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Arthritis — The Chinese Way of Healing and Prevention
(Yang's Martial Arts Association, ISBN 1-886969-42-6)
Book Review by Perry A. Chapdelaine,
The Arthritis Trust of America

Forty million Americans suffer from Osteoarthritis, six million from Rheumatoid Arthritis, and one million from Gouty Arthritis.

Perhaps thirteen million suffer from the eighty or so improperly labeled “incurable” Rheumatoid Diseases, also called “auto-immune,” or “collagen tissue diseases.”

As many as fifty-three million silently suffer from associated calcium spurs.

These are estimates. No one knows the true extent of these painful conditions.

Can one truly recover wellness?

Is there really hope?

As a dance hobbyist, I was very much impressed with David Carradine's television persona — Kwai Chang Caine — of Ed Spielman's *Kung Fu* series, and to a lesser extent with the later *Kung Fu* series starring David Carradine as his own grandson, and co-starring Chris Potter as the great grandson of Kwai Chang Caine.

Graceful ballets are performed by David Carradine who, of course, appears to be kicking and slamming villains with great ease. Marvelous physical control is required to provide such beautiful patterns of motion while not actually harming good members of the screen actors guild, although Carradine reported that the “contact” choreography was not always so benign.

And those villains! — no matter how besmattered their stage makeup after Caine's buffeting — they are also great motion enhancers, reacting with graceful response and purpose to each of the Kung Fu master's apparent blows.

Most impressive to me, however, were the flashbacks in the first series, with the youthful Caine absorbing ancient profound wisdom from Shaolin priests who, despite great age, were each of them also masters of the graceful dance known as Kung Fu.

What did the young Caine absorb from Oriental wisdom besides an impenetrable defense, an irresistible attack?

Ed Spielman's television character, Kwai Chang Caine, grew up to know that strong character is superior to strength of muscle; that inner knowledge supersedes external sensory wisdom; that thought precedes emotion, physical force, and all the remainder of our daily activities.

While an extensive knowledge of herbs was a useful adjunct to Caine's wisdom, wisdom itself stemmed from the inner depths of self-knowledge.

Shakespeare said it for the Occidental, “Know thyself, and it follows as the night the day, thou can't not then be false to any man.”

But Oriental wisdom said it many thousands of years earlier: There is an unseen, untouchable force within us that can nonetheless be known, and is primary to all that we are, all that we can be.

Master Yang Jwing-Ming writes that, “The best way to heal

Once we discover and know this “Qi” force, with it we can mold our bodies, willing it to behave according to our moods.

We can send the force on long, virtually instantaneous trips with the speed of thought.

With it, we can form an invisible protective shield about ourselves, staving off every form of inimical, invading micro-organism.

With it we can cure our ills — yes, even our so-called “incurable” ills!

As a serious student, with full knowledge and grasp of the “Qi” force, we might even enjoy longevity!

I'm in the business of telling folks how to get well from incurable rheumatoid diseases, usually advising on alternative treatments. If there's one thing I've learned while executive director and secretary of the The Arthritis Trust of America/The Rheumatoid Disease Foundation, it's that there are many paths to wellness, just as there are many paths to sickness.

Dr. Yang Jwing-Ming is an unusual master — teacher — as he has transplanted at our Western shores wisdom that was ancient — and mostly hidden — at the time Jesus Christ was preaching the Beatitudes. With Christ's unfortunate sacrifice there continued a gigantic struggle between good and evil, while in the Orient the identification and controlled use of “life's energy,” Qi (pronounced “Chi”), slowly became apparent through a tapestry of trial and error, rational reasoning, experimentation, and self-knowledge involving balance, harmony, and slowly accumulated observation of the effects of many interactive influences.

Once hidden and reserved for the few, many “self-knowledge” branches grew from initial Chinese understandings: acupuncture, meditations, breathing techniques, philosophies and religions, functional Qi circulation, massages, martial arts, Shaolin and Taiji exercises, disease prevention, and health restoration. Each of these borrowed and loaned, from and to, respectively, India, Korea, Japan and many other countries.

Since the 1970s we Westerners have at last come to accept many historical Oriental discoveries. Even the slowest, dumbest oxen of all — traditional Western medicine — has finally begun to accept acupuncture and meditation.

Now that author Yang Jwing-Ming, Ph.D. has borrowed the paradigm of “bioelectrical energy” for the Chinese concept of “Qi,” Westerners will find Qigong (pronounced Chi Gong) quite understandable.

Lucid exposition of an historically complex subject has at last communicated the nature of Qi, and Master Yang Jwing-Ming — obviously also master of language — easily leads the reader to understand how to cultivate the very “breath-of-life,” and how to control and expand its influence on the human body.

As executive director and secretary of a non-profit, tax-exempt, charitable foundation dedicated to eradicating the more than 90 Rheumatoid Diseases from the earth's face, I always suggest that arthritics explore every possible path to wellness, until, like a key to its lock, one modality works for you, from which wellness ensues.

Do not accept defeat from those who do not themselves suffer, and have no knowledge of wellness.

As a compassionate person who wishes everyone free of crippling diseases, I can only energetically recommend to all arthritics Master Yang Jwing-Ming's clear exposition, understandings, and Qigong exercises that hundreds of millions of Chinese citizens (during the past several thousands of years) have also known will bring about a painless, comfortable wellness.

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As a former Rheumatoid Arthritis victim I can wholeheartedly wish for you *Arthritis — The Chinese Way of Healing and Prevention*.

You'll never know, without trying it!