

Tai Chi

*"Tai Chi does not mean oriental wisdom or something exotic.
It is the wisdom of your own senses, your own mind and body together as one process."*

- Chungliang Al Huang

WHAT IS TAI CHI?

Tai Chi, a softer, gentler form of the martial arts, Kung Fu, is well known worldwide for its defensive techniques and health benefits. It has evolved over the last 800 years ago as an effective means of alleviating stress and anxiety and is considered a form of 'meditation in motion' promoting mind, body harmony and inner peace. Its proper name is Taijiquan (Tai Chi Chuan).

There is consensus among the research that people suffering from the following health conditions experience notable complementary health benefits:

Stress, Anxiety, Depression - According to a study published in the American Journal of Geriatric Psychiatry, a weekly tai chi exercise class with a standard depression treatment program can be very effective at treating symptoms of depression.

Fibromyalgia - According to a study published in the NEJM, people living with fibromyalgia responded well to Tai Chi. They reported significant relief from joint pains as well as other symptoms. http://www.nytimes.com/2010/08/19/health/19taichi.html?_r=2&

Chronic Heart Disease - Researchers at Harvard Medical School and the Beth Israel Deaconess Medical Center in Boston revealed in the Archives of Internal Medicine that patients with chronic heart disease, including heart failure, experienced a better quality of life and their mood improves with regularly practice Tai Chi.

Arthritis & Pain Management – According to the Arthritis Foundation and the Tai Chi for Health Institute in a 20 year US review of studies, Tai Chi done 3x/week reduces pain and improves stiffness associated with osteoarthritis and all aforementioned benefits.

Diabetes - According to two studies published in the British Journal of Sports Medicine, Tai Chi can improve blood glucose levels and boost immune system response in patients with type 2 diabetes.

Alzheimer's Disease – According to the University of South Florida and Fudan University in China, elderly adults participating Tai Chi 3x week makes the brain bigger and improves memory and thinking.

Parkinson's Disease - A study published in NEJM (New England Journal of Medicine) found that patients with Parkinson's Disease who practiced Tai Chi experienced significantly improved balance, walking ability, posture, and report fewer falls than those who do not practice Tai Chi.

TEA & TAI CHI

Scientific studies reveal that drinking tea in combination with performing Tai Chi have additional complimentary benefits such as refreshing the body, calming the mind, increasing alertness, and boosting endurance. <http://www.yangshuotaichi.com/tai-chi-and-tea-culture/>