

# CAPE BRETON TAI CHI AND QI GONG

COURSES FOR ALL  
AGES & ABILITIES

TAI CHI FOR  
ARTHRITIS

TAI CHI @ WORK

QI GONG FOR  
WOMEN'S HEALTH

TAI CHI 24 FORMS

FIVE ANIMAL QI  
GONG

PLANT-BASED  
NUTRITION & COOK-  
ING

ACUPRESSURE  
FOR COMMON  
AILMENTS

## ARTHRITIS RELIEF WITH TAI CHI

Tai Chi has been known in China for centuries to be effective for arthritis. There are different forms of Tai Chi. This specially designed program for arthritis is clinically proven to reduce pain and improve mobility as effectively as medications – without the side effects.

Based on Sun-style, it uses powerful Qi Gong exercises to enhance healing, agile steps to improve mobility and much depth to hold learner's interest.

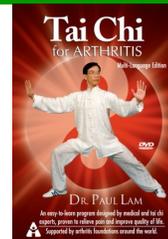
The combination of slow, graceful movements, mental concentration and breathing bring about a unity of mind and body that offers stress reduction.

### Benefits

Tai Chi is enjoyable and improves many aspects of health:

- Reduce pain and stiffness
- Improve flexibility
- Relieve stress
- Improve concentration
- Improve balance and prevent falls
- Improve posture
- Improve heart and lung function
- Enhance the flow of Qi
- Integrate body and mind

DVD and Book  
Available



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Dr. Milburn has practiced complementary medicine in Cape Breton since returning home to the Island in 2000. He has helped many people using Tai Chi & Qi Gong, Nutrition, Acupuncture, and Herbal Medicine. He specializes in treating a wide range of chronic health problems including chronic pain, headaches, female problems, digestive problems, and complementary cancer therapy.

He has studied with some of the world's most recognized Tai Chi teachers, including Chunna Zhang from the Wu Tang PCA in New York City and Paul Lam, MD from Australia. He has taught Tai Chi and Qi Gong for 20 years and has made it his mission is to bring world class Tai Chi programs and instruction to Cape Breton and Eastern Canada.

"Tai Chi is a gentle health exercise and great for prevention," says Milburn, "but it is also a proven medical therapy that can be as effective for conditions like arthritis as medications. It is time that its full potential becomes more widely appreciated and Tai Chi takes its place in the health care system as a legitimate and effective therapy."

