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Date: Thu, 17 Feb 2000 12:23:18 EST  
Subject: Mass Demonstrations for "Self Reliant" Health Care in 41 US states  
reaching 20 M  
To: Taichismrt@aol.com  
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We respectfully request your support in spreading the word on an important health issue. We would welcome you to come and speak at one of our over 100 US events in 41 states, reaching of 20 million people. Or to simply send us a message of endorsement and support.

I am public outreach director of a nonprofit public education foundation, NQA. Please consider why, although Falun Gong Movements are repressed in China due to political fears, the Chinese govt. still encourages 100 million citizens to practice Qigong. (Basic Economics)

Qigong should be part of the American Political Dialogue in public/healthcare policy.

THIS IS WHY mass public education demonstrations will be held in 220 cities, 30 countries and 41 US states, and reach over 20 million people, on April 8th, 2000.

We have organized mass public "self reliance" health demonstrations reaching over 20 million people worldwide and in 41 US States.

Reason:  
70% of illness is due to stress (Kaiser Permanente / NIH)  
A global epidemic of stress induced depression is on the horizon (UN World Health Organization)  
5 MILLION US children use the mood altering drug Ritalin, while 2 BILLION is spent annually on Prozac alone!

SOLUTION (NON-DRUG, SAFE, CHEAP):

Research indicates that Tai chi & Qigong practice can:

- Lower High Blood Pressure
- Reduce Anxiety, Depression, Mood Disturbance
- Treat Chronic Pain (without drugs)
- Reduce Falling Injuries by HALF
- Provide adjunct therapy for:

- Cancer
- Parkinsons
- Arthritis
- MS
- Diabetes

and a host of other maladies. Upon request we will send you a packet of 22 pages of collected medical/scientific research on what these health sciences offer, and why they should be incorporated through education, health care and business, to make AMERICANS MORE SELF RELIANT IN THEIR EVOLVING HEALTH.

Sincerely,  
Bill Douglas  
Public Outreach Director, World T'ai Chi & Qigong Day (NQA's nonprofit foundation project)  
10100 Roe Ave.  
Overland Park, KS  
66207

