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Alternative Medicine showcased in the 8th Annual Asian Heritage Celebration

June 24, 2012

2:45 PM MST



Highlights of the Asian Street Fair
Wendy Wong

Nationally, May is Asian-Pacific American Heritage Month. To celebrate it, San Francisco hosts an annual street fair. This year's [Asian Heritage Street Celebration](#) was hosted in San Francisco on 5/18. For the first time, [Alternative Medicine](#) was included in this massive fun-filled celebratory event.



Wendy Wong

The fair was broken up into different sections: the Children's Area, the Healthy Living Pavilion, the Arts and Crafts Section, the J-cars showcases, the Food section, the Street Performers' Stage and the Cooking Demo Stages presented by celebrity chefs Martin Yan, Charles Phan, Andrea Nguyen, Steve Cortez and Kayne Raymond. There were over hundred booths. Estimated more than 90,000 people attended the celebration.

This year, the Healthy Living Pavilion included for the first time, a new dimension to the world of medicine: alternative medicine booths. It was arranged and coordinated by [Qigong](#) Grandmaster [Dr. Effie Chow](#) of East West Academy of Healing Arts. The goal was to provide information of the Asian and Chinese Healing Arts and Sciences, Integrative Body/Mind Medicine and Complementary and Alternative Medicine to educate the public on how to achieve optimum state of health (mind/body/spirit in harmony with the environment) by moving beyond the limitations of western medicine.

The booths included information about different forms of alternative medicine, demonstrations of alternative medicine, free healing and massages, and even taste testing of aged tea that is supposed to boost people's overall vitality. Also among other customer services were free spinal tests.

The California Institute of Integrative Studies was there to provide information about how interested members could sign up for classes that solely focus on alternative medicine and healing that also connect with mind-body-spirit wholeness. In addition, [the Kung Fu Tai Chi Magazine](#) booth offered DVDs on [Tai Chi](#) and Qigong.

Throughout the entire day, there were presentations on alternative medicine on stage with audience participation. Qigong Master expert Ryo Eguchi of Japan along with American masters/experts

Mingtong Gu, Dr. Chow, Jian Jia Mu and Wendy Ellen all presented various styles of Qigong and taught audience helpful Qigong exercises, meditation methods and self-massage techniques for health. Olivia Ou and Jessica Ou of Pangu Research Institute presented Pangu Shengong, a simple and powerful self-healing Qigong practice that involves regulating and intensifying an individual's life force and immune system.

The presentations were well received. Audiences ranged from teenagers to seniors actively participated in free sessions. After one private short session with Dr. Chow, a woman from the audience was able to stretch her arms to their fullest potential despite prior arthritis pain that prevented her from doing so.

After the event, Dr. Chow said that she was happy to see the enthusiasm from the audience. She thought it was an effective way to partnership with other organizations like Asian Heritage Street Celebration to raise the public awareness of alternative medicines and Qigong.

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