Bibliography and Sources

[from certification courses]:

Tai Chi Fundamentals ™ Professional Training manual, handouts and video
Tai Chi Health, P.O. Box 756 Taos, New Mexico  87571
www.taichihealth.com

Tai Chi Easy ™, Practice Leader Training Manual
Dr. Roger Jahnke, Institute for Integral QiGong and Tai Chi
5276 Hollister Av., Ste 257, Santa Barbara, CA  93111
www.institut eofintegralqigongandaichi.org

Tai Chi for Arthritis™ Resource Book and video, Dr. Paul Lam and Tai Chi Productions
TCP Distribution, 4756 Stage Road, Memphis TN  38128-4936.
www.taichiforarthritis.com


Recommended Books

Tai Chi Mind and Body
Tricia Yu, MS
DK Publishing

Tai Chi Fundamentals for Health Professionals and Instructors
Yu, Tricia, MS, and Jill Johnson PT
ISBN 1877950-21-1
Uncharted Country Publishing

Kenneth S. Cohen
ISBN 978-0-345-42109-8
Ballantine Books Wellspring

The Healer Within: Using Traditional Chinese Techniques to Release Your Body’s Own Medicine
Dr. Roger Jahke, OMD
ISBN 0-06-251477-6
Harper Collins Publishers

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life
Jon Kabat-Zinn
ISBN 1-4013-0778-7
Hyperion Books
Evidence-Based Research Articles

Multiple Conditions, General Health, and Literature Reviews


** 77 studies reviewed, below n=number of articles showing positive impacts in the respective categories:

- Psychological symptoms [n=27]
- Falls and related risk factors [n=23]
- Cardiovascular effects [n=19]
- Quality of life [n=17]
- Physical function [n=16]
- Patient-reported outcomes [n=13]
- Self-efficacy [n=8]
- Immune response [n=6]
- Bone density [n=4]


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Orthopedic:


**Balance and Fall Prevention:**


**Geriatric Health:**


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Song R e.a. Effects of Tai Chi exercise on pain, balance, muscle strength, and perceived difficulties in physical functioning in older women with osteoarthritis: a randomized clinical trial. *Journal of Rheumatology*. 2003;30:2039-44


**Cardiopulmonary:**


**Stress/Anxiety/Psychiatric:**


Tsang H e.a. Qigong as a psychosocial intervention for depressed elderly with chronic physical illnesses *International Journal of Geriatric Psychiatry.* 2002;17(12); 1146-54.


**Other**


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