The Science & Practice of Chinese Cultural Arts for Healthy Living

Presenter

Dr. Shin Lin (林欣) has extensive background in all of the fields related to his presentations in this series. On the Western side, he received his Ph.D. in Biological Chemistry at the UCLA, and is currently a Professor in the Department of Developmental & Cell Biology, and the Susan Samueli Institute for Integrative Health at UC Irvine.

On the Eastern side, Dr. Lin completed formal coursework in oriental medicine, therapeutic therapy, mind-body medicine, and acupuncture for physical therapy. He has trained with many top masters in Chinese Martial Arts, and is a 15-year “in-door” trainee (入門弟子)of the 19th generation inheritor of Chen Style Tai Chi (陈式太極傳人), Grandmaster Chen Zhenglei (陳正雷),of China’s Chen Family Village (陳家溝), the birthplace of Tai Chi.


Admission
Reserve tickets via Eventbrite is recommended. Limited tickets available at door on a First Come First Serve basis. $2 will be collected per ticket as processing fee for both online reservation and walk-in.

Location
MPR
South Coast Chinese Cultural Center
9 Truman, Irvine, CA 92620

Time
7:30-9:30pm

Phone
949-559-6868 ext 100

Email
info@sccca.org

For more info
https://healthyliving-series3.eventbrite.com
THE SCIENCE & PRACTICE OF CHINESE CULTURAL ARTS
FOR HEALTHY LIVING (養生)
SERIES 3


Lecture will start with examples from art, music, and martial arts, and then to important implications of Yin/Yang and Tai Chi principles on human physiology and medicine. Hands-on learning session on exercises from Chinese martial arts (Wing Chun 詠春拳, Bagua八卦掌, Xing Yi形意拳) and mind-body practices (Tai Chi太极, Qigong氣功).


Lecture will describe the latest scientific studies indicating how different Tai Chi and Qigong exercises can produce many beneficial effects by strengthening muscles, bones, joints, and connective tissues. Hands-on learning session on exercises from Tai Chi(太極) and King Ma's Mound Qigong (Ma Wang Dui Qigong馬王堆導引術).

3. April 23, 2018: The Biology of Mind/Body Practices for Enhancing Brain Structure and Function: Increasing Serotonin and Number of Brain cells for Memory and Stress Relief

Lecture will describe research on how Tai Chi can elevate brain serotonin to improve mood and sleep, and increase the number of functional neurons in the hippocampus, the brain center for memory and suppression of the stress response. Hands-on learning session on exercises from Chen style Tai Chi (陳式太極).

4. TBA: Biology of Natural Healing Strength: From Placebo Effect (安慰劑) to Optimization of Medical Treatments

The body's natural healing strength can explain why clinical trial subjects who received an ineffective placebo pill (安慰劑, sugar pill) can still show positive outcomes. The lecture describes the biological factors underlying the "placebo effect", including the physiological mechanisms of the placebo response and conditioning/context effects, etc. Understanding these phenomena can help make better choices in healthcare and optimize the effectiveness of medical treatments.

5. TBA: Biology of Energy Medicine: From Coordinated Elevation of Bioenergy and Blood Flow to Energy Emitting Medical Devices

The lecture describes how the human body has bioenergy that can be measured as heat, light, and electricity. Mind-Body exercises and different Chinese medical therapies can elevate bioenergy levels and externally applied electrical field can affect various cellular functions. These findings are related to the efficacy of energy-based treatment such as electro-acupuncture, laser acupuncture, infrared and far infrared therapy, and electrotherapy for bone fracture and soft tissue injury.

6. TBA: The Science and Practice of Wing Chun Kung Fu (詠春拳): Scientifically Efficient Fighting and Mind-Body Training System

The lecture will be given by a presenter who trained with Ip Man's (葉問) top in-house disciple William Cheung (張卓慶), who was primarily responsible for teaching Bruce Lee (李小龍) how to adapt Wing Chun for street fighting. The central principles and strategies of Wing Chun will be explained in simple scientific terms. Hands-on learning session on Wing Chun exercises for self-defense and mind-body training.

7. TBA: Integrative Medicine: Training and Practice in Family Medicine. Guest Speaker: David Kilgore MD, Clinical Professor in Family Medicine, School of Medicine, UC Irvine.

The lecture will describe how medical doctors in residency programs acquire the skills in “Complementary and Alternative Medicine”, and how they integrate such therapies into their family medicine practice. This information is important for choosing healthcare programs and providers for treatment of various non-emergency problems.

8. TBA: Preventive Cardiology: Changes in Life Style that can Decrease Risk of Cardiovascular Disease

Heart disease is the number 1 killer in the U.S. This lecture will describe how life-threatening cardiac events often can be prevented by early diagnosis, risk assessment, treatment, and lifestyle changes such as maintaining a healthy diet, physical exercises and mind-body practices.