



HEALTH & WELLNESS



**The Healing Power Hour**  
Archives Available  
**February 13th 2013: Joint Pain and Arthritis:  
Using Tai Qi and Qi Gong to Heal**

Joint pain and arthritis are common maladies that do not just affect the elderly. Many people have experienced pain, inflammation and reduced mobility in one or more joints by the time they have reached age 30. A key component to reducing pain and restoring the joints back to working order is to heal systemic inflammation. Today's show will discuss the energetics of these conditions and how they can be healed naturally with the use of supplements. Join me as I talk with renowned Tai Qi and Qi Gong Master Yang Yang of New York City, as he shares with us the benefits of his discipline, as well

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### Featured Guest



#### Master Yang Yang

Master Yang Yang Dr. Yang Yang was born with a congenital heart defect, and doctors warned his family that without surgery he might die. At 12 years of age, he began to study Taiji and Qigong to improve his health and his health and strength improved quickly and dramatically. He developed a deep appreciation for these arts and a desire to teach others. Master Yang studied with many great masters and won first place in the Shanghai University Gongfu Tournament for three straight years (1981–1983) and was voted Best Overall Martial Artist in 1983. In 1987 he became a formal disciple of Grandmaster Feng Zhiqiang. Master Yang completed a doctorate degree in kinesiology at the University of I

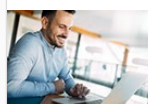
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