

Kungfu and Arthritis Foreward

to Arthritis: The Chinese Way of Healing and Prevention
Perry A. Chapdelaine, Sr., Executive Director/Secretary
The Arthritis Trust of America/The Rheumatoid
Disease Foundation

Until the exceptional journey of Marco Polo in the thirteenth century, Europeans viewed scientific, religious, medical, and philosophical ideas in a very limited manner, perceiving themselves as the world's, if not the universe's, center.

Marco Polo brought to Western consciousness but a tiny fraction of long accumulated Chinese wisdom, including knowledge of the invention of gunpowder, printing press, rocketry, and, of course, the shocking details of a huge civilization already thousands of years old.

Had thirteenth century Western thought-leaders been sufficiently open to new ideas, Marco Polo could have prepared us for a workable medical system based on the Chinese concept of primary energy, a subtle bio-electrical force pervading our every cell, common to us all, and capable of preventing illness, healing when ill, and extending life and it's quality.

While a great deal of Chinese wisdom was still locked up in the archives of special teachers (masters) under the seal of secrecy, we would nonetheless have learned much about healing from the vast array of material already available in the thirteenth century: acupuncture, herbology, massage, beneficial breathing techniques, and, most importantly, the many ways to distribute and to increase the flow of this subtle energy force which they called "Qi," pronounced "Chi."

Apparently Western consciousness has at last prepared itself to receive this grand Chinese legacy, because "Qigong" (energy work) knowledge and training, or its offshoots, have proliferated greatly in Western society during just the past twenty years. Western medicine has begun to accept the existence of Qi and its circulation in the body .

Yang Jwing-Ming, Ph.D. is indeed a master when describing in numerous published volumes the extensive Chinese literature, explaining not just well-known facets of the lore, but also revealing those long-hidden, secret manuscripts that were until the 1970s reserved for the elite.

Dr. Jwing-Ming's *Arthritis: The Chinese Way of Healing and Prevention* describes how virtually all disease states, including the many various forms of arthritis, can be conquered or changed by deliberately changing our own flow of bioelectrical current.

With the guidance of one such as Yang Jwing-Ming, we learn many simple exercises which condition our tissues and permit us to increase the flow of blood, thus oxygen and other nourishment, to those parts of the body in need.

More importantly, we're taught to "lead" our Qi forces ourselves, so that we can direct the flow of this primary subtle energy. According to Dr. Jwing-Ming, "In order to use Qigong to maintain and improve your health you must know that there is Qi in your body, and you must understand how it circulates and what you can do to insure that the circulation is smooth and strong." All this, and more, is presented in clear language that seems to flow easily from a very patient teacher.

While the 4,000 year history of shrewd Chinese observation resulted in many beneficial methods for preventing illness, or achieving wellness, none is more basic to the arthritic that that which is described in this book.

As representative of a non-profit, charity foundation dedicated to wiping the scourge of arthritis from the earth's face, and because of the quality and content of *Arthritis: The Chinese Way of Healing and Prevention*, my Board of Directors could do no less than prompt me to recommend this book to the forty million Americans who suffer from osteoarthritis, the six million who suffer from rheumatoid arthritis, the one million gout sufferers, and the thirteen million or so who suffer from various forms of related, so-called "auto-immune" or collagen tissue diseases.

Arthritis: The Chinese Way of Healing and Prevention, Yang's Martial Arts Association, ISBN 1-886969-42-6

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment