

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. T'ai Chi was the closely held secret of a few Chinese families for nearly 1,000 years... *Men's Health Magazine*. 8 Mar/Apr '93 p. 66-69

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

MENTAL HOMEOSTASIS: Psychological homeostasis refers to emotional control or tranquility. It has been stated that the biological function of human emotion and repression is primarily homeostatic. Evidence suggests that a feedback relationship exists between forms of homeostasis, and the body-mind type of therapies (including acupuncture and T'ai Chi) thus have a combined physiological, physical, and psychological effect. (*American Psychological Association*) *American Journal of Chinese Medicine*, 1981 Spr. Vol. 9 (1) 1-14

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

BREATHING, ACHES, BLOOD PRESSURE: ...participants observed a "big increase in breathing capacity", a disappearance of backaches and neckaches, 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

BALANCE: A ten year study on aging through Harvard, Yale and Emory University 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

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

CURES/PREVENTION: Proponents claim that T'ai Chi can also (1) cure illnesses such as hypertension, asthma, and insomnia; (2) prevent arteriosclerosis and spinal deformity, and (3) shorten recovery phase from long-term illness. Results from a study by Chen Munyi (1963) with elderly T'ai Chi practitioners show that this group had RTs, strength, and flexibility superior to non-practitioners. (*American Psychological Association*) *American Journal of Chinese Medicine*, 1981 Spr Vol. 9(1) 15-22

BALANCE: 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 Hain's findings. *Prevention Magazine* V. 46 Dec. 94 p. 71-72

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 R.A. 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

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. **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, NYC [Refer to the T'ai Chi book "The Supreme Ultimate" for full text]

TAI CHI & GESTALT THERAPY: Discussion of T'ai Chi, a Chinese system of integrated exercises, as an effective adjunct to Gestalt Therapy. (*American Psychological Association*) *Journal of Contemporary Psychotherapy*, 1978 Fall Vol. 10 (1) 25-31

PSYCHOSOMATIC ILLNESS: A holistic paradigm, T'ai Chi, is proposed as a theoretical basis for treating psychosomatic illness. (*American Psychological Assn.*) *Journal of Black Psychology*, 1980 Aug. Vol. 7(1) 27-43

TAI CHI HELPS UNDERSTAND CHANGE: Suggests the imagery of the T'ai Chi figure ... can serve as a model for understanding the processes of change within psychotherapy. The T'ai Chi figure expresses the themes of unity and completeness, the dynamic of interplay and balance of opposite forces, and the cyclical nature of therapeutic change. (*American Psychological Assn.*) *Psychologia, An International Journal of Psychology in the Orient*, 1991 Mar Vol. 34 (1) 18-27

CARDIO-RESPIRATORY EFFECTS: Conclusion: The data substantiate that practicing T'ai Chi regularly may delay the decline of cardio-respiratory function in older individuals. In addition, T.C. may be prescribed as a suitable aerobics exercise for older adults. *Journal of American Geriatric Society*, Nov. 1995, 43 (11) p 1222-1227 ISSN 0002-8614 Journal Code: H6V

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 March 13, 1999

LANCET (Vol. 353) Reporting research results on T'ai Chi. *Journal of the American Geriatric Society*, 1999; 47:277-84. It reports a randomized study and gives blood pressure numbers.