

Tai Chi is good therapy for arthritis; improves strength, balance and flexibility

Tai Chi improves circulation, strength, balance, flexibility and reduces joint pain, according to a review article in the Archives of Internal Medicine. It has also proven to be remarkably helpful for patients with arthritis. It's not a surprising finding: those familiar with Tai Chi know very well how therapeutic the practice can be. The question is, **why** does Tai Chi work?

And the answer is quite simple: because the human body needs to engage in movement in order to be healthy. Tai Chi is simply one way to get people to move their limbs and joints. You could achieve the same effect from any sort of whole body movement, regardless of its name.

Of course, there's far more to real Tai Chi than body movement, but most Americans never get past the body movement part. True Tai Chi isn't about the body, but rather the mind and the spirit. It is fundamentally an energetic art, and the body simply follows the flow of energy. But getting western societies to understand the depth of Tai Chi is simply premature -- most U.S. doctors are still skeptical about the benefits of the physical movement, since they don't seem to believe anything that isn't promoted by the FDA or the **American Medical Association**. And Tai Chi is definitely not "mainstream medicine."

But it's good medicine. In fact, regular body movement is the foundation of good health. If you don't move it, you'll lose it, and Tai Chi keeps it moving.

Want proof that Tai Chi is good for you? Just look at any 80-year-old who practices Tai Chi on a regular basis. They frequently look decades younger, and they rarely suffer from chronic disease. You don't need a scientific study to see, with your own eyes, that Tai Chi practitioners are the healthiest folks around. Related articles on this topic are also available [on the NewsTarget Network, including: **Martial arts offers extraordinary fitness and health benefits to people in their 40's and 50's.**](#)

Overview:

Elderly women practice Tai Chi in a retirement community in Fremont, California.

According to a review article in the Archives of Internal Medicine, the ancient martial art of Tai Chi not only improves strength, balance and flexibility in older people, but it also has positive effects on chronic health conditions like **multiple sclerosis** and joint problems.

In fact, the Arthritis Foundation has looked to Tai Chi as treatment for arthritis.

While there are no published studies proving whether Tai Chi can reduce pain and inflammation associated with arthritis, participants report benefits ranging from pain relief to lower **blood pressure**.

But even though Tai Chi appears to have numerous benefits to participants, it is still too early for **physicians** to begin prescribing Tai Chi as a remedy for chronic health problems because many of the past studies had design flaws, according to Dr. Chenchen Wang, the author of this most recent report.

Source: <http://www.cnn.com/2004/HEALTH/03/12/tai.chi/>