
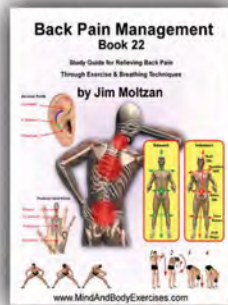
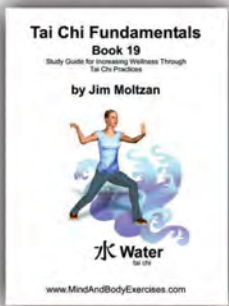
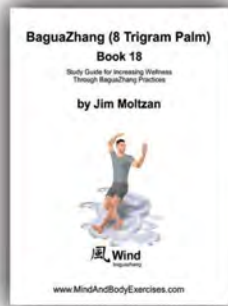
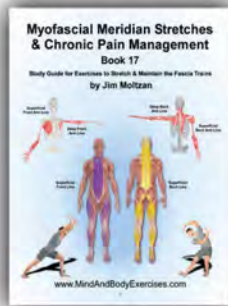
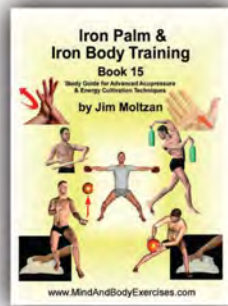
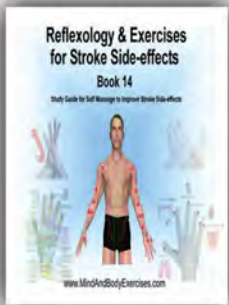
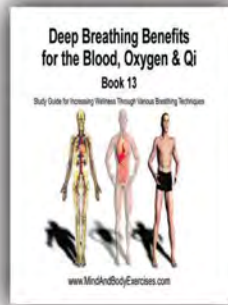
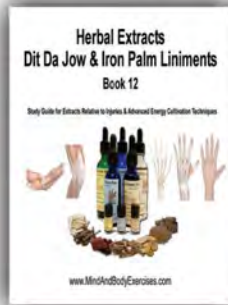
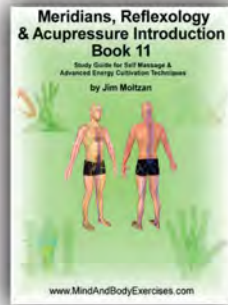
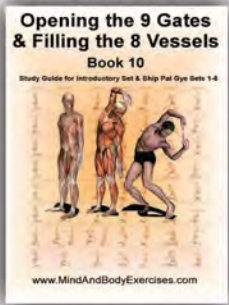
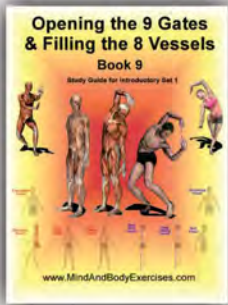
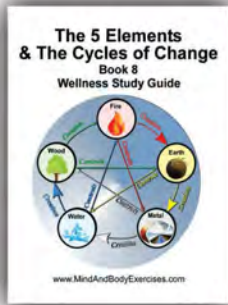
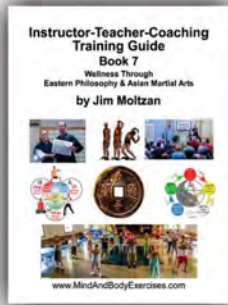
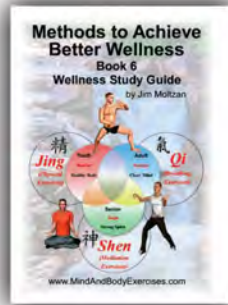
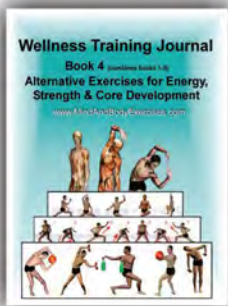
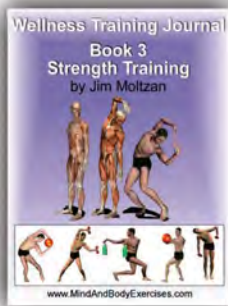
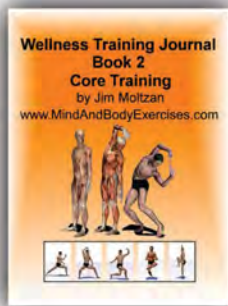
### **Strength Training - Wellness Training Journal 3 - Hard Copy**

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - Stance Training with Resistance (Pal Ja Kwon) - Vibration Exercises with Rattan Hitter - Dumbbell Exercises - Meridian Exercises with Bottles 29 pages, Hard copy.



### **Combination 1-3 - Wellness Training Journal 4 - Hard Copy**

Wellness Journal 4 combines books 1-3, including alternative exercises, core & strength training, 76 pages, hard copy.





For more information regarding charts, products,  
classes and instruction:

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