

# *Clinical Benefits Of Tai Chi Published in Peer Reviewed Journals:*

A foreword:

I am a physician and a certified Tai Chi Gung instructor, in the Teacher Training Program with The Circle of Chi, and I teach Tai Chi Gung classes three days a week for the Cardiovascular and Pulmonary Rehabilitation Program at Ascension St. John Medical Center in Tulsa, Oklahoma. One of the ways that I am building those classes is to approach my medical colleagues about the clinical benefits of Tai Chi Gung. In Western Medicine we traditionally stay focused on the physical body, the 3D body. Peer reviewed journal articles outlining evidence-based outcomes is definitely a language my colleagues speak, and I am meeting them where they are by approaching Tai Chi Gung with them from that standpoint. I did my own review of the medical literature on Tai Chi published in peer reviewed journals, citing a multitude of clinical benefits reported. Then I prepared several letters, focusing on specific specialties/areas of greatest interest, to share with my medical colleagues via the medical staff office and departmental meetings that I attended during the past year, with the intent of bringing awareness to the Tai Chi Gung classes at the medical center.

Master Lama Rasaji requested an overview of what I share with my medical colleagues regarding the clinical benefits associated with the regular practice of Tai Chi published in peer reviewed journals, which I have outlined below. That is not to say that these are the only potential outcomes or improvements in your health that you can expect to obtain by doing the Tai Chi Gung exercises routinely. Rather, I choose to view it as a starting point, with goals and expectations that are measurable, and have been previously demonstrated. I am personally expecting much more from practicing Tai Chi Gung than what is outlined in medical journals. Remember, that you're not limited by what others before you have done. Instead, you are expected to move forward from there.

Master Lama Rasaji has also mentioned the importance of third party validation for the clinical benefits of Tai Chi Gung, and specifically the Mayo Clinic and AARP websites. So I took a look at those websites, along with their respective summaries of clinical benefits which I have included, and which parallels what I assembled for my medical colleagues in various specialties from the medical literature in peer reviewed journals.

Master Lama Rasaji and Master David Paul have certainly changed how I look at Medicine, as well as my own health and well-being, and how I look at the future of health and healing for my patients. I hope that the summary of information that follows is useful to all who take the time to review it.

Per the Mayo Clinic website, clinical benefits of Tai Chi include, briefly:

- **Decreased stress, anxiety and depression**
- Improved **mood**
- Enhanced **sense of well-being**
- Improved **aerobic capacity**
- Increased **energy and stamina**
- Improved **flexibility, balance and agility**
- Improved **muscle strength and definition**

The deep breathing and meditative movements that we do in Tai Chi Gung help clear the mind, relieve stress and improve our overall psychological well-being and self-esteem. The mindfulness part of Tai Chi “has you focused on your body and breathing, rather than everything else going on in your life, so the stress reduction effects are immense.”

Tai Chi is even utilized in Palliative Care (whether it be for pain management or focus on quality of life) to improve an individual’s overall sense of well-being.

#### **How that parallels with The Circle of Chi:**

In the Circle of Chi we have within the 45 Day Renewal several tools that directly impact the mind, breath and meditative movements to relieve stress and improve our well-being, including:

- a. The seated and standing exercises, which commonly result in a feeling of peace, “beyond understanding” as they say, as one of the first experiences many of us felt when we started participating in Tai Chi Gung.
- b. Learning to refocus the mind, using the mala garlands and guided meditations such as the Microcosmic Orbit, Lama’s Lotus, Shiva and Shakti Meditation, and Babaji Breathing. We are also redirecting the mind when we read uplifting books of scripture or *The Circle of Chi* book that vibrate at a higher frequency.

Regarding improving aerobic capacity, you set your own non-competitive pace of motion with the exercises and your depth of stance in the Tai Chi Gung exercises based on your functional capacity where you are at. So the movements and breathing are adaptable and versatile to enable everyone to participate.

With increased movement and breathing, you get increased energy and stamina.

Regarding improved flexibility, balance and agility, and improved muscle strength and definition... All of these things I know will benefit not only patients, but also medical professionals and the staff at the medical center, just as they have benefitted me. So I have invited medical staff to the Tai Chi Gung classes via flyers all over the medical center facility and surrounding clinics, also via one on one conversations just about everywhere in the hospital with staff and colleagues, and via participation in all of the departmental staff meetings regarding the Tai Chi Gung classes offered at the medical center and the clinical benefits to the patients and staff who participate.

## *With an emphasis on Pulmonary issues:*

COPD and asthma, when combined, are in the top five leading causes of morbidity and mortality worldwide —Centers for Disease Control and Prevention.

The combination of movement and deep abdominal breathing in Tai Chi can help boost breathing efficiency and oxygen intake.

Tai Chi exercise combines mild-moderate intensity aerobic activity (average of 3 metabolic equivalents, or MET's), core strength training, lower extremity and unsupported upper extremity training (e.g. having the arms work against gravity), each of which has been shown to benefit patients with COPD. Tai Chi places emphasis on unsupported upper extremity exercise which is an effective way to train COPD patients in activities similar to those required for daily living.

Ries AL, Bauldoff GS, Carlin BW, et al. Pulmonary Rehabilitation: Joint ACCP/AACVPR Evidence-Based Clinical Practice Guidelines. *Chest*. 2007; 131(5 Suppl): 4S-42S.

Tai Chi includes breathing techniques that target a deepening and slowing of respiration that can potentially decrease dynamic hyperinflation, minimize the dead space ventilation of rapid shallow breathing patterns commonly seen in COPD, increase pulmonary muscle strength and endurance, improve chest wall mechanics, and overall breathing efficiency.

Gosselink R. Breathing techniques in patients with chronic obstructive pulmonary disease (COPD). *Chron Respir Dis*. 2004; 1:163-172.

Note: The increase in pulmonary muscle strength and endurance comes with strengthening the secondary muscles of respiration including the scalenes, sternocleidomastoids, internal and external intercostals, and abdominal muscles.

The improvement in chest wall mechanics centers around physiology in COPD patients where you may see a barrel chest, or widening of the anterior/posterior diameter of the chest cavity, which strains how the ribcage articulates with the sternum anteriorly and the spine posteriorly...the CRANE exercise and SIDE STRETCH are incredible for releasing the tension in the chest wall.

Patients with COPD are at high risk of developing symptoms of anxiety and depression. Anxiety over dyspnea-producing activities is common and may promote maladaptive sedentary lifestyles. Mind-body exercise such as Tai Chi is training in mindfulness, stress-reduction and other relaxation techniques that may improve mood, perceived stress, and directly address anxiety and depression-related factors.

Lolak S, Connors GL, Sherian MJ et al. Effects of progressive muscle relaxation training on anxiety and depression enrolled in an outpatient pulmonary rehabilitation program Adjunct treatment with yoga in chronic severe airways obstruction. *Psychother Psychosom*. 2008; 77: 119-125

Note: Patients with COPD are at high risk of developing symptoms of anxiety and depression because they become anxious as they progress with shortness of breath on exertion (or feel like a fish out of water), which leads frequently to depression because they are not able to do what

they want to do physically. And, between not being able to be physically active due to limitations associated with shortness of breath and feeling depressed, they begin to want to give up, and that lends to a sedentary lifestyle...where they move less because they can't breathe, so they become more physically deconditioned...so they move less, and become even more deconditioned...a vicious cycle. And what does Master Lama Rasaji say about being sedentary ...."If you aren't moving, you are dying".

- With increased movement and breathing, you get increased energy and stamina, and that begins to reverse that cycle, and direct it toward a regenerative direction.

Additional benefits come with long-term regular Tai Chi exercise training, including ongoing improvements in balance, flexibility, muscular strength, cardiovascular fitness, cognition, sleep quality, and emotional functioning in adults. Tai Chi is safe in patients with chronic diseases, including COPD, as well as frail adults. Decreases in dyspnea were observed after 3 months of Tai Chi versus usual care (traditional rehabilitation exercise).

Yao Y. Effect of tai chi chuan on chronic obstructive pulmonary disease. *Chin J Rehabilitation Theory Practice*. 2004; 10: 439-440.

### **How that parallels with The Circle of Chi:**

Within the Tai Chi Gung exercises, we are focusing throughout the class on basic Tai Chi Gung breathing (breathing in through the nose, and out through the mouth, focusing in the belly...we call that "sniffing the roses" and "blowing out the candles", and "diaphragmatic breathing" in Cardiovascular and Pulmonary Rehabilitation), then we are combining the breath with the movement in the Crane exercises, and then alternating breathing exercises with grounding exercises throughout the Intermediate part of class.

We are focusing on the breathing during Pressure Exercise, Forearm Wrap, and Side Stretch. And we are emphasizing the exhale in Butterfly Breath; emphasizing the inhale in Meridian Cleansing Breath and in Raising The Clouds...all are increasing the depth and efficiency of breathing, and strengthening the secondary muscles of respiration.

- When patients can breathe more comfortably, it decreases stress, and reduces their anxiety about their situation. It improves their mood and enhances their sense of well-being, and then it extends to reduce depression.

Again, you are focusing on something regenerative, rather than everything else going on in your life, so the stress reduction benefits are immense.

## *With an emphasis on Cardiac issues:*

#1 Tai Chi helps lower blood pressure.

Many studies have shown that Tai Chi can lower blood pressure, in some cases as well or better than antihypertensive drugs or other types of exercise. One randomized controlled trial published in JAMA Open Network in 2024 assigned 342 people with prehypertension to two groups. One performed four sessions of Tai Chi each week; the other performed four sessions

of aerobic exercise. After a year, both groups had lower systolic blood pressure readings, but those in the Tai Chi group experienced a much bigger drop: 7.01 mm Hg on average, compared to 4.61 mm Hg for the aerobic group.

In a study (in 2019) regarding heart rate variability and perceived stress, it was observed that in 17 randomized control trials using either Tai Chi or yoga, normalized high frequency was significantly increased, which means an increased level of parasympathetic nervous function. Additionally, low frequency/high frequency was significantly decreased, which means decreased level of sympathetic nervous function. It was concluded that stress reduction may be attributed to the sympathetic-vagal balance modulated by the mind/body exercises associated with Tai Chi and yoga.

Zou L, et al. Effects of mind-body exercises (Tai Chi/yoga) on heart rate variability parameters and perceived stress: a systematic review with meta-analysis of randomized controlled trials. *J Clin Med*. 2018; 7(11): 404.

Explanation: One of the reasons that Tai Chi affects the blood pressure so favorably is that it positively influences the sympathetic-vagal balance of the autonomic nervous system, resulting in stress reduction (evidence again, of the benefits of combined mind/body exercise).

Why is an increase in the parasympathetic nervous system, and a decrease in the sympathetic nervous system desirable to a Cardiologist, a Cardiothoracic Surgeon, or an Electrophysiologist?

The sympathetic nervous system is the “Fight or Flight” arm of the autonomic nervous system...the stress/anxiety response to intense pain or being startled. For example, slamming on the brakes when someone pulls out in front of you while driving, or being chased by an intruder. That physiologic response aggressively stimulates the cardiovascular system. And if you observe someone with congestive heart failure with an ejection fraction of 10% (normal is 55%) experience that level of trauma, they don’t process it well physically...You may observe the “so scared they died of a heart attack” scenario, or “scared to death”.

The parasympathetic arm of the autonomic nervous system is the “Rest and Digest” function. For example, the relaxation that comes with feeling peaceful and having an overall sense of well-being; or how you feel after doing Tai Chi Gung with Master Lama Rasaji or Master David; or how you feel after getting a full body massage.

Tai Chi enhances quality of life and functional capacity in patients with chronic heart failure who are already receiving standard medical therapy.

Yeh G, et al. Effects of Tai Chi Mind-Body Movement Therapy on Functional Status and Exercise Capacity in Patients with Chronic Heart Failure: A Randomized Controlled Trial. *Am J Med*. 2004; 117: 541-548.

Tsai, J, et al. The Beneficial Effects of Tai Chi Chuan on Blood Pressure and Lipid Profile and Anxiety Status in a Randomized Controlled Trial. *The Journal of Alternative and Complementary Medicine*. Vol 9, No. 5, 2003, pp 747-754.

Lolak S, Connors GL, Sherian MJ et al. Effects of progressive muscle relaxation training on anxiety and depression enrolled in an outpatient pulmonary rehabilitation program Adjunct treatment with yoga in chronic severe airways obstruction. *Psychother Psychosom*. 2008; 77: 119-125.

Note: Tai Chi improved symptoms of congestive heart failure such as shortness of breath on exertion, which was measurable. And it did so in patients already receiving optimal medical therapy (so not the patients with financial constraints who perhaps could not optimize their care or medication regimen, or who were non-compliant...this was a benefit in addition to all that Western Medicine had to offer).

Patients demonstrated improvements in 6-minute walk distances and quality-of-life scores compared with patients in cardiac rehabilitation who did not practice Tai Chi.

Yeh G, et al. Effects of Tai Chi Mind-Body Movement Therapy on Functional Status and Exercise Capacity in Patients with Chronic Heart Failure: A Randomized Controlled Trial. *Am J Med.* 2004; 117: 541-548.

Ries AL, Bauldoff GS, Carlin BW, et al. Pulmonary Rehabilitation: Joint ACCP/AACVPR Evidence-Based Clinical Practice Guidelines. *Chest.* 2007; 131(5 Suppl): 4S-42S.

Tai Chi decreased blood pressure and resulted in favorable lipid profile changes.

Tsai, J, et al. The Beneficial Effects of Tai Chi Chuan on Blood Pressure and Lipid Profile and Anxiety Status in a Randomized Controlled Trial. *The Journal of Alternative and Complementary Medicine.* Vol 9, No. 5, 2003, pp 747-754.

The question may arise, “As I practice Tai Chi Gung routinely and begin to observe the clinical benefits, when can I safely stop prescription medications?”. I would submit to you that monitoring an individual issue closely when you have a known condition is still very valuable. But as the trend in blood pressure, lipid profile, etc., is toward improvement and balance with ongoing Tai Chi Gung practice, then gradually weaning off of medications in a responsible manner is very feasible.

Tai Chi is safe and effective in patients with myocardial infarction, coronary bypass surgery and heart failure.

Ching L, et al. Tai Chi Training for Patients with Coronary Heart Disease. *Med Sport Sci.* 2008, vol 52, pp 182-194.

Channer KS, et al. Changes in Hemodynamic Parameters Following Tai Chi Chuan and Aerobic Exercises in Patients Recovering from Acute Myocardial Infarction. *Postgrad Med.* 1996; 72: 349-351.

Lan, C et al. The Effect of Tai Chi on Cardiorespiratory Function in Patients with Coronary Artery Bypass Surgery. *Med. Sci. Sports Exerc.*, Vol. 31, No. 5, pp. 634-638, 1999.

Note: Again, with Tai Chi Gung, you set your own non-competitive pace of motion with the exercises and your depth of stance based on your functional capacity where you are at. So the movements and breathing are adaptable and versatile to enable everyone to participate. It does gently and gradually improve aerobic capacity...at your own pace.

Tai Chi exercise may enhance sleep stability in patients with chronic heart failure. This sleep effect may have a beneficial impact on blood pressure, arrhythmogenesis and quality of life.

Yeh G, et al. Enhancement of sleep stability with Tai Chi exercise in chronic heart failure: Preliminary findings using ECG-based spectrogram method. *Sleep Medicine.* 9 (2008) 527-536.

## *With an emphasis on Neurologic issues:*

This group of peer reviewed journal citations aligns well with what was presented on the AARP website about Tai Chi in regard to improvements in cognition (or mental function) and improvements in balance and gait. The AARP website cited sources of information primarily from Cleveland Clinic...

Specifically,

- Research demonstrates that Tai Chi improved cognition and slowed progression to dementia.

Dr. Eckstrom is Chief of Geriatrics in the Division of General Internal Medicine and Geriatrics at Oregon Health and Science University, and reported in her research that people who practiced a simple form of Tai Chi twice a week for six months improved their score on a cognitive test by 1.5 points.

If they added a cognitive challenge while practicing tai chi — like counting backwards from 20 or spelling words backward — their scores jumped by another three points.

Because people with mild cognitive decline typically lose about half a point per year, “that is the equivalent of giving you six extra years of cognition.”

- Regarding the clinical benefit of improved balance and gait (flexibility/agility), Tai Chi reduces the risk of falls in older adults.

(the AARP website mentioned that people who practice Tai Chi have up to 50% fewer falls than those who don't according to several large review studies...In other words, it cuts your chance of falling in half).

That is significant because about 1 in 4 adults age 65 and older fall every year—Centers for Disease Control and Prevention.

And unfortunately that results in a loss of ability to live independently for many.

Other types of exercise have also been linked to fall prevention, but studies indicate that Tai Chi is particularly effective. For example, in a 2018 JAMA Internal Medicine study, a group of 670 older adults randomly assigned to do Tai Chi for six months experienced 58 percent fewer falls compared with a group assigned to do stretching exercises, and 31 percent fewer falls compared with a group assigned to do a combination regimen that included aerobics, strength training, balance and flexibility exercises...

Dr. Eckstrom put it really well, when she described why Tai Chi exercises are particularly effective where balance is concerned. She said that, “When you do Tai Chi, you stretch and reach into different poses that challenge and strengthen your balance”. And she compared that to being “like falling every time you do a Tai Chi move, and then catching yourself. So the body learns how to be more stable across a broader range of instability”.

Individuals with Parkinson's disease may have substantially impaired balance, leading to diminished functional ability and an increased risk of falling. The New England Journal of Medicine 2012 reported that Tai Chi training reduces balance impairments in patients with mild-to-moderate Parkinson's disease, with additional benefits of improved functional capacity and reduced falls. After 24 weeks of Tai Chi practice, the Tai Chi group (compared to traditional resistance and stretching training programs) had significantly better performance on the measures of gait and strength, better scores on the functional-reach and timed up-and-go tests, and better Unified Parkinson's Disease Rating Scale (UPDRS) III scores ( $P < 0.001$  for all comparisons).

Li F, Harmer P, Fitzgerald K, et al. Tai Chi and Postural Stability in Patients with Parkinson's Disease. *The New England Journal of Medicine*. 366; 6. Feb 9, 2012. Pp. 511-519.

Tai Chi incorporates both physical and meditative elements, which makes it distinctly different from conventional treadmill or bicycle workouts. It is relatively non-strenuous and low impact,

and is characterized by slow rhythmic movements, with postural alignment, constant weight shifting, trunk rotation and relaxed circular movements, with a changing base of support and an elongated central axis around which all motion occurs. It might therefore be helpful in relearning lost neuromuscular functions in patients with hemiparesis, thus favorably affecting balance and ambulation.

Hart J, Kanner H, Ronit G, et al. Tai Chi Chuan practice in community-dwelling persons after stroke. *International Journal of Rehabilitation Research* 2004, 27: 303-304.

Zhong D, Xiao X, Li Y, et al. Tai Chi for improving balance and reducing fall: An overview of 14 systematic reviews. *Annals of Physical and Rehabilitation Medicine*. 63 (2020) 505-517.

Tai Chi is very helpful in relearning lost neuromuscular functions in patients after a stroke, particularly in regard to balance and regaining the ability to ambulate, or walk.

Patricia Huston MD CCFP MPH Bruce McFarlane MD CCFP FCFP. Health benefits of tai chi. *Can Fam Physician* 2016;62:881-90

### **How that parallels The Circle of Chi:**

Reaffirming that the Tai Chi Gung exercises are:

- non-strenuous and low impact,
- with slow rhythmic movements,
- with postural alignment,
- constant weight shifting,
- trunk rotation and relaxed circular movements,
- with a changing base of support
- and an elongated central axis around which all motion occurs...every movement lends to balance.

It is like doing an hour long action affirmation that says to the universe, “Balance, balance, balance”.

Studies on the effectiveness of Tai Chi in neurodegenerative diseases, especially Parkinson’s Disease, cognitive impairment, and multiple sclerosis demonstrate long-term and regular Tai Chi exercise can effectively improve motor function, balance, global cognitive function, and prevent falls in patients with neurodegenerative diseases.

Wang R, Zhou H, Wang Y, et al. Benefits of Tai Chi Quan on neurodegenerative diseases: A systematic review. Elsevier. *Ageing Research Reviews*. 82 (2022) 101741.

For individuals with neurologic issues in particular, mind-body exercise, as a therapy that combines concentration, breath control, and physical activity, is beneficial for improving practitioners’ brain and mental health.

Lolak S, Connors GL, Sherian MJ et al. Effects of progressive muscle relaxation training on anxiety and depression enrolled in an outpatient pulmonary rehabilitation program Adjunct treatment with yoga in chronic severe airways obstruction. *Psychother Psychosom*. 2008; 77: 119-125.

Zhang T, Liu W, Gao S. Effects of mind-body exercises on cognitive impairment in people with Parkinson’s disease: A mini-review. *Frontiers in Neurology*. 2022. 13: 931460.



## *With an emphasis on Rheumatologic issues:*

- Tai Chi Improves joint pain

Particularly, it can relieve chronic pain caused by osteoarthritis and fibromyalgia.

Both the American College of Rheumatology and the Arthritis Foundation strongly recommend Tai Chi for the management of both knee and hip osteoarthritis.

As many as 1 in 5 people in the United States live with chronic pain to the point that it affects their daily life and activities—Centers for Disease Control and Prevention.

One review of people with knee osteoarthritis found that they had significantly less pain and better physical function after practicing Tai Chi. Another trial that compared Tai Chi to physical therapy found it was equally effective for knee osteoarthritis, and that the Tai Chi trial participants reported a higher quality of life compared to those who did physical therapy.

Patricia Huston MD CCFP MPH Bruce McFarlane MD CCFP FCFP. Health benefits of tai chi. *Can Fam Physician* 2016;62:881-90

Note: The theory is that Tai Chi helps improve muscle strength and core strength and coordination, which leads to better joint stability, and results in a reduction in pain. Basically, your muscles become stronger, so that your joints don't have to work as hard.

- Tai Chi is a weight-bearing exercise to prevent osteoporosis.

Patricia Huston MD CCFP MPH Bruce McFarlane MD CCFP FCFP. Health benefits of tai chi. *Can Fam Physician* 2016;62:881-90

- Studies indicate that Tai Chi can also help people with fibromyalgia, a condition that causes debilitating full-body pain. In one randomized controlled trial, fibromyalgia sufferers who did Tai Chi reported less pain compared to those assigned to do aerobic exercise.

Kim D. Jones & Christy A. Sherman & Scott D. Mist & James W. Carson & Robert M. Bennett & Fuzhong Li. A randomized controlled trial of 8-form Tai chi improves symptoms and functional mobility in fibromyalgia patients. *Clin Rheumatol* (2012) 31:1205–1214.

Chenchen Wang, M.D., M.P.H., Christopher H. Schmid, Ph.D., Ramel Rones, B.S., Robert Kalish, M.D., Janeth Vinh, M.D., Don L. Goldenberg, M.D., Yoojin Lee, M.S., and Timothy McAlindon, M.D., M.P.H. A Randomized Trial of Tai Chi for Fibromyalgia. *New England Journal of Medicine*. 363;8 nejm.org august 19, 2010

(Note: This is not surprising, because the participants are focusing the mind on the movement and breathing with the Tai Chi exercises, rather than the symptoms...and we are taught in The Circle of Chi that what you focus on, you become).

### **How that parallels with The Circle of Chi:**

We are taught how to gently stretch the muscles and ligaments to promote an increased range of motion and better flexibility.

Remember in the figure 8's we are working every muscle, tendon, and ligament from the hip to the feet.

And we are able to adapt the Tai Chi Gung exercises to release pressure on symptomatic joints by:

- adjusting the stance,
- reducing bent knee postures,
- slowing the pace of the movements,
- reducing the range of motion,
- or using a chair to assist with weight-bearing.

- Tai Chi enhances the immune system

Studies show that Tai Chi can increase the overall number of immune cells in your body, helping to ward off infection. The theory is that Tai Chi reduces stress levels and improves sleep quality — which are two essential ingredients for a healthy immune system.

(I included that under Rheumatology because the Rheumatologists tend to prescribe biologic agents that ultimately suppress the immune system in an effort to treat autoimmune diseases).

## *With an emphasis on Sleep issues:*

Research indicates that Tai Chi:

- Enhances quality of sleep

Tai Chi can help the 10 to 30 percent of older adults who suffer from insomnia.

One systematic review of nine randomized trials published in the Journal of Sleep Disorders and Therapy reported that 1.5 to 3 hours of Tai Chi per week significantly improved sleep quality and enhanced functional ability in older adults.

Dr. Eckstrom (Chief of Geriatrics in the Division of General Internal Medicine and Geriatrics at Oregon Health and Science University) says her own research showed that people fell asleep 17 minutes sooner and slept 42 minutes longer after doing Tai Chi. That amount of extra sleep every night can make a big difference for someone who struggles with insomnia.

Yuhao Si, Cenyi Wang, Heng Yin, Jinghui Zheng, Yang Guo, Guihua Xu, and Yong Ma.

Tai Chi Chuan for Subjective Sleep Quality: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.  
*Evidence-Based Complementary and Alternative Medicine* Volume 2020, Article ID 4710527, 19 pages

### **How that parallels The Circle of Chi:**

(Regarding the respiratory, cardiovascular, and neurologic systems):

Integrative Medicine is defined as:

- a. Mind-body practices (for example: Tai Chi Gung; malas)
- b. Exercise (for example: Walking daily)
- c. Stress Reduction (for example: Meditation)

d. Supplements (for example: Univera products like Xtra, Rhythmatix, and Aloe juice; NuXtrax products like i-HeRQles and i-Revive; the Universal Cleanse; Ambaya Gold products; Super Greens...all things shared with us through Circle of Chi)

e. Dietary Modifications (for example: Recommendations found in the Nutrition chapter in *The Circle of Chi* book, and the Taoist Rotation Diet shared by Master David Paul)

All improve quality of life and treatment outcomes. Those components are quintessentially “The Circle of Chi”.

You can recognize the elements of the 45 Day Renewal:

Standing exercises

Walking

Malas/prayer/meditation

Reading Circle of Chi-Chapters on Nutrition, Movement, Mind

### **Final Words:**

In The Circle of Chi Organization, we have Master Lama Rasaji available to us on Friday Private Training and in Teacher Training to answer questions on health and healing, and for prayer. We also have Master David Paul continually teaching us in the Advanced Live Training Tai Chi Gung Classes and in Teacher Training about how to adjust the exercises according to different physical needs and circumstances. Both Master Lama Rasaji and Master David Paul are demonstrating how to bring the teachings of Tai Chi Gung to life in each of our everyday lives. So we are learning an incredible Integrative System that delivers remarkable results on many levels, and it is a journey that is absolutely worth pursuing!

Blessings,

Elizabeth Dolin, DO, FACOI, FCCP

Board Certified Internal Medicine, Pulmonary Medicine, Critical Care Medicine, Sleep Medicine