

- T'ai Chi reduces stress responses, lowering the incidence of anxiety, depression, fatigue, and general mood disturbance (Journal of Psychosomatic Research, 1989 Vol 33(2) 197-206).
- T'ai Chi minimizes the effects of chronic conditions such as allergies and asthma (American Journal of Chinese Medicine (1981 Spr Vol 9 (1) 15-22).
- T'ai Chi improves breathing capacity (Hawaii Medical Journal Vol 51 No 8 August 92).
- T'ai Chi's regular practice can lower high blood pressure (American Journal of Chinese Medicine (1981 Spr Vol 9 (1) 15-22 & Hawaii Medical Journal Vol 51 No 8 August 92)
- Boost the immune system (Prevention Magazine v. 42 May 90, p. 14-15+.
- Slow the aging process (QiGong, The Art & Science of Chinese Energy Healing, Kenneth S. Cohen, Ballentine Books, NY, 1997).
- Improves balance and coordination TWICE as effectively as other balance training (Prevention Magazine, v. 46 Dec. 94 p. 71-72+ & USA Today, May 1996).
- Improves postural control, while stretching, toning and relaxing the body in a cumulative way that no other exercise can achieve (American Journal of Occupational Therapy, 1992 Apr Vol 46 (4) 295-300.
- T'ai Chi is probably the lowest weight bearing exercise, and modified forms can be suitable even for arthritis sufferers (American Journal of Physical Medicine and Rehabilitation, June 1991, 70 (3) p 136-141.
- T'ai Chi has been recommended as an adjunct therapy for chronic pain, AIDS, arthritis, insomnia, asthma, high blood pressure, Parkinson's, Multiple Sclerosis, fibromyalgia, and any psychosomatic illness.
- 70% OF ALL DOCTOR'S VISITS ARE DUE TO STRESS (Copyright, Stress Management & Relaxation Technology, 1997).