TAI CHI for Ehlers-Danlos Syndrome

With
Ralph Dehner
Tai Chi for Health Master/Trainer
WHAT IS TAI CHI?

- Taijiquan, Tai Chi Chuan – Supreme Ultimate Fist or Boxing
- Internal Martial Art
- China – Long History
- Olympic Sport in 2016?
Tai Chi/Qi Gong

1. **#1 Strategy for Preventative Health Care in China.**
   - A. Health Care for 1 Billion
   - B. 90-100 Million Practitioners

2. **World Health Organization**

3. **TCM Doctor -- Teacher**

4. **Self Empowering System**
   1. Herbs
   2. Massage
   3. Needles
   4. Dietary Therapy
   5. Energy Medicine
   6. Exercise
Benefits of Tai Chi Therapy

- Increases muscle strength which supports and protects joints
- Increases stamina
- Increases Joint Stability
- Helps balance thereby reducing falls
- Improves posture, memory & relaxation
Let’s Do It!