



A Manual for Disease Prevention and Health Protection

Preventive Measures for Health and Well-being





True Health

According to the definition of health by the World Health Organization (WHO), “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

If everyone takes care of his own health, it is possible to create a healthy group. Individual’s health will be well protected only if the whole society is healthy.





Preventive measures for health and well-being

Keep your body healthy and keep your environment healthy. “You keep your body healthy” includes your body and spirit. To enhance your immune system and keep a balance of body and mind are the best preventive measures.

Every cell in the human body has the ability to protect itself. When some part of your body is weak, that part of your body will be invaded by pathogens. If you are physically and spiritually healthy and nurture good intentions and good qi (energy), this will enable good cells to regenerate and will eliminate bad ones. As a result, disease will not easily invade your body.



Enhance immune systems = Effectively prevent diseases

Three don'ts to prevent diseases

Always remember not to do the following three things. It is important to keep your spiritual and mental health in good condition.



1

Don't lose your temper to maintain the balance of body and mind.



2

Don't worry. When you are well-prepared, you need not worry.



3

Don't be anxious. When you understand the situation, you need not be anxious.

Five do's to prevent diseases

To build a solid foundation of health, you should do the following five things in order to avoid the threat of disease.



1

Wash your hands frequently to stop the transmission of pathogens.



2

Drink more warm water to remove toxins from your body fluids, tissues and organs.



3

Do more exercise to boost your metabolism and get more sunlight to increase resistance against disease.



4

Be happy. This will help keep your immune system in good condition.



5

Be more careful. Pay attention to disease transmission and preventive measures.



Health Protection Checklist

It is important that one takes care of one's own life.
Remember the following advice.

Diet :

- Drink more warm water, and sweat more to remove toxins from body fluids, tissues, and organs.
- Gargle with salt water.
- Have a balanced diet and eat more vegetables and fruits.
- Eat at home and keep your kitchen utensils clean.

Clothing :

- Change your clothes frequently and wash your clothes and underclothes separately.
- Carry your handkerchief or facial tissues.



Housing :

- Maintain good ventilation inside buildings.
- Keep the environment clean.
- Have enough sleep.

Transportation :

- Avoid visiting poorly ventilated and crowded places.
- Avoid visiting the sick unless it is necessary.
- Keep a proper distance while talking with others.

Health :

- Measure your temperature when you do not feel well.
Consult a doctor when you have a temperature.
- Pay attention to the latest information on health protection.
- Call your friends and share new information on health protection.

Activity :

- Do exercise and rest properly.
- Sunbathe five to seven minutes every day.
- Sing pleasant songs and stay happy.





Wash your hands frequently to avoid disease transmission

Disease is transmitted primarily through close person-to-person contact including contact with other people's coughing or sneezing, body fluids such as mucus, saliva, tears, sperms, blood, urine or feces of a patient, bites of vectors such as mosquitoes, fleas or other insects, or excreta of rats or some other animals. Washing your hands frequently helps remove pathogens from your hands. This is an effective way to prevent pathogens from getting into your eyes, nose and mouth.

- Wash your hands frequently.
- Wash your hands before touching your or other's eyes, noses or mouths.
- Wash hands before eating or preparing food.
- After coming home, wash your hands before touching anything.
- Wash your hands after touching handrails, doorknobs, elevator buttons, or telephones.



Create a joyful atmosphere, and enhance your immunity

It is believed that the best way to improve your immune system and protect yourself from disease is to stay happy, say good words, nurture a kind heart, and do good deeds. Staying happy will help you.

- relax muscles.
- maintain a normal blood pressure, heart beats, and good metabolism.
- keep a healthy complexion.
- enhance your immune system.



Control your temper and take care of your body

Losing your temper will affect yourself and others. It hurts you and others physically and mentally. Remember to control your temper. This is beneficial both to you and to others.



Help one another prevent disease

We belong to one big family. Every individual's health is interrelated.

We should help one another prevent disease.

Preventing disease is everybody's business. Only when everybody's immune system is enhanced can you stop the transmission of disease. When you nurture a good heart, say good words and do good deeds, you can maintain a balance of body and mind.



Be careful and need not worry. Understand the situation and you need not be anxious.

Disease is easily transmitted through close person-to-person contact and through international transportation. Acquiring accurate and useful information on disease prevention. Being alert will keep you relaxed.

Relaxing eliminates unnecessary anxiety. Worry, fear and pressure do not help. They produce more toxins in one's body and inhibit your immune system.

Therefore, it is important to relax. Only in this way can you be in good shape. When you relax and stay calm, your body will function more effectively and things will go well.





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