

LIVING YOUNGER

NATURE'S SECRET TO LIVING YOUNGER LONGER: THE HARMONIZING SYMMETRY AND HEALING PATH OF EAS-I-CHI™

Randy Eady, M.Ed., NCC is a board-certified therapeutic counselor and behavioral scientist, and certified instructor who specializes in giving his clients self-healing methods for health challenges. Randy presents his approach to body-mind healing at professional conferences, universities and hospitals and is a keynote speaker. He was the founder of, and a practitioner at, The Quest Educational Foundation a multi-disciplinary institution that practices integrative wellness techniques. He pioneered the integration of Tai Chi and acupressure stimulation and was the first person in North America to instruct balance refinement with these methods.

The World Institute for Self-healing and the European Group for Research into Elderly and Physical Activity applauded him for outstanding research and contribution to the advancement of mind-body complementary wellness applications.

He is the author of numerous publications on body-mind healing including two books and articles on natural energy flow, harmony and balance. His peer reviewed article on physical movement security and recreative therapy, **"Help, I've Fallen and Means-based Medicine Won't Help Me Up!"** was presented at the International Conference on Aging, Disability and Independence **and is updated in the book Cactus Fingerprints**, (Nature's Energy Saving Secret to Spiral Symmetry) **with a forward by Dr Wayne Jonas, past director of the Center for CAM, National Institutes of Health.**

Improve your balance! Lower your blood pressure! Exercise and massage your feet with this unique walking mat and Tai Chi Movement-based program. In studies, compared to conventional walking the experience of walking on the river-like surface of these cobblestone mats improved our participants' balance, and measures of mobility, as well as reduced their blood pressure.

Oregon Research Institute

Quite common in China these walkways can be found in parks where traditional medicine teaches the uneven surface of the stones stimulates acupressure points on the soles of the feet to improve physical and mental health. *We have found this to be a great way to perk up your senses, massage your feet, and feel re-energized!*

Ron Sims, Executive Public Health - Seattle & King County

Clinically and empirically shown to Improve circulation, sooth the nervous system and reduce overall stress.

National Center for Complementary and Alternative Medicine, National Institutes of Health

"Cobblestone walkways are the perfect approach for those that endure standing on their feet for long periods or participate in conditioning sports such as running, jogging, hiking, golfing, long distance walking, chasing after small children or grand children..."

Vern Gambetta, "The Leading Conditioning Coach in the USA"
Gambetta Sports Training Systems, Sarasota, Florida

"I am 59 years old and suffer from high blood pressure. I started the QEF **Eas-i-Chi®** mat program about a 6 weeks ago and I have seen a dramatic change in my blood pressure levels. Even my doctor is amazed. I am usually skeptical of non-westernized medicine, but this ancient Chinese concept really works!" - Sophie from FL.

Recommendation from NY Time Magazine: "If you want to be fitter, more relaxed, more agile, the prescription is to walk on cobblestone mats." Most Noteworthy idea of the year!

QEF makes no claims as to the effectiveness of Tai Chi and the practice of walking cobblestone paths and the practice therein should never be substituted for medical evaluation and advice from a licensed primary medical physician.

Specialties of this approach focus on considerations relating to movement security, heart rhythm, pulses, circulation and smooth joint flow. Thus, steps, hand-level, width, span, and pacing differ somewhat from traditional practices.

QEF

easichi@gliderrider.com
11035 Blue Coral Drive
Boca Raton, FL. 33498
t.561.477.5153
t.f.866.454.3370
Van.CDA. t.604.575.3881



EAS-I-CHI

VITALITY ENHANCEMENT AND ENERGY CULTIVATION

The Eas-i-Chi™ health promotion revolution takes traditional Chinese medical knowledge, along with well known findings of Western Mind/Body science and economics to create a simple system for assisting individuals to maximize their health and well-being and therefore reducing the burden on the healthcare system.



Tai Chi and Qigong – also known as **vitality enhancement or energy cultivation** – have been carefully refined and improved for thousands of years. Through this we have carefully and sincerely crafted Eas-i-Chi™ an approach to personal **vitality cultivation** that is readily diffusible to all populations - young, old, sick, well, rich, poor.

In the later half of this decade, the National Council on Aging, The Geriatric Research and Education Center Consortium and the National Institutes of Health became collaborators and partners in helping create an innovative approach to Qigong and Tai Chi that transcends any age group...

EAS-I-CHI

EAS-I-CHI™ INCLUDES ALL OF THE FOUR ESSENTIAL BASKETS (OR PILLARS) OF QIGONG PRACTICE:

- **Body posture and movement**
- **Self-applied massage with the Cobblestone Walkway Routine**
- **Breath practice**
- **Meditation, focus, relaxation**

AND GIVES YOU THE FOLLOWING RESULTS:

- **Immediately starts to realign your body's *three balance centers***
- **Detoxifies in a holistic way to improve circulation and lower blood pressure**
- **Integrates and cultivates the body's neuromuscular resources to use less energy and effort by increasing movement efficiency**

EAS-I-CHI™ FAQ

1. What is the difference between Tai Chi and Qigong?

Tai Chi is the kind of Qigong that most people have heard of or seen practiced. Tai Chi is part moving meditation, but also a martial art.

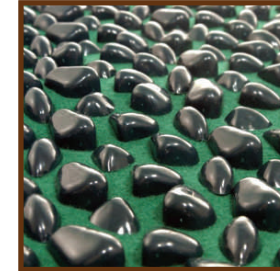
2. What is the difference between Tai Chi/Qigong and Yoga?

There is minimal difference. In India, Qigong is known as Chinese Yoga. In China, Yoga is called Indian Qigong. All use the same basics, the Three Intentful Corrections:

- ⇒ Adjust the body
- ⇒ Regulate the breath
- ⇒ Clear the mind

3. Which practice is better--Eas-i-Chi™ or Yoga?

Of course, it is the one that you DO. This depends on personal preference and your physical ability. More strenuous practices, such as Ashtanga Yoga or a long Tai Chi form may not be suited to frail elders or those with serious health conditions. However, Eas-i-Chi™ is designed and modified to work with special diagnoses as well as Yoga.



Chi-Balance Mat

4. What is unique about Tai Eas-i-Chi™?

Eas-i-Chi™ combines movements with meditation and **acupressure stimulation**, therefore aligning body and mind. These traditions emphasize the cultivation of inner strength, calming the mind and restoration of the body to its natural state of health by maintaining homeostasis (balanced functioning) of the body's self-regulating systems.

5. What is the difference between regular exercises (like aerobics, weigh lifting, stationary cycling, jogging, etc.) and Eas-i-Chi™?

When we do regular exercise, the body creates a fuel for the muscle metabolism, which is in turn spent by the body. Asian systems such as Tai Chi not only create the fuel but also circulate it as a principle and practice for healing and inner peace.

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