

Jonathan Fang's leads T-Cell Immune Boosting Exercise classes Mondays, Wednesdays, and Fridays. Monday's classes are led by teacher Chen and Friday's class is led by Chia Ying. On Wednesday's Jonathan leads Microcosmic Orbit Exercise. Sunday is the T-Cell Exercise led by Jonathan. All are 9:30 AM to 10 AM EST.

Zoom Information:

- Go to zoom.us
- Meeting ID: 83239671787
- Password: 520

Jonathan's Contact Information:

- Website: www.inhandacupuncture.com
- Office Address is 411 Mass Avenue, Suite 304, Acton, MA 01720.
 - Phone: 978-429-8369.
 - Email: inhandacupuncture@gmail.com
 - He welcomes your questions and gives initial free consultations.

To join the class, please:

- Fill out this form so Jonathan can help you and send you information. Please share any physical challenges, so Jonathan can assist you.
 - <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://sites.google.com/bu.edu/mrgust-cellsimprovementexercis/videos>

Jonathan is a Chinese medicine practitioner, licensed as an acupuncturist and herbalist, and has been practicing medicine in Massachusetts for over 18 years. He is also the owner of In Hand Acupuncture and Herbs located in Acton, Massachusetts.

His professional background includes public health and toxicology. In the past several years, he also uses 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 15 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 28th at 7 PM EST, when he looks forward to sharing more with you.

Jonathan has also made the following videos:

- Constipation Exercises:
 - <https://www.youtube.com/watch?v=N8OpgEcudCE&t=24s>
- Migraine Exercises:
 - <https://www.youtube.com/watch?v=q91ZYrTxOoM&t=170s>
- Exercise for Lungs:
 - <https://sites.google.com/bu.edu/mrgust-cellsimprovementexercis/documents>
- For Covid - Mr Gu:
 - <https://www.youtube.com/watch?v=LTklHtOUExk>
- Thyroid Problems Exercises:
 - <https://youtu.be/DvqReFr5AtA>