
T'ai Chi Chih for Healing: Evidence Based Mindfulness Practice

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T'ai Chi Chih: Evidence Based Mindfulness Practice

Studies have shown that TCC Improves Physical and Mental Health

- ▣ Sleep Quality
 - ▣ Immunity
 - ▣ Reduction of Inflammation
 - ▣ Exercise and Physical Performance
 - ▣ Stress
 - ▣ Quality of Life
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TCC Improves Sleep Quality

6/2/17

"T'ai Chi (Chih) Effective, Affordable
Alternative to CBT-I for Insomnia in Breast
Cancer Survivors"

OncologyNurseAdvisor.com

5/15/17

"T'ai Chi (Chih) Relieves Insomnia in
Many Breast Cancer Survivors"

PsychCentral.com

5/10/17

"T'ai Chih Chih Compared With Cognitive Behavioral Therapy
for the Treatment of Insomnia in Survivors of Breast Cancer"

Journal of Clinical Oncology

Journal of Clinical Oncology May 2017

“Breast cancer survivors often don't just come to physicians with insomnia. They have insomnia, fatigue and depression,' said Dr. Michael Irwin, the lead author and a professor of psychiatry at UCLA. 'And this intervention, T'ai Chi Chih, impacted all those outcomes in a similar way, with benefits that were as robust as the gold standard treatment for insomnia.'”

TCC helps improve immunity and overall health

3/24/07

“Practicing T'ai Chi (Chih) Boosts Immune System in Older Adults”

ScienceDaily.com

12/1/04

“Shingles Immunity and Health Functioning in the Elderly: T'ai Chi Chih as a Behavioral Treatment”

Evidence-Based Complementary Medicine

TCC helps improve immunity and overall health, in part because it helps relieve depression.

11/2006

“T'ai Chi Chih Acutely Decreases Sympathetic Nervous System Activity in Older Adults”

The Journals of Gerontology, Series A, Biological Sciences and Medical Sciences

Shingles immunity is greatly strengthened by regular TCC practice. TCC practitioners experienced up to a 50 percent increase in the immune system's memory T-cells, which are responsible for attacking the virus that causes shingles.

Inflammation Reduced

A study was conducted at UCLA to evaluate the effects of TCC on circulating markers of inflammation in older adults.

The conclusion of the researchers was that TCC can be considered a useful behavioral intervention to reduce circulating levels of IL-6 in older adults who show elevated levels of this inflammatory marker and are at risk for inflammation related morbidity.

Irwin MR, Olmstead R. Mitigating cellular inflammation in older adults: A randomized controlled trial of tai chi chih. ***American Journal of Geriatric Psychiatry*** 2012

11/15/2015

“Cognitive behavioral therapy and T'ai Chi (Chih) reverse cellular and genomic markers of inflammation in late-life insomnia: a randomized controlled trial”
Biological Psychiatry

A research team from the University of Oklahoma and the University of Northern Colorado were interested in physical functional performance and used a battery of 10 measurements on a sample of healthy middle aged women.

Scores were calculated for five domains: upper body strength, upper body flexibility, lower body strength, balance/coordination, and endurance. Improvements in the TCC group from pre to post intervention ranged from a low of 19% positive change in endurance to 32 % positive change in lower body strength.

All five domains showed strong effects, supporting the conclusion that TCC participation resulted in meaningful improvements in physical functioning and physical reserve.

TCC and Physical Performance

Zacharia S, Taylor E, Hofford C, et al. The effect of an 8-week tai chi exercise program on physical functional performance in middle-aged women. ***Journal of Applied Gerontology*** 2015

Stress & Depression

3/20/11

“T'ai Chi (Chih) Beats Back Depression in Elderly, Study Shows”

ScienceDaily.com

Report on research at UCLA Department of Psychiatry and Biobehavioral Sciences

3/18/11

“T'ai Chi (Chih) Eases Depression in Elderly”

The New York Times/Well blog

...researchers from University of Wisconsin–LaCrosse concluded that TCC is easy to learn and has potential to enhance well-being and reduce stress symptoms of teachers.

Depression and Quality of Life

...researchers concluded that TCC is a relatively simple mind–body exercise that can provide substantial additional benefits not only for depression, but also for physical functioning, cognition, quality of life, and resilience.

They further commented that very few interventions in late-life depression improve cognitive functioning in this population

Lavretsky H, Alstein L, Olmstead R, et al. Complementary use of tai chi chih augments escitalopram treatment of geriatric depression: A randomized controlled trial. ***American Journal of Geriatric Psychiatry*** 2011

Comments from study participants

- “I have experienced an increase in my daily energy levels and endurance.”
- “It refreshes me and makes it easier to focus on my next task.”
- “When I practice t'ai chi [chih], I experience periods of relief from this tension.”
- “I am more open and connected in my personal relationships and feel much less stress in my daily life.
- “Previous to doing t'ai chi [chih] , I have often had digestive troubles, and one very good benefit I've noticed is that I have not been bothered by constipation.”
- “The quality of my mornings, my attitude for the day beginning, my eating habits, my sleeping ease and much more are all positively changed . and in such a short time.”
- “I noted having increased energy, less achiness in joints and the beginnings of more flexibility.”
- “This seems to center me and increases my inner peace.”
- “I have a sense of grace, energy, and calmness.”
- “There is always a sense of calmness and joy that increased as the practice time continues.”

In Summary, T'ai Chi Chih is...

- User friendly
 - Evidence based
 - Easily taught, easily learned
 - For ages ages ranging from pediatrics to geriatrics
 - Requires no special equipment or clothing needed
 - Can be done standing or seated
 - Good for individuals with physical limitations, emotional concerns, and mental health issues
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Accredited TCC Teachers Nearby



Research Opportunities

Additional studies are needed to determine its effectiveness as an intervention for life-style changes such as smoking cessation, substance abuse prevention, truancy prevention, and anger management.

Furthermore, TCC studies are recommended with specific populations, such as prison populations, individuals with early-onset dementia, adults and youth with epilepsy, and at risk youth.

Reading/Viewing List

Available from Good Karma Publishing

www.gkpub.com

- Stone JF. T'ai Chi Chih! Joy Thru Movement, 3rd ed.
 - Stone JF. Spiritual Odyssey: Selected Writings: 1985–1997, 2nd ed.
 - Stone JF. T'ai Chi Chih! Joy Thru Movement. DVD.
 - Stone JF. Seijaku—Advanced T'ai Chi Chih! DVD
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Additional Training Videos

- Towne P. T'ai Chi Chih—Serenity in the Midst of Activity. DVD. Available from www.taichi9.com
 - McAlister S. Seated T'ai Chi Chih . DVD. Available from www.sandymcalister.com
 - Brocklehurst CL. T'ai Chi Chih Joy Thru Movement. DVD.
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Bibliography and E-article

An electronic summary of the Literature Review presented here is available for free download at Social Services Research Network:

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2906597