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than just affect how you look when you are standing or sitting. It can reduce your strength, impair your balance, and potentially lead to other physical problems over time. Stand tall - Harvard Health.

### Harvard Medical School Guide to Tai Chi - Qigong Institute

Doctor K. is Dr. Anthony L. Komaroff, Editor in Chief of the Family Health Guide and Professor of Medicine at Harvard Medical School. Each day he answers reader's questions about a wide range of health concerns.

### Family Health Guide - Harvard Health

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