Tai Chi for Diabetes

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Tai Chi for Diabetes

From Martial Art to Healing Art: A Component in the Prevention and Treatment of Diabetes
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☯ Qi Gong – energy movement

☯ Tai Chi – energy movement put into form
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Tai Chi studies has proven effective in Diabetes management

Currently over 1,400 studies have been performed
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- Safe program
- Provides a workout, not burnout
- Provides enough resistance
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- Targets every muscle group
- Coordinates mind and body
- Positive effects on glucose control, neuropathy scores, and balance
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- Improves 6 out of 8 QOL markers
- Physical functioning
- Role limitation - physical
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- Social functioning
- Bodily pain
- Vitality/energy
- Role limitation - emotional
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Let’s practice

Raising Your Greatness Within
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References
