**PRESS RELEASE**

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**Tai Chi: Healing Exercise, Medicine in Motion**

### *Clinically proven to relieve a wide range of illnesses, Tai Chi activates the body’s relaxation response to restore health. Tai Chi Master Tommy Kirchhoff shares how this gentle martial art benefits seniors, including those recovering from COVID-19.*

[Telluride, Colo., April 2021] For 17 years, Tai Chi Master Tommy Kirchhoff has been refining [Healing Exercise](https://healingexercise.org/" \t "_blank), a therapeutic/medicinal movement program based on the Chinese martial art that’s clinically proven to relieve a long list of illnesses. Then the pandemic struck.  
  
As 29 million Americans got sick and many struggled with “[long-haul” COVID-19 symptoms](https://www.health.harvard.edu/blog/the-tragedy-of-the-post-covid-long-haulers-2020101521173" \t "_blank), Kirchhoff felt a growing sense of urgency. He spoke with a researcher who found Tai Chi [boosts immunity to shingles virus in older adults](https://www.nih.gov/news-events/news-releases/tai-chi-boosts-immunity-shingles-virus-older-adults-nih-sponsored-study-reports" \t "_blank). The doctor told him Tai Chi would likely have similar benefits for COVID patients. Kirchhoff’s sense of urgency grew.  
  
“When you can get someone to relax, all these magical things start to happen — with the [relaxation response](https://www.apa.org/monitor/2008/10/relaxation" \t "_blank), the body starts to heal itself more like when you were younger,” he says. “We have all these clinical studies showing that it helps with breathing, energy level, and pain relief. That is COVID long-haul in a nutshell.”  
  
The pandemic has intensified Kirchhoff’s mission to educate seniors, doctors, and everyone about the health benefits of Tai Chi. He believes the crisis presents an opportunity to get Americans, particularly seniors, to change how they view taking care of their health.  
  
“There is an old saying — an ounce of prevention is worth a pound of cure. How can we get people to start investing 20 minutes a day in themselves to prevent all these problems?”  
  
Tai Chi is often described as “meditation in motion,” but might well be called “medication in motion,” Harvard Medical School [notes](https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi" \t "_blank). The list of ailments Tai Chi can relieve includes [arthritis](https://www.health.harvard.edu/alternative-and-complementary-medicine/tai-chi-for-osteoarthritis" \t "_blank), [back and neck pain](https://www.consumerreports.org/back-pain/tai-chi-for-back-pain/" \t "_blank), chronic pain, high blood pressure, [COPD](https://www.webmd.com/lung/copd/news/20120809/tai-chi-benefits-people-with-copd" \l "1" \t "_blank), dementia, [fibromyalgia](https://www.nccih.nih.gov/research/research-results/tai-chi-has-similar-or-greater-benefits-than-aerobic-exercise-for-fibromyalgia-study-shows" \t "_blank), neuropathy, and [Parkinson’s Disease](https://www.webmd.com/parkinsons-disease/news/20120208/tai-chi-improves-symptoms-parkinsons-disease" \l "1" \t "_blank). Tai Chi improves posture and balance while [preventing falls](https://www.medpagetoday.com/geriatrics/generalgeriatrics/75035" \t "_blank). It can help people suffering from heart disease,[multiple sclerosis](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0170212" \t "_blank), stroke, and immune system disorders to regain health, and has[outstanding advantages for seniors recovering from COVID-19](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7837887/" \l ":~:text=Tai%20Chi%20exercise%20can%20enhance,the%20face%20of%20COVID%2D19." \t "_blank).

Today, more people are embracing Tai Chi to [relieve stress](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/tai-chi/art-20045184" \t "_blank) and maintain[health and wellness](https://www.nccih.nih.gov/health/tai-chi-and-qi-gong-in-depth" \t "_blank). As researchers study and verify the myriad benefits of Tai Chi, seniors who practice Healing Medicine [testify to its effectiveness in helping them overcome health problems](https://healingexercise.org/pages/testimonials" \t "_blank).

“Tai-Chi is self care, like brushing your teeth,” Kirchhoff says. “It is something you can do every day to take care of yourself.”

**About:** Tai Chi Master and Wellness Expert Tommy Kirchhoff spent 17 years refining [Healing Exercise](https://healingexercise.org/" \t "_blank), a therapeutic, medicinal movement program based on Tai Chi. He is on a mission to educate seniors, doctors, and everyone about the proven health benefits of this gentle martial art. Learn more at [healingexercise.org](https://healingexercise.org/).

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For more information, visit the online press kit [healingexercise.onlinepresskit247.com](https://healingexercise.onlinepresskit247.com/). To request an interview with Tommy Kirchhoff, contact International Publicist Michelle Tennant Nicholson: Michelle@WasabiPublicity.com or 828-749-3200.