

Tai Chi for Diabetes

What Is Tai Chi?

The creation of tai chi was based on nature and harmony. The gentle flowing movements contain inner power that can strengthen the body, improve mental balance and bring better health and harmony to people's lives.

Nowadays tai chi is practised mostly for health improvement. There are many forms of tai chi. It is important for beginners to find a form they find interesting and enjoy learning.

What is Tai Chi for Diabetes?

Dr Paul Lam, a family physician and tai chi master, led a team of tai chi and medical specialists to create this unique program. The special feature of Tai Chi for Diabetes that it is easy to learn, designed to prevent and improve the control of diabetes. The program will help minimise the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction. Diabetes Australia gave its support to this program because of its efficacy and safety.

The Tai Chi for Diabetes program is based on Sun and Yang style tai chi. Besides the fundamental 11 movement tai chi, it contains an advanced 9 movement set, warm-up, wind-down, and Qigong breathing exercises.

How Does It Work?

Diet and exercise are the cornerstones of diabetes management. People with diabetes who exercise regularly have better control over their blood glucose levels and fewer complications

such as heart disease and strokes*. Studies have shown gentle exercise and diet prevent diabetes in 60% of the subjects studied*, and tai chi as a gentle exercise should prevent and improve the control of diabetes.

Stress is proven to affect the control of diabetes adversely. Tai chi reduces stress and improves relaxation, which in turn helps the control of diabetes. Evidence have shown tai chi improves fitness, hypertension, muscular strength, flexibility, balance and cholesterol level* which will reduce complications of diabetes.

According to traditional Chinese medicine, enhancing life energy (Qi) in the appropriate acupuncture meridians (energy channels) will improve diabetes. This specially designed tai chi program can enhance these meridians*.

How to Learn?

For people with or without diabetes, Tai Chi for Diabetes a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

1. Use Dr Lam's teach yourself instructional DVD and complement with the handbook.
2. You can also find an instructor who understands your condition and is learner friendly. Dr Lam and his master trainers have trained thousands of qualified instructors/leaders of this program. You can find them through your local arthritis foundation, online at Dr Lam's website or contact his office.
3. Persevere with your practise. Give yourself time to get to enjoy Tai Chi for Diabetes and its health benefits.

*References available if required.



Supported by Diabetes Australia



Dr Paul Lam, Tai Chi Productions: 6 Fisher Place Narwee NSW 2209 Australia
Phone: +61 2 9533 6511 Fax: +61 2 9534 4311

Web: www.taichifordiabetes.com E-mail: service@taichiproductions.com