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

#### Alternative and Complementary Therapies August 2017

Reviews all medical studies using T'ai Chi Chih for physical and mental conditions.

#### T'ai Chi Chih—An Evidence-Based Mindfulness Practice: Literature Review

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#### Abstract

The orbitchic (TCC) is a moving meditation associated with market means in physiclogical and psychological conditions, such as immainly to a higher virus, relativishin inflammatory markets, decrease in sympathetic terrous system sativity, and relations in grants: degression and chronic disease in cancer survivors. Consisting of 19 repetitive movements and one pue, TCC is easy to leave and particularly accessible to the aging population. It is tanglic by accredited instancers who have completed an intensive marine that is similarly accessible outlight with the second state of the antional second state worklywide. This review includes published randomised conmistering from the second state of the automation of the are second at the second second accessible of the aging have a second state of the state of the state of the second state intervention density why randomise is one of the second states of the state of the state of the second intervention of the state of the state of the second states particular is needed to be a state of the state of the second particular is the state intervention of the separative. Furthermore, anguing evolvence hand mainlines practice practice. The second state of the state of the particular is the state with the state of the state of the particular is the state of the state of the state of the second states of the state of the state of the state of the second state of the state is the state of the state of the second state of the state of the state of the state of the second state of the state of the state of the state of the second state of the state is the state of the state is the state of the state of the state of the state is the state of the state of the state is the state of the

Keywords: T'at chit, moving medication, mindfulpers

#### Introduction

There is a growing body of evidence, showing multiplied movement processor is equilated interpretently variant physical processor processor is a constant on the draw wave evidence from all one entropy and cause it assess as the draw wave in the the Variant one of the state of the state of the state of the Variant of the state o and others. In addition, the literature review demonstrates eff cacy of TCC with respect to improvement of psychological an menal health conditions such as depression,<sup>13</sup> stress, and gen eral well heing.<sup>14</sup>

#### What Is TCC?

Developed in 1976 by Justin Some, a *et al. chi chiasii* master the practice consists of movements focused on circulating and bulancing of a the body's intrinsis centry. TCC convises of 19 statistican movements and ine pose data can be dene by almost anyone. Rochang Motion Biol Tapin in: Wings Around the Plater, Around I& Plater variation flass Drum, Daughter on its Mosimarian, Daughter in the Valley. Chirary de Ball (of Bergel, Justin Pati, Pating in Energy, Pulling Taffy, Pulling 243), Andre Alling to Tabing the State of the State platin Around the Balley Variation, Pulling Taffy, Pulling 1433, Andre Alling, Taffy, Write Circles, Pulling Taffy, Pulling Fally, Accient, Balling to Talley, Laphras the Top of the bulan to visio floated, Fassing (Coulds Sin Fealing Rounds, and no has Consciouses). In all 'or all of a state of the policy in the found and the time mixing metaling procession ancient on the state and the state states because the Stelevel more theorem and an all the time mixing metaling practices af the mixing and an all the time mixing metaling practices af the discourse of the states of the states of the states of the theorem and the time mixing metaling practices af the discourse procession ancient.

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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 Jounal 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 wellbeing 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

# 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

# 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.

# 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