

HEALTH BENEFITS OF TAI CHI

“The latest evidence looking into the health benefits of Tai Chi comes from researchers at **Beth Israel Deaconess Medical Center** and **Harvard Medical School** in Boston, who followed a group of heart failure patients as they took a twice weekly Tai Chi class for three months. At the end of the study – published in today’s **Archives of Internal Medicine**, one of the **JAMA/Archives** journals – the Tai Chi practitioners felt better, were more confident about their ability to perform everyday tasks, and led far more active lifestyles than a similar group who attended twice-weekly health education classes.”

ABC News, 4/26/11

“If you’re looking for another way to reduce stress, consider Tai Chi.....During Tai Chi you focus on movement and breathing. This combination creates a state of relaxation and calm. Stress, anxiety and tension should melt away as you focus on the present, and the effects may last well after you stop your Tai Chi session...”

Mayo Clinic Staff, Mayo Clinic, 11/14/09

“Those who practiced Tai Chi experienced greater pain reduction, less depression and improvements in physical function and overall health.”

From a study on cutting the pain of knee arthritis, led by Dr. Chenchen Wang of Tufts Medical Center in Boston, reported at a meeting of the American College of Rheumatology in San Francisco, October 2008

“The Tai Chi group outperformed the control exercise group in several balance tests – such as their ability to maintain balance while shifting weight, leaning in different directions, and standing on moving surfaces.”

From an Online First report issued by the journal Neurorehabilitation and Neural Repair, Dr. Hui-Chan and colleagues, Reuters Health, 04/24/01

“Scientists at the **Oregon Research Institute in Eugene** reported last week that Tai Chi offers the greatest benefit to older men and women who are healthy but relatively inactive. Previous studies have shown that Tai Chi practiced regularly helps reduce falls among healthy seniors.”

TIME Magazine, 7/31/02

“Older people taking part in a 15-week Tai Chi program reduced their risk of falling by 47.5%”

Study conducted by Steven L/ Wolf, Ph.D., and colleagues at the Emory University School of Medicine, for the National Institute on Aging, 1990

“The results (of studies on Tai Chi) show that Tai Chi may lead to improved balance, reduced fear of falling, increased strength, increased functional mobility, greater flexibility, increased psychological well-being, sleep enhancement for sleep-disturbed elderly individuals, and increased cardio functioning.”

From a study by Drs.Wang, Collet, and Lau, published in the Wisconsin Medical Journal, article by Alice M. Kuramoto,Ph.D., R.N., Professor Emeritus at the University of Wisconsin College of Nursing

“Several interventions to improve balance and strength among older people were effective. These improvements, particularly in strength, were preserved over a 6-month period while participants did Tai Chi exercises.”

Study conducted by Leslie Wolfson, M.D., and colleagues at the University of Connecticut Health Center, Farmington, for the National Institute on Aging, 1990

“Another promising way to prevent falls is (Tai Chi) exercise to improve balance, flexibility, muscle strength, and reaction time.”

From the article “Injury Prevention” citing a study by the American Geriatric Society on Tai Chi, published in Harvard Health Letter, 9/9/96

“Here are some of the potential health benefits of Tai Chi: flexibility...physical therapy...balance...strengthening...posture...relaxation...lower blood pressure.”

Wellness Letter: The Newsletter of Nutrition, Fitness & Stress Management, School of Public Health, University of California, Berkeley, Vol. 15, issue 2



www.TaiChiColoradoSprings.com

HEALING MEDICAL QIGONG

While Healing Medical Qigong has been studied extensively in China for decades, even centuries, it has only recently become a subject of more serious medical research and professional conferences by the medical community in the west.

In the U.S., numerous abstracts on the positive aspects of Medical Qigong by the University of Minnesota and the Mayo Clinic have been published by the World Scientific Publishing Company, Institute for Advanced Research in Asian Science and Medicine.

Additional abstracts have been written and medical research has been conducted regarding a wide range of health issues, for example:

- Diabetes
- Cancer
- Chronic Pain
- Cognitive Function
- Drug and Alcohol Addictions
- Arthritis
- Rheumatism
- Neck and Back Pain
- Parkinson's
- Sports Injuries
- Hypertension
- Fibromyalgia
- Chronic Fatigue Syndrome
- Trauma
- Menopause and Bone Density
- Hormonal and Metabolic
- Cardiovascular/Circulatory
- Depression and Anxiety
- Neurological
- Autism
- Brain Injuries
- COPD and Asthma
- Aging and Balance
- Insomnia
- Disease Prevention
- Quality of Life
- Many Others

Participating institutions include, to name a few: Harvard Osher Research Center, Harvard Medical School; University of Colorado School of Medicine, Denver; Department of Psychology, Stanford University; Orebro University, Sweden; Gustavus Adolphus College, Waseca, MN; Institute of Social Medicine, Epidemiology, and Health Economics, Charite University Medical Center, Berlin, Germany; Virginia Integrative Medicine, Charlottesville, VA; Sydney Medical School, University of Sydney, Royal Prince Alfred Hospital & Concord Repatriation General Hospital, Sydney, Australia; Wegmans School of Nursing, St. John Fisher College, Rochester, NY; Montana State University; Western Oregon University; University of East Anglia, Norfolk, UK; Arizona State University; University of Malaga, Spain; Universities of Exeter and Plymouth, UK; Department of Kinesiology and Community Health, University of Illinois, Urbana-Champaign, IL; Tokyo Kita Shakai Hoken Hospital; Winship Cancer Institute, Atlanta, and numerous others.

“Data from the study suggests that Medical Qigong with usual health care can improve fatigue, satisfaction with sex life, and Quality of Life (QOL) in cancer patients.”

From a randomized clinical trial, American Society of Oncology abstract, May 2008

“With Qigong, we’re dealing with subtle energies: Energy medicine. Many feel it is the medicine of the future.”

--Medical Qigong, Wellness Directory of Minnesota