

## Dr Paul Lam: Nomination for TED speaker

Dr Paul Lam is a 21<sup>st</sup> century visionary in the field of preventative medicine. At a time of when chronic diseases are placing an unsustainable burden on health services and the demographic is changing rapidly with increasing life expectancy, Dr Lam dares to “think differently”.

From his determination to overcome the ravages to his body brought on by living through the Great Famine in China, by practicing tai chi, and his training and medical knowledge as a family physician in Australia, Dr Lam has succeeded in creating new ways of making health and wellness accessible to the masses.

He has opened up the magic and mysteries of tai chi so that almost anyone can benefit from its far-reaching health-promoting potential. While honouring the forefathers of this ancient Chinese martial art, Dr Lam has developed highly relevant, practical and contemporary systems for approaching the learning and practice of tai chi, that are safe, accessible and effective. Through his “modernised” tai chi, those whose lives have been compromised by ill health or who want to continue to enjoy full and active lives as they age, he offers life-enhancing solutions.

As a medical doctor, Dr Lam has ensured that his own Tai Chi for Health programmes have undergone numerous controlled trials, including the world’s largest fall prevention study, undertaken in Sydney in 2007<sup>1</sup>, which in turn was one of the most important studies cited by the Cochrane Report of 2011<sup>2</sup>.

Dr Lam’s combination of charisma and consummate tai chi skills, accompanied by humility in the face of his life-changing achievements, inspire all those who attend his workshops and talks. I am one of those millions whose lives he has touched and enriched through his example, leadership and pioneering spirit, and I wholeheartedly endorse his nomination to be a TED speaker.

Veronica Ashcroft  
Master Trainer, Tai Chi for Health Institute

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<sup>1</sup> Alexander Voukelatos, MA (Psychol); Robert G. Cumming, PhD; Stephen R. Lord, DSc; Chris Rissel, PhD. A Randomised, Controlled Trial of Tai Chi for the Prevention of Falls: The Central Sydney Tai Chi Trial. *Journal of American Geriatrics Society*, August 2007, Vol. 55, No. 8

<sup>2</sup> Gillespie L D, Robertson M C, Gillespie W J, Lamb S E, Gates S, Cumming R G, Rowe B H; Interventions for preventing falls in older people living in the community. *Cochrane Database of Systematic Reviews* 2009, Apr 15;(2): CD007146. <http://www.ncbi.nlm.nih.gov/pubmed/19370674>

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