

Jonathan Fang's zoom T-Cell Immune Boosting Exercise classes Monday, Friday and Sunday are T-cell exercise. Sunday is the T-Cell Exercise led by Jonathan. Normally Monday is demoed by teacher Chen. Friday is led by Chia Ying. Wed. is Microcosmic Orbit Exercise by Jonathan. All are 9:30 10 am EST.

Go to zoom.us and join the meeting ID 623290421 PW 949101

Jonathan's website is www.inhandacupuncture.com. His office address is 411 Mass Avenue, Suite 304, Acton, MA 01720. His office number is 978-429-8369. His email is inhandacupuncture@gmail.com. He welcomes your questions and gives initial free consultations.

To join the class, it is important to fill out this form, so Jonathan can help you and send you information.

<https://sites.google.com/bu.edu/mrgust-cellsimprovementexercis/join?authuser=0>

Watch this video first which tells you why these exercises are important:

The Secret of T-Cell Exercise -How to Build Up Immunity in Few Minutes
https://youtu.be/KAT1L1_iGoE

If you are not available to do the exercises at 9:30 am, you can do them with this video:

<https://drive.google.com/file/d/1ZITEf4A7XeudBdGKovFpKoTTrHUwt-B7/view>

If you would like to join the zoom meeting which has the full explanation with the 15 exercises, correction of your movements if needed and Q and A, Jonathan wants to know your physical challenges so he can help you. Fill out the form at the bottom of this page to share your physical challenges.

Jonathan is a Chinese medicine practitioner, licensed as an acupuncturist and herbalist, and have been practicing medicine in Massachusetts for over 16 years. He is also the owner of In Hand Acupuncture and Herbs located in the Greater Boston Area.

His professional background includes public health and toxicology. In the past several years, he also use Magnetic therapy and hand healing in his medical practice with very successful results.

In 2017, he met an important teacher for him, Mr. Gu. Mr. Gu used to be a doctor in China. He uses ancient medical functional exercises to develop T-cell exercises which quickly enhance immunity. In the past 10 years in New York, Mr. Gu has been helping many people with immune deficiency, such as cancer, HIV and Lupus.

Jonathan is committed to blending the knowledge of Eastern and Western medicine to help people. Join him on Thursday, Oct 1st at 7 pm EST, when he looks forward to sharing T cell exercises with you because it is something most people can do at home to boost their immunity in a short time and fight Covid-19.

If you have any problems with constipation, please watch this video and do the exercises

<https://www.youtube.com/watch?v=N8OpgEcudCE&t=24s>