

Anne:

**Dr Lam, I run the Sydney Meniere's Support Group. Our members suffer from Meniere's disease and other vestibular disorders.**

**You are a practising General Practitioner and promoter of Tai Chi.**

**What came first in your life? GP or Tai Chi?**

First I should explain that I developed arthritis at the age of 13 through heavy labour and starvation during China's Great Famine. By a miracle and sheer determination I was able to train as a doctor in Sydney, but by the time I graduated my arthritis was so bad that it looked unlikely that I would be able to lead a normal life. Fortunately my Chinese culture led me to try tai chi, and after a lot of perseverance I improved my health and started to gain control over my arthritis.

If you meant which is more important to me, I love being a healer. The most effective healing is to empower people to improve their health and quality of life, so I am a healer in terms of preventive medicine for millions of people around the world. Both are one, and I am very fulfilled in this role.

**What is Tai Chi?**

Tai chi is an art and an exercise from ancient China. It was created based on the law of nature; nowadays most people practice tai chi for health and relaxation.

It places great emphasis on building internal strength. Ongoing practice of tai chi will bring harmony of the inner and outer self through the integration of the mind and body. It is suitable for almost anyone and can be practiced anywhere.

There are many forms of tai chi with significant differences between them. However all tai chi share similar principles. There are over 500 medical studies showing that tai chi improves almost all aspects of health from calming of the mind to reducing high blood pressure, improving immunity, reducing falls, relieving arthritis pain, helping people with heart conditions and diabetes, improving balance and it makes you feel good.

You can watch Dr Lam's video explaining what is tai chi, how does it work and good ways to learn tai chi at [www.onlinetaichilessons.com](http://www.onlinetaichilessons.com)

**What are the main health benefits of Tai Chi?**

Too many to list here! Improved circulation, balance, flexibility and relaxation. Reduced rate of falls and an increase in general well being.

## **How long does it take until a beginner gets positive results out of Tai Chi?**

Once you decide to do something to empower yourself for better health, often you would feel better with that decision, especially when you start action on it. A recent study has shown that tai chi brings significant health benefits in eight weeks. Professor Leigh Callahan from the University of North Carolina conducted this study. With 354 subjects who had arthritis. After 8 weeks the tai chi group who practice my Tai Chi for Arthritis program have significant pain relief, able to do more with their daily activities, feel better about themselves and improve their balance.

## **I was surprised to learn that Tai Chi can be adapted to suit specific health issues. Can you expand?**

Tai chi is wonderful for general health and balance. I work with teams of medical and tai chi experts to create a series of Health forms. We incorporate our extensive medical, tai chi and traditional Chinese medical knowledge to make Tai Chi for Health programs easy, safe and effective. Over 30 studies have shown Tai Chi for Health programs are easy to learn and deliver many health benefits.

All my Tai Chi for Health programs are easy and enjoyable to learn, and they will improve many aspects of health.

A specific program is especially useful and more attuned for a range of conditions. For example Tai Chi for Arthritis is effective for healing, improves balance and inner strength. It would be useful for people with challenge for mental and physical balance.

## **Your vision is to make Tai Chi accessible to everyone for health and wellness. You have developed a number of programs for various health conditions. Has your research work come across Meniere's disease or other vestibular disorders?**

My programs would improve balance, especially Tai Chi for Arthritis recommended by the Centers for Disease Control and Prevention (CDC.gov) and most Australian health departments for falls prevention. I am not aware of specific work for people with Meniere's disease or other vestibular disorders. How tai chi can help most medical conditions by improving mental and physical health. Please take a look at my video on the [www.onlinetaichilesson.com](http://www.onlinetaichilesson.com)

## **Have you even considered developing a program specifically for vestibular disorders?**

Most of my program will help improve health and wellness, certain group of condition would find some program more attune and suitable for the condition. I think Tai Chi for Arthritis would be the best suitable for people with vestibular

disorders. It took a lot time and work to create a program, at the present this is not on my plan.

**Do you see any difficulties or risks Tai Chi may pose for someone with Meniere's?**

It depends on the condition and severity of it; any exercise carries some risk. Not exercising however could carry bigger risk. What exercise should people with Meniere's do would best to be decided by the participant's chosen health professionals. There are many types of tai chi with significant differences between them. Not only my Tai Chi for Health programs are composed by health and tai chi experts with safety as first priority, it is also taught to all our Tai Chi for Health Institute board certified instructors.

**Your master trainers are authorised by you to train and certify instructors. Did you train the master trainers yourself?**

Yes, all Master Trainers (MTs) are personally trained by me in Sydney. It is a long process with a great deal of study and preparation, but we all find it intensely enjoyable and very rewarding. They also update with me every two years to incorporate the latest findings on tai chi and teaching methods.

**Are you the instructor in all the online training courses?**

Yes, all online courses are taught by me.

**Do you instruct at any of the classes in Sydney?**

My school in Sydney, Better Health Tai Chi Chuan has been sharing tai chi for 35 years. All of our instructors have been trained by me and they are experienced and caring, I believe we have some of the best instructors in the world.

**As a beginner of Tai Chi, would I go to an instructor in their studio or do an online course?**

Online courses and instruction DVD and can be very valuable, but face-to-face instruction with a qualified instructor is the best option. You can use the online lessons and DVD to learn though if there isn't suitable teachers, many thousands have found it work and gain much health benefits and enjoyment. The ideal way to find a suitable class and use my instructional resource to complement your regular classes.

**How can you find a training centre in Australia through your organisation?**

Visit our Tai Chi for Health Institute website, [tchi.org](http://tchi.org), all our currently certified instructors are listed online and searchable. Click instructors, click country, State and suburb, then Find.

Thank you