

to Berkeley Eye Center at El Campo and anyone who wants to be healthy

Modern Health

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– by Kuocheng Ting

Let us start by examining the enemies of health. There are two groups: 1) common enemies to all of us; and 2) enemies particular to individuals. Excessive uses of TV, computer, and smartphone are commonly witnessed, if not experienced, by any of us. We must learn to defeat them and become their bosses so that we can be our own bosses again. Particular enemies at the plant that I am working at include noises¹ and chemical scents that come from plastic processing.

I use the following three tools to defeat my enemies:

- 1) 7 to 8 minutes of energy exercise before going to bed; (Attachment #1) (The breathing techniques in the article will release the harmful chemical scents from my body. I can actually smell them when they are being released.)
- 2) Reading a real book;
- 3) 20 to 25 minutes in the morning that includes warming up (running in the house and yoga – you can do whatever you choose to do as warming up activities) and taijiquan² exercises. (Attachment #2)

If you believe in brushing your teeth, then you should also believe in investing time for your overall health. 30 to 45 minutes a day and 5 days a week is the rule. Based upon personal hygiene, common sense, and practicality, health is a serious investment that requires commitment, determination, and perseverance, and it will show through a person physically, mentally, and spiritually. Especially, in this age of TV, computer, and smartphone, health involves wisdom as part of its ingredients and can only be achieved through a balanced menu that includes reading real books and physical exercises/activities³.

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¹ Whenever appropriate, I sing and whistle while I work to defeat this enemy. Of course, ear protections are essential while working in a noisy environment.

² People also refer to taijiquan as the “scholars’ kongfu”, or more timely, the “exercise for people who work in the office.” **It is an exercise that trains the mind and the body at the same time.**

³ Housekeeping chores are the best exercises. Manual/physical works involved in most professions are also good exercises. Therefore, the keyword is ‘balanced’. A good doctor will be able to prescribe for you the best exercise schedule so that you not only are healthy but are enjoying life so much that the “candle of happiness is burning in your heart” most of the time and almost forever. [Remember: you, yourself, might

yī gǔ mò míng de kuài yuè yóu rán ér shēng

be that best doctor -- very simple -- because you know yourself the best.] [There is a Chinese expression 一股莫名的快樂油然而生 (a sense of happiness gushes out from nowhere). That is what one experiences when he/she starts to learn taijiquan.]

<p>Energy Exercises for All <i>[The Chinese name for energy exercise is qigong 氣功] [Credit: Professor Hou Qiudong, Pingdong, Taiwan 侯秋東教授, 屏東, 台灣]</i></p> <p>1st: One Way Breathing:</p> <ol style="list-style-type: none"> 1) Through nose, breathe in as fully as you can; 2) Hold breath for at least 10 seconds; 3) When it is hard to hold, again breathe in while you count 1 to 3; 4) Do 3) three times. 5) Release and relax; then repeat 1) through 4) at least one more time. <p>Note: A) You should be looking forward, not downward, with chin retracted and not lowered. This will build up your neck muscles instead of weakening them. B) You will feel chest and shoulders naturally slightly raised. C) Also, you will</p>	<p>Feel your back of upper chest pressed against the spinal cord, and your upper body straightened either sitting or standing.</p> <p>2nd: Spinal Cord Stretching:</p> <ol style="list-style-type: none"> 1) Stand straight with feet shoulder-width apart; 2) Lock fingers; 3) Turn palms away from yourself and straighten your arms; 4) Now, slowly raise your arms overhead; 5) Slowly bend the upper body forward to as low as you can; 6) Do an in-and-out triple-three breathing; 7) Relax and return your arms to overhead position; 8) Now, repeat 5) through 7) except this time bend backward; 9) Now, repeat 5) through 7) except this time bend rightward 	<p>(sideway with face and upper-body facing forward) ;</p> <ol style="list-style-type: none"> 10) Now, repeat 5) through 7) except this time bend leftward (sideway with face and upper-body facing forward) ; 11) Release fingers and turn backward as much as you can from the right and then from the left, each time ending with a triple-three. 12) Repeat the whole process at least one more time. <p>Note: Always retract your chin.</p> <p>3rd: Oarless Dragon Boat:</p> <ol style="list-style-type: none"> 1) Lie down completely relaxed on your back; 2) Lock fingers; 3) Raise your upper body and lower body in straight lines so that they form a V (not considering the arms); 	<ol style="list-style-type: none"> 4) Hold in position for at least 10 seconds; 5) When feel sore to hold, do a triple-three and relax; 6) Repeat at least one more time. <p>Note: Always retract your chin.</p> <p>4th: the Chinese Inclining Pisa:</p> <ol style="list-style-type: none"> 1) Kneel down on the carpet or on a rug if on hard floor; 2) Lock fingers, straighten arms, and raise them overhead; 3) Make sure bottoms of toes are facing down, not the toe nails; 4) With the palms, arms, body, and the upper-legs in a straight line, slowly incline backward; 	<ol style="list-style-type: none"> 5) Keep inclining until you reach the limit; 6) Do a triple-three and relax; 7) Repeat at least one more time. <p>Note: Again, always retract your chin.</p> <p>5th: Swinging the Arms:</p> <ol style="list-style-type: none"> 1) With arms stretched forward and palms facing down, quickly swing them down and backward; 2) Swing them forward to return to original positions; 3) Repeat for at least 1 minute. <p>Note: Again, always retract your chin.</p> <p>6th: Positive and Negative Breathing:</p> <ol style="list-style-type: none"> 1) With upper-body straight and stomach retracted, slowly and fully breathe in and out [this is the negative breathing]; 2) Do 1) 10 times; 3) With stomach muscle fully 	<p>pushed forward, breath in and out [this is the positive breathing];</p> <ol style="list-style-type: none"> 4) Do 3) 10 times; 5) Repeat the whole process at least one more time. 6) This concludes the 6-part Energy Exercises for All. <p>Note: Retract your chin. You will feel your energy and power grow inside you in no time.</p> <p>[***Important Final Note: Understand the movements and be your own teacher; you do not need to do exactly the same way as described above or before.]</p>
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簡易讀經太極拳

Simplified Recitation Taijiquan

http://TexanaLoveStories.MATHisacommonLANGUAGE.com/PDFFiles_/taijiquan_00.pdf