

Dr. Oz loves Tai Chi

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Master Juan Chen lead the Tai Chi practice
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This morning the highly-celebrated physician and cardiologist [Dr. Mehmet Oz](#) appeared on the ABC *Good Morning America Show* and shared his recent travel experience around the globe. He talked about his discovery of the health secrets which are utilized by people around the world for centuries. No surprise, one of the secrets is practicing [Tai Chi](#).

[Dr. Oz](#) hosts a very popular TV health show called *Dr. Oz Show*, which is syndicated in 120 countries. Recently, he visited many countries to find the health secrets. During the interview, Dr. Oz said that he loves Tai Chi because Tai Chi is about energizing the body with little simple movements. He taught two Tai Chi movements Cloud Hands and Right/Left Kicks to the show hostess. The hostess confirmed that she felt that her core was working and also the energy during the simple movements. Dr, Oz explained that Chinese people developed Tai Chi for [longevity](#). It cultivates the energy to help the body to build the balance, flexibility and strength.

You can watch the interview by click the link [here](#). Besides learning about Tai Chi, you can also learn about tasty food and interesting musical instruments and their health benefits.

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SUGGESTED LINKS

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- Dr. Yang's Evidence-Based Tai Chi Workshop at Omega
- Teaching Paraplegics Tai Chi
- Tai Chi for Musicians



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