



# T'ai Chi for MS

The following is general information and refers to programs of T'ai Chi for health by Dr Paul Lam, to whom full acknowledgement is given. Dr Lam is a doctor of western medicine and lectures and promotes his programs at major universities and medical colleges of western medicine all over the world.

All Dr Paul Lam's Programs of T'ai Chi for Health are developed in conjunction with senior medical professionals in many countries and trialed over several years.

[www.taichiproductions.com](http://www.taichiproductions.com)

## How Does T'ai Chi Work For MS?

*Exercise is an essential part of many approaches to controlling conditions like Multiple Sclerosis and Arthritis. Most medical experts agree that exercises beneficial for people with certain chronic to aim at improving flexibility, muscular strength and overall fitness.*

*Tai Chi is a gentle exercise that originated in ancient China. Not only has it been proven via scientific study to increase flexibility, muscular strength and fitness, it also has many other advantages.*

*These additional advantages include promoting correct body posture; integrating body and mind; and improving Qi (a life energy which governs all functions of the body and is essential for health and vitality). Tai Chi exercises the entire body, is easy and inexpensive to learn, and is suitable for almost anyone.*

*A recent study has shown that Dr Paul Lam's Tai Chi for Arthritis program is beneficial and safe for arthritis and falls prevention and this is the program that we use for MS.*

## T'ai Chi's Many Health Benefits

Most medical experts agree that a good exercise program should fulfill three objectives: Increase flexibility, strengthen muscles, and improve cardio-respiratory fitness. Tai Chi fulfills these objectives proportionately.

Being an exercise incorporating the complete body and mind, T'ai Chi's benefits do not stop at people with Arthritis. Scientific studies have shown that T'ai Chi works wonders on health, improving conditions such as diabetes, osteoporosis, heart disease, respiratory diseases and other chronic diseases such as MS. In addition, it improves balance, prevents falls, helps posture, and builds up immunity to disease. And if that's not all, T'ai Chi improves mental illness, depression, and stress.

The mental concentration associated T'ai Chi will enhance clarity of the mind, improve relaxation and uplift mood. The immense power of the mind has not been fully estimated. As one of the most effective mind-body exercise, T'ai Chi teaches how to be mindful of the intrinsic energy leading to greater perception of self-control and empowerment.

## *Further Information*

### **Dr Paul Lam's Tai Chi Programs Help with Pain and Chronic Fatigue Syndrome**

Research has shown that Dr. Paul Lam's Sun Style Tai Chi has reduced pain and stiffness for individuals with Arthritis. From the Clinical Practice Guidelines - 2002 for people with Chronic Fatigue (CFS), under the auspices of the Royal College of Physicians, published by the Medical Journal of Australia at [http:// www.nija.com.au](http://www.nija.com.au) "Chronic fatigue can be a vicious circle whereby initial avoidance of physical activity may lead to longer term avoidance of all activity".

In general, people with chronic fatigue syndrome should be encouraged to undertake physical and intellectual tasks, starting at a level that is tolerated without significant exacerbation of symptoms. " Dr. Lam discusses, in his article on CFS, how the 12 movements of Sun style Tai Chi exercises, and the Qigong warm up and cool down exercises can be adapted for the different levels of severity of CFS. Movements are slow, even and continuous, in other words moving with the intention to control movements.

Tai Chi exercises are easily adapted for sitting, standing or walking, to increase body awareness by controlling balance, keeping the body aligned, and when moving backwards, forwards, or sideways, how to touch down first. Moving with the mindful intention to control, Tai Chi exercises provide practice to consciously transfer the body weight forward and back without loss of body alignment. Using both the Tai Chi for Back Pain and the Tai Chi for Arthritis programs and the handbook: Overcoming Arthritis, participants can learn the Tai Chi exercises in a simple and easy way. In this book, Dr. Paul Lam and Judith Horstman discuss a holistic plan including Tai Chi for Arthritis to relieve pain and restore mobility.

Dr. Lam's approach also includes visualization techniques to practice, so when there is the feeling of over - exerting, the participants have practical skills training to cultivate their energy, to restore stability to their stamina, and to consult with their health professionals.

### **Tai Chi and the Immune System and Stress**

The Tai Chi exercises provide a method to influence an over-active immune system and to reduce inflammation caused by tension, stress, strains, or muscular pain.

When practicing Tai Chi, all internal organs, joints and ligaments are involved and exercised. Breathing is an important part of Tai Chi, which exercises and expands the lung capacity, thus improves its function. The benefit of exercising the lungs is to increase their capacity and to improve relaxation. We know that breathing is closely related to your mental state. At the same time, while doing the Tai Chi exercises, all the other organs are involved. While the heart is having a gentle work out, the stomach and the endocrines (organs that secret hormones ) are also being exercised.

We have two opposing nervous systems with in our body, the sympathetic the para-sympathehetic nervous systems. The sympathetic system secretes stimulating hormones in the body, which, in the long term, can be harmful for the body. The para-sympathetic system is opposite, it has a calming and enhancing healing effect and is stimulated by gentle exercise and relaxation such as Tai Chi.

**Trevor of Crystal T'ai Chi is fully trained by Dr Paul Lam as an instructor/leader for T'ai Chi for Arthritis, Diabetes, Osteoporosis and Falls Prevention programs**  
**[www.crystaltaichi.co.uk](http://www.crystaltaichi.co.uk)**