Clara Cohen: In our Chinese medicine toolbox, we all talk about acupuncture all the time. A little bit about herbs. Not everybody learned about herbs. We talk about nutrition.

We talk about gua sha and cupping and moxa. But wait a minute. We always minimize one of the biggest, most powerful and easy to practice tool, which is tai chi. So today, I have two guests, not one, but two guests on the show, and they have years and years of experience in the Asian Chinese medicine, plus tai chi and qigong.

They are so fun to listen to. You are going to love the show. Think about this. Do you practice tai chi? Do you practice walking every day? Talking about walking, tai chi walking. Have you ever heard of tai chi walking? This is what we're gonna talk about today. So are you ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture, because after all, acupuncture rocks!

Dr. Jacques MoraMarco and Dr. Yun Kim are on the show today. So I don't have one guest, I got two. And wait till you hear about those guests.

Amazing experiences in Asian medicine. So I'm gonna start, woman first, right? Dr. Kim, can you tell us, first of all, what's your background in Chinese medicine or Asian medicine? And also, I know you have some tai chi lineage, so I would love for you to share.

Dr. Yun Kim: Hello. We're so happy to be here. I'm a co-author of this book called Walking Your Way to Vitality. And we are both showing it with Dr. MoraMaroco. I'm an acupuncturist, doctor of East Asian medicine. I come from a family of acupuncturists. My parents founded Emperor's College, one of the most distinguished acupuncture schools in the United States.

So I literally grew up in the medicine. And I ran Emperor's College for almost two decades, and I became a clinician because I got so inspired by the amazing faculty, students, alumni of Emperor's College. And Dr. Omar Marco and I met 16 years ago, 17 years ago, when he became the dean at Emperor's College.

And 20 years ago, he wrote a wonderful book called Ways of Walking. And every year I would tell him, "You need to reissue this book. You need to update it. It was way ahead of its time. It's brilliant. We need to share this with the world." And then he put me off, he put me off, he put me off, and then finally two years ago he said, "I'm ready.

Would you like to be my co-author, help me update the book, put in new research, take out obsolete information?" And so that's where the journey started.

Dr. Jacques MoraMarco: You didn't say that you have a doctorate in education prior to your DAOM.

Dr. Yun Kim: I also have a doctor in education, and I love Sun Tai Chi, and we'll talk about that.

Clara Cohen: Yes, I definitely want to talk about that.

You're both very accomplished, have so many years of accomplishment, and so I'm gonna give the mic to you, Dr. Jacques. I love that you have a French first name.

We talked about this before we started. You're like, "You're gonna pronounce my name properly." I'm like, "Yes, I am, because it's Jacques."

Dr. Jacques MoraMarco: Yeah, for the older generations here in United States, I have to say it's like Jacques Cousteau, the great explorer. But some of the younger individuals are not familiar with Jacques Cousteau. My background, I go back over half a century, so I can go back 50 years five decades.

I was fortunate enough to originally start my training with a Korean teacher named Sehan Kim, which was a teacher that was trained monastically. At that time in Korea, they did not have the university, the Korean medicine universities, they did not exist, so I was able to do an apprenticeship with him.

I took my very first acupuncture state board exam in 1977 here in California.

Clara Cohen: Was that the first time that it was given?

Dr. Jacques MoraMarco: The first time it was given. The first licensure, actually, a few individual, including my teacher and Dr. Yun's father, were

grandfathered in. In other words they had over five to 10 years experience in different countries.

So they were given a grandfather licensure in 1976, which was 50 years ago. And then right after that, they prepared the exam, which was an exam that was given traditionally. It was an oral exam. You had no written component.

You had three active examiners, so they came from a Chinese, Korean, and one of the examiners I had was an American doctor.

He was MD, PhD, and he was the head of the UCLA Pain Control Unit. He was the first Westerner to run a acupuncture research study at University of California, Los Angeles. So he was one of my exam... And what you had to do, you had to answer all kinds of questions, a lot of it on the classical text.

They will ask you a specific question, "Now, in which chapter of the Neijing would you find that? Is it in Suwen or the Lingshu? And tell me a little bit about what Qipo said and Wang Ti.

Dr. Yun Kim: No multiple choice back

Dr. Jacques MoraMarco: then.

Clara Cohen: Yeah, you just had to basically say the answer that's amazing."

Dr. Jacques MoraMarco: The more difficult part was, "Here's my pulse. Take the pulse, give me an assessment, and now it's time for you to give me the acupuncture treatment. What points are you gonna use? And show me your kit." There was no disposable needles, so you have to know about your autoclave, how you sterilize the needles, the temperature, the pressure, all the mechanism of the autoclave.

And that was basically the exam. That was prior to the CNT, the clinical technique that came about in the mid to early '80s. So we're talking, almost 10 years before that

Clara Cohen: Wow. California was way ahead of its time compared to where I am. So I'm in Vancouver, Canada, in our province, British Columbia. Literally started being regulated in 1999, and then they started giving the exam in 2003. And I was also in the first class that took the exam like you did. We had no idea what was going to be on the exam 'cause we were like you, guinea pigs.

They had never done it before. And so we had a written and oral, and the oral was same as you. There was five people watching you. You're sweating. You're like, "Oh my God, they're all watching me." We had to locate points and, it was very different today. They're not doing the same thing.

And but there's still a component of theory, and ours was multiple choice at the time, so that was easier for that part than you did 'cause that's much harder, specifically if you're shy or speaking is hard for you. I could see that. So bravo for this. But then you went to France, too, to study under Elisabeth Rochat.

Dr. Jacques MoraMarco: Elisabeth Rochat at that time was not the main lead teacher. She was the assistant of Père Claude Larre, who was a world-renowned famous sinologue, Chinese scholar of philosophy, language. He was a Jesuit priest. He was, at that time, fluent in so many languages, I can't even tell you.

But I can tell you for a fact, besides speaking perfect French, English, Spanish, German, Chinese, Vietnamese, Lao, Cambodian, Japanese, and Latin to top it off.

Rochat was his assistant for about 30 years. And then, they started École Européenne d'Acupuncture with an amazing doctor named Jean Schatz, an MD.

At that time in 1975, I believe he already had 40 years acupuncture experience. He studied with Suyem de Mora and those first group of French doctors way back then.

Clara Cohen: So you went into tai chi as well as Dr. Kim did. How did you weave your way into tai chi?

Dr. Jacques MoraMarco: I started Tai Chi a long time ago. First of all, was Japanese martial arts, and then I went into Southern Chinese martial arts, and then eventually, as they say in Chinese, yuan fen, which is synchronicity. One of my dearest friend uncle was living in Palm Springs.

He had just left mainland China right after the Tiananmen Square incident in 1989. He came to Palm Springs and then, he turned 80, and he decided to go back to China, and he happened to have been the best friend of Sun Lutang's granddaughter, which was an amazing thing because, so few people, survived the, World War II the Cultural Revolution and the 1959 famine and everything that occurred in China.

And then he decided to go back. So when he went back, he wrote me a letter, said, "By the way, if you ever want to study Sun style..." I was doing Wu style and Yang style "My dearest friend, she studied with her grandfather until the age of 14, then she studied with her dad.

And you might want to come." At that time, there were no direct flights from United States to Beijing. The only place I could fly out of Vancouver, Canadian airline, and I would fly to Vancouver, and they take the plane to Beijing, and I did that for about 10 to 12 years.

Couple of times a year, I go for there for a couple of weeks, and then I was fortunate enough to study one-on-one with Sun Shou Rong, who at that time was the heir of her grandfather's style. I was fortunate enough to study directly from the source, and the Sun style is one of the five main Tai Chi styles.

There's Chen style, there's Yang style, there's the Wu style, and then the Wu backslash Wu/Ha, and then Sun style was the last official style recognized in China in the 1920s. And it's a combination of Wu/Ha style and Xingyi and Bagua, the two Chinese martial arts.

So I feel very fortunate. But again, as they say in Chinese, yuan fen. I only knew one person that actually went back to China, and out of the billion-plus people, that was the connection, so it was meant to be.

Clara Cohen: Definitely. It's synchronicity, like you said. I want to talk about the book, first of all, thank you for gifting me the book. If you are on YouTube watching this, you could see the book that those beautiful people wrote, and then we're gonna discuss what's in there because I read it , and I have questions, and there's a lot of things I wanna talk about.

But we'll have the link for everyone below in the show notes if you guys wanna get a copy or gift a copy to your patients.

Ad: I know life can be busy. Busy is probably my middle name. This is why I offer quick, powerful, 90 minutes online masterclasses to help you sharpen your TCM skills in a quick, easy way. These classes were all on Zoom live originally, but I edited them for all the people that could not attend the live and still wanna benefit from all the content I create.

This is why you'll love those masterclasses. They're just 90 minutes, which is perfect for us busy people. You still earn CEUs, continuing education hours. You have lifetime access, so you can watch them over and over if you need to

refresh your skills. You can access them all by clicking the link in the show notes, so you can dive in in TCM treatments for headaches and migraine, or get a great grasp on TCM diagnosis made easy.

If you need to prepare for boards and you're a student, check out AcuExam Made Easy Masterclass. It is fantastic, and many students have told me that it has helped them pass their board. Yay. If you need help growing a successful practice, I also have a masterclass for that, too. And I'm adding new masterclasses regularly to give you more tools to change your patients' lives, and because, well, let's face it, I love to connect with TCM rock stars all around the world on live Zoom classes.

So this is my opportunity to connect with people, and then everybody can benefit from the recording. Check them out by clicking the link in the show notes.

Clara Cohen: So my question is, when I was in school, we had tai chi class and qigong class. And tai chi I had heard a lot about because, a lot of people practice tai chi in Vancouver.

Qigong, I didn't know quite what it was at the time. I had no idea what it was supposed to be, what the breathwork was. So for everybody that's listening, I would love for you guys to share the difference between tai chi and qigong, 'cause I think a lot of people don't know that, and that would be a great way to start.

Dr. Jacques MoraMarco: They both have their strength and, like basic qigong, the Ba Duan Jin meaning the eight treasures or the eight pieces of brocade or the golden eight, depending on how you translate.

Ba meaning eight, Duan Jin, jin is gold. The eight, the golden treasure whichever translation you like to use. Those would not have fall prevention per se. They do give you some strength in the leg, but, you're not getting the effects of the proprioceptors that you would get in tai chi.

But they also are simpler and easier to do. The tai chi sets, there are many different schools, as I mentioned, the five main schools, but also there's some modern styles of the tai chi. Like most people might have heard of the Tai Chi 24, which doesn't have repetitions, or the combined tai chi sets that have been developed in China past 1949 into 1950s.

They combine certain different elements. Yeah y- depending what your motivations or what your needs are, then you would take that. However, in the book, of course Walking Your Way to Vitality, we talk about some of these concept, but we cannot go too deeply. We're not teaching a tai chi set that might have...

In Sun, you have 98 moves. In the traditional Yang family, you have 108 moves. Most people just, are gonna do something a little bit more tangible and simplified, and that's what you find in some of the chapters that we outlined.

Dr. Yun Kim: Yeah. The walks are very simple. That's really important, the simplicity.

They're very safe. That safety is number one, and you don't need any expensive equipment. You don't need to join the gym, and we wanted a form of mindful movement that was safe, simple, and very accessible.

Dr. Jacques MoraMarco: Originally on my travels 50 years ago... Oh, my goodness, that time goes by. 50 years in the foothill of the Himalayan region I observe individual... At that time, I thought they were really old. I was in my early 20s. I said, "Oh, these guys are really old," 50 or 60 years old, running... going up a hill so fast, so they combine breathwork and footsteps.

And then the key thing on this book is the what we call it the immunity walk, which was developed. In the 1980s, during the height of the AIDS epidemic, where the life expectancy of somebody diagnosed with HIV, at that time when they were diagnosed, they were already full-blown AIDS, was 18 months.

So once you were diagnosed, the maximum was about 18 months left. And having a practice in an area called Palm Springs, a lot of individual with AIDS would retire there basically to transition. I was able to teach these individuals. They also were acupuncture and herbal patients, and also we had several conferences including on the East and West Coast, San Francisco, New York, on the benefits of Qigong for AIDS patients.

And some of these individual were able to actually withstand number of years until the new medications came about. So the inspiration was that immunity walk, what we call it immunity walk.

Clara Cohen: I actually wanna talk to you about this. I've had a guest in the past a few months back and they practice and teach Zhineng Qigong, and basically their whole purpose is they want medicine-less hospital using just

qigong and tai chi to, just like you were saying, the life expectancy was completely changed by, incorporating qigong and tai chi and walk.

So I wanted to start first of all by saying that you're right. The book is very simple. It's great. It's seven weeks where, you can walk each week. There's a different kind of walk. They're very simple. I love also the fact that you've put some QR code in there so people can go and look at videos or, to be able to kinda understand exactly what they're supposed to do, so that's a great idea.

The week four, that's the one I chose, which was week four, which was the immune power walk to optimize the health. So can you walk us through what is the mechanism behind this walk? What are you supposed to do? What does it do to the body at the cellular level, if we could ask in that perspective?

Dr. Jacques MoraMarco: We call it immune support or immune power walk. This particular one was developed by a very famous artist in China called Guo Lin, and she had been diagnosed with terminal cancer, went into remission, and then developed this style of walking, and this was propagated throughout China.

You find it in every single park, even in the 1990s when there was a big crackdown on Qi Gong in China, especially with Falun Gong, and there was nobody practicing Qi Gong except for Tai Chi. The only one that you could see at the park was this Guo Lin Qi Gong, and it's basically working on your breathwork.

It has the two inhalation. It's called in Chinese xi, which you inhale, and hu is exhalation. It's a xi hu pattern, similar to what we call it as a vitality walk, and what happens there is that you do the two inhalation, one exhalation, and you have a specific walking pattern with a rotation of the spine.

The hands are placed, one hand is in front of the sternum, which some of the acupuncturists know, the CV17, the sea of qi, which also has the thymus there, so it has a energetic connection to that. And also you have a stepping pattern with your ankle, which you activate the yin and yang chai mai, so the extraordinary vessels which are linked to, the du mai and possibly the immune system in terms of its combination.

But you have this activation of the breath, the movement of the spine, and the breathwork activation is really important because you have the brain neurobiotic factors. You have all the different, mechanisms. And the most important one is what does it do? The fight or flight. So let's explain a little bit about that in a nutshell for some of the students.

Dr. Yun Kim: Yeah.

Dr. Jacques MoraMarco: Yeah.

Dr. Yun Kim: We talk about the nervous system and how acupuncture and breathwork and massage, body work, being in nature, all these activities can bring us from the fight or flight, or the sympathetic mode, to the rest and digest and relax mode, which is the parasympathetic.

And so this is what we're doing. Even driving on the streets can bring us to . keep us in a sympathetic mode. And so how do we maintain health? We need to calm our nervous system down and bring us into the parasympathetic modes, and breathwork is one of the ways in which we can do that.

And now they're teaching breathwork at the VA. Here in the United States, I don't know if your listeners are aware, but is a mandated benefit for veterans. So we have been volunteering at the West Los Angeles VA PTSD clinic that we set up when we were working at Emperor's College, providing acupuncture to veterans.

Really extremely well received and the veterans are getting, in addition to acupuncture, there's a Tai Chi teacher, there's health coaching. We work with them and teach them some Qigong and breathwork. These are all accepted modalities at the VA, which is an incredible development.

Clara Cohen: So the walks, let's say immune one or all the other walks you have in the book, and do you tell your patients how long should they walk for? What's the length every day, right? What's the average? Do you follow their TCM patterns of diagnosis, or does everybody gets an average of time? How do you go about it?

Dr. Jacques MoraMarco: I think it has to be done intuitively. Of course, if they are a cancer patient you cannot say, "Okay, you have to walk for 90 minutes," or 10,000 steps. By the way, the whole idea of the 10,000 steps was developed in Japan in 1964 with a pedometer called Manpo-kei, and this pedometer went up to 10,000.

But modern science says, if you walk from 4,500 to 8,000, you get good benefits and diminishing of, chronic diseases, even things like Alzheimer can diminish. But in terms of the patient we prescribe it according to what their needs are. Do they need their vitality walk? As example, I'm here on your show, and I can't be like, "Oh, I'm so tired.

I don't have any chi." I have to be vital. So we do the vitality. That's dynamic. Or maybe I need to just relax, so what would I have to do? The mindfulness.

Dr. Yun Kim: Yeah. Yeah. Again, there's something in it for everyone.

Clara Cohen: Would you go and say to patients that are weaker, "Just walk 10 minutes every day," and then people that are stronger maybe 20 minutes, like any average that you go for?

Dr. Jacques MoraMarco: Again there's no average per se. Obviously you want to get, 4,500 steps.

So even if you start with five minutes, then of course you want to build up five minutes, and the key thing is to start today and to do it regularly. That's the key thing.

Dr. Yun Kim: I totally agree with it. And some patients can't, they have a hard time with movement.

They're not used to it. They have limitations. And so we always say, start where you are. Just start with five minutes, and you slowly build up, and the effects are cumulative. And as Dr. MoraMarco said, the regularity is really important. Try to do it every day.

The research says that about 6 to 8,000 steps a day are recommended and very beneficial.

Clara Cohen: Yeah, and I think consistency with everything in order to see benefits is the key. I so understand where you're coming from with, it's consistency because that's what's important. If you do it once and you never do it again, what's the point? So I totally get that. I know in the book you also share basic nutritional advice as well, so you put that in there, which is great as well.

But my question is, you know when practitioners are treating a lot of patients during the day, and maybe they, own the clinic, and they have to answer this and somebody else has a question, and there's this email to answer and they feel very overwhelmed?

But then they have to go into the patient's room, and they have to calm themself down in order to be able to treat the patient that they're gonna see. What kind of quick exercise could they do for a minute before they open that room in order to be calm, collected, and be able to support the patients?

Dr. Yun Kim: That's a good question. For me, I work every day in the clinic but I try to schedule a long lunch break. And I go to the park, and I will do my four rounds of Sun Tai Chi, and then I feel completely rejuvenated, and so I'm not spent at the end of the day.

So if you can do that, that'd be wonderful. But even just the healing sounds that I mentioned, you can do the heart healing sound, which is ha

Along with the movement. I think would be really wonderful.

Dr. Jacques MoraMarco: Yeah. The practitioner, they have to find what resonates with them and what makes them do it regularly. Sometimes they just have to repeat a affirmation or a mantra or a prayer, whatever they come from, whatever tradition they connect.

If you give them a Sanskrit mantra, they might not connect to it. Maybe go back to, a traditional focusing prayer, Judeo-Christian or whatever it might be. And that's the key, to be clear and to have that conduit. Because when you are a practitioner, you have to take the pulse, you have to be there and be present.

Mm-hmm. If you have your mind scattered, ruminating on the past, then thinking about- ... what you're gonna do later on, that's not gonna give you that clarity to be able to be sensitive enough to palpate the pulse and feel it clearly.

Dr. Yun Kim: Yeah. And what we're doing is energy medicine, right? My father the founder of Emperor's College, said in his, mission statement that practitioners, pure physicians, we are conduits through which energy can flow, and that can only happen with an open heart, right?

Ad: Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me. If you've been following me for a while, you know I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor, drum roll, please, Jane App. I'm also a Jane ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record I've ever worked with.

Before Jane, we were using a clunky system that made everything harder than it needed to be. When we switched, the entire clinic felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment while I was asleep. Your patients can book when it works for them, and the wait list feature fills last-minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts so you can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner you truly are.

There are so many features I could talk about, but we would be here all day. If you're looking for a system that brings more ease, more clarity, and calm into your practice, I truly recommend Jane. You can check it out at jane.app/demo. And because you're part of the AcuPro community, you can use my code ACUPRO1MO, one month, when you sign up to get a one-month grace period on your new account.

The link and the code are also in the show notes below for you. Now, let's get back to today's episode.

Clara Cohen: I always think that your intention behind your treatment and your presence is actually better than worrying about what point you chose. Did you choose the right point or the wrong point? It's if your intention is pure, like you said, with an open heart, and you want to help this patient, your points selection's fine.

Dr. Yun Kim: Yeah. The patients can feel your qi. That's what's healing

Dr. Jacques MoraMarco: It's a connection. And that's why I think the pulse taking makes that connection, that you actually are feeling that beat of the patient's pulse through your heart, and of course, your fingers.

Dr. Yun Kim: Again, my, my father would say, during orientation you don't need to know any of this stuff. Just meditate." And I was like, wait a minute. I'm

starting acupuncture school." Of course you learn it. But then really ultimately superior physicians work with an open heart, with pure intention with love.

Dr. Jacques MoraMarco: And that's the creed, right?

Dr. Yun Kim: Simiao. Healer's oath. To treat each patient with respect.

Clara Cohen: Yes. I love San Su Miao. I love that doctor. It's so great that you mentioned him. So do you tell your patients or teach your patients when they come in how to do the breathwork, what to do to help them with using tai chi or qigong? Do you take the time to do this with each patient, or do you give them an option to say, "Hey, would you like for me to teach you how to regulate your vagus nerve and how to regulate that cortisol level, that fight or flight?

Dr. Yun Kim: I always say acupuncture isn't enough. Getting weekly acupuncture is not enough. It's, herbal medicine, it's dietetics, being in nature having a community, having purpose in life movement therapy, meditation. It's all of it. And patients love hearing that 'cause you give them a sense of agency, that there are things that they can do in their daily life to improve health.

And, one of the reasons we wrote the book was to hand it to them and say, "This is homework. This is homework. Read it. We'll talk about it."

Dr. Yun Kim: So there, there isn't a lot of time during the treatment to be able to teach these practices, but, we have this book that we can give to them.

And yeah, meditation is so powerful. There's so much research out there on the power of health benefits of mindful meditation, and that's not so accessible for patients to sit quietly, especially in this Western environment. And introducing our patients to this book and these kinds of walks, and the secret ingredient is the mindful awareness, right?

It's not just choreography. Dr. MoraMarco always says that. It's not just going through the motions. It's really being aware, being in the present moment, feeling the breath, feeling the shifting of the weight. That's the key.

Clara Cohen: That's it. When you're breathing, be aware you're breathing. Don't think of what you have to do and cook for dinner, right? Be present. If you're doing any kind of movement, watch your hand. Where is it going? What is it doing? What, what is happening within your body at that time? What do you feel?

That's the start of being aware, right? Because there are a lot of patients that don't have a lot of awareness. They're all in their head. There's just no awareness of the body, so being able to do breathwork, to do meditation. And I really appreciate you sharing that. It's a whole toolbox.

It's not just one thing. It's like if you just brush your teeth great, but you also need to eat well, to sleep well to have a life that, like you said, purpose is huge. Recently my husband's mom passed away a couple of weeks ago in her late 80s, and my father-in-law, the first thing he said, he's like, "She was my purpose.

Now I have no purpose." And that's very scary, right? Because you're like without a purpose he's thinking what am I here for now?" So that was something that we had to address after and say, "Why don't we start volunteering? You love to volunteer." So now he's starting to volunteer, which is great, but that's the point, that if you don't have a purpose that's something that I don't see a lot of people mentioning, and so I appreciate you mentioning this.

So I really appreciate you both being here and coming to share your years and years of experience. If we could end the show with a couple of wise wisdom words that would be perfect.

Dr. Yun Kim: It's not my words, but, we open the book with a quote from the Yellow Emperor's Classics, and I always love introducing our readers to that quote, which is, "Superior physicians do not cure diseases, they prevent diseases. So treating a disease after it's risen is like casting weapons when the battle has begun or digging a well when you're thirsty.

It's too late." And that's the highest form of medicine. I don't wanna say it's too late 'cause I wanna say it's never too late, but I think it's important to start these practices when you're young and you're relatively healthy to prevent what's to come, right? And all the chronic diseases are preventable, and movement is such an important part of health.

And sedentary lifestyle is a risk factor for all of those, cancer and cardiovascular disease. Start now.

Start when you're feeling good

Dr. Jacques MoraMarco: i'm gonna open up to our page 103, which is Tai Chi animal walks for balance. And again, we talked about Tai Chi. That's , the regular form. They're very complex. They have, 108 moves or 98 moves.

In this chapter, we just described three basic walks based on the cat walk, based on the feline animal, very gentle and soft. The bird is the golden rooster. Again, the crane is this big symbolism in Chinese medicine. And then the bear spirit walk, which is strength. But in the beginning of the chapter, we have a quote from Wu Yuxiang, a very famous practitioner from the 1800s.

He says, "What is the aim of Tai Chi Chuan practice? Question mark. Health and vitality and eternal spring." I love that. The health and vitality and eternal spring

Clara Cohen: That's a great quote. It's all about what we're doing as Chinese medicine practitioners, right? If there's a little bit of imbalance, we can help with the patient and support them to rectify it. If the imbalance is really big, like you said, years of sedentary sitting behind a desk, working at a desk, eating processed food, not sleeping enough, being stressed all the time, and not deal with all those, then the imbalance gets really big, and that's harder.

So to have to just readjust, I love that, because that's just what we do, is preventative from the big gap of imbalance that, may occur. So thank you so much, Dr. Jacques.

Dr. Jacques MoraMarco: If any of your followers go to our website, Walking Your Way to Vitality, it's our website, and they can see both Dr. Yun with a 85 years young practitioner, also a practitioner of Tai Chi, and myself with a 85 years young dedicated walker, and have a purpose.

Clara Cohen: An eternal spring shows up as vitality and health, right? That's how you could see people and go, "Oh my God, this person looks so vital." They look so full of great chi, they look like they have such a vitality, they shine. Like a bright light, and they may be 85. It doesn't matter, right?

It's just exactly how that vitality shows up. So eternal spring, here we go.

Dr. Jacques MoraMarco: Again, the blue zones are the key word, the longevity factor, that purpose and- ... activity. You have to keep moving.

Clara Cohen: You have to keep moving. I love it. Keep walking your way to vitality. We'll have all the links in the show note below. Thank you both so much for being here. You are rock stars of tai chi.

Dr. Jacques MoraMarco: Thank you for all the work that you do, and we really appreciate being here today.

Dr. Yun Kim: Thank you so much.

Clara Cohen: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website, acupoacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

And connect with me on all social media at AcuPro Academy. I'm on YouTube, Instagram, Facebook, X, Pinterest, and LinkedIn and TikTok . And no matter what, keep rocking it using TCM. Please listen to the disclaimer, because the AcuPro Show podcast and materials shared through AcuPro Academy, which is a subdivision of Natural Health Sense Incorporated, are designed solely for educational and entertainment purposes.

The utilization of information from this podcast or any associated material is at the user's discretion and risk. This content is not meant to replace the guidance of an acupuncturist, Chinese medicine doctor, medical doctor, physician, or any qualified professional, nor is it a substitute for proper diagnosis or treatment.

Users are strongly advised not to ignore or postpone seeking medical advice for any existing medical condition with their healthcare professional regarding any health concerns