



## **SOME DOCUMENTED MEDICAL BENEFITS OF T'AI CHI CH'AUN**

### **GENERAL BENEFITS:**

T'ai Chi teaches inner strength while toning muscles, increasing flexibility and boosting immune power. It is also said to reduce stress, store up energy, increase body awareness, and improve balance and coordination.

*Men's Health Magazine, 8 Mar/Apr '93 p. 66-69*

### **IMMUNE SYSTEM:**

A study conducted in China indicates that T'ai Chi may increase the number of T lymphocytes in the body. Also known as T-Cells, these lymphocytes help the immune system destroy bacteria and possibly even tumor cells.

*Prevention Magazine V. 42, May 90, p. 14-15*

### **CARDIO-RESPIRATORY EFFECTS:**

The data substantiate that practicing T'ai Chi regularly may delay the decline of cardio-respiratory function in older individuals. In addition, Tai Chi may be prescribed as a suitable aerobics exercise for older adults.

*Journal of American Geriatric Society, Nov. 1995, 43 (11) p1222-1227 ISSN 0002-8614 Journal Code: H6V*

### **RHEUMATOID ARTHRITIS:**

No significant exacerbation of joint symptoms using this weight bearing system of exercises (Tai Chi) was observed. T'ai Chi exercises appear to be safe for RA patients. Weight bearing exercises have the potential advantages of stimulating bone growth and strengthening connective tissue.

*American Journal of Physical Medicine and Rehabilitation, June 1991, 70 (3) p. 136-141*

### **FATIGUE, PAIN/ACHES, HIGH BLOOD PRESSURE, BREATHING:**

Participants observed a "big increase in breathing capacity", a disappearance of backaches and neck aches, those with high blood pressure claimed a drop of 10 to 15 mm Hg systolic at rest, and all participants claimed to have more energy in their daily work.

*Hawaii Medical Journal - Vol 51 No. 8 August 92*

### **SPORTS HEALTH:**

[Former] Boston Celtic's star Robert Parish, who, at age 39, is the oldest player in the NBA, credits the ancient martial art of T'ai Chi with his durability. Parish remains dominant in his 17th season in the league, and he has no plans to retire. He started all 79 games that he played last year for the Celtics, averaging 14.1 points, shooting 54 percent from the field and 77 percent from the free throw line, and racking up a season total of 705 rebounds and 97 blocked shots. Inspired by his success, fellow Celtics players Reggie Lewis and Rick Fox have signed on with Li (Parish's T'ai Chi instructor).

*Gentlemen's Quarterly V. 62 Dec. 92, p 256-60*

## **BALANCE:**

A ten year study on aging through Harvard, Yale and Emory Universities determined not only that T'ai Chi was superior to more technological balance therapies, but that T'ai Chi reduced the risk of injury by falling by 48%. Complications from these injuries are the sixth leading cause of death in older Americans, and account for about \$10 billion loss per year to the economy.

USA Today, May 1996

Institute of Chicago indicates that people with moderate balance problems can be helped by practicing T'ai Chi. Participants...of the 2-month course...experienced about a 10 percent improvement in balance. An Emory University study supports [these] findings.

Prevention Magazine V. 46 Dec. 94 p. 71-72

## **MENTAL & PHYSICAL STRESS:**

Mind & body exercises, such as ...T'ai Chi...are increasingly replacing high-impact aerobics, long distance running and other body punishing exercises of the 1980's. Mind/body workouts are kinder to the joints and muscles...reduce the tension that often contributes to the development of disease, which makes them especially appropriate for high powered, stressed out baby boomers. Unlike most conventional exercises, these forms are intended to stretch, tone, and relax the whole body instead of isolating parts...[T'ai Chi] is based on a series of progressive choreographed movements coordinated with deep breathing.

Working Woman Magazine V 20 Feb. 95 p. 60-62+

## **PHYSIOLOGICAL BENEFITS:**

Relative to measurement beforehand, practice of T'ai Chi raised heart rate, increased non-adrenaline excretion in urine, and decreased salivary cortisol concentration. Relative to baseline levels, [Test Subjects] reported less tension, depression, anger, fatigue, confusion and state-anxiety; they felt more vigorous, and in general they had less total mood disturbance.

American Psychological Association, Journal of Psychosomatic Research, 1989 Vol 33 (2) 197-206

## **PSYCHOLOGY:**

"T'ai Chi is a natural and safe vehicle for both clients and staff to learn and experience the benefits of being able to channel, concentrate and co-ordinate their bodies and minds: to learn to relax and to "neutralize" rather than resist the stress in their personal lives. This is an ability which we greatly need to nurture in our modern fast-paced society."

Dr. John Beaulieu, N.D., M.T.R.S. Bellevue Psychiatric Hospital, N.Y.C. [Refer to book "The Supreme Ultimate"]Journal of Contemporary Psychotherapy, 1978 Fall Vol 10 (1) 25-31

## **POSTURAL CONTROL:**

T'ai Chi, a traditional Chinese exercise, is a series of individual dance like movements linked together in a continuous, smooth-flowing sequence...An analysis of variance (ANOVA) demonstrated that in 3 of 5 tests, the T'ai Chi practitioners had significantly better postural control than the sedentary non practitioners.

American Journal of Occupational Therapy, 1992 Apr Vol 46 (4) 295-300

## **BEYOND TRADITIONAL CARE:**

Health practitioners encountering clients who are faced with problems that do not seem to respond to traditional health care...may employ some of the health traditions of other cultures and to view the body and mind as a balanced whole. Massage, acupuncture and T'ai Chi...focus on the mind/body connection to facilitate healing through relaxation, pressure points, and movement.

AAOHN Journal, 1993 July, 41 (7) 349-351

## **SUPPORT GROUPS RECOMMENDING T'AI CHI:**

MULTIPLE SCLEROSIS, FIBROMYALGIA, PARKINSON'S DISEASE, LUPUS, MIGRAINES, CHRONIC PAIN, AIDS ("Proper exercise [for AIDS sufferers] is typified by T'ai Chi.")

(Dr. Laurence E. Badgley, M.D.)