



IMPROVING HEALTH AND CONTAINING COSTS THROUGH THE PRACTICE OF THE TAOIST TAI CHI® ARTS



As many nations struggle with mounting health care costs, an ancient art provided by the Fung Loy Kok international organization may contribute to improving health and spending less.

Practitioners of *Taoist Tai Chi*® arts report improvements in their health in key areas, such as balance and bone density, which appear to reduce their use of medications and health care providers.

In the USA, our health survey was completed by 3,074 of our 6,339 members in 29 states across the country. The questionnaire was completed anonymously and voluntarily by participants regardless of their duration of practice. This document contains summary findings from the survey results and some comments from participants.

The data provides a compelling snapshot of ways in which practice of *Taoist Tai Chi*® arts can improve individual health and, as a result, collectively reduce impact on public health services. The individual stories are powerful, but pulled together they provide a more complete picture of how *Taoist Tai Chi*® arts contribute to our communities.

“We knew anecdotally from classes that such benefits exist, but this unprecedented survey drew many responses and is very heartening and important for policy makers to contemplate,” says Marsha Eberhardt, President of Fung Loy Kok Institute of Taoism.

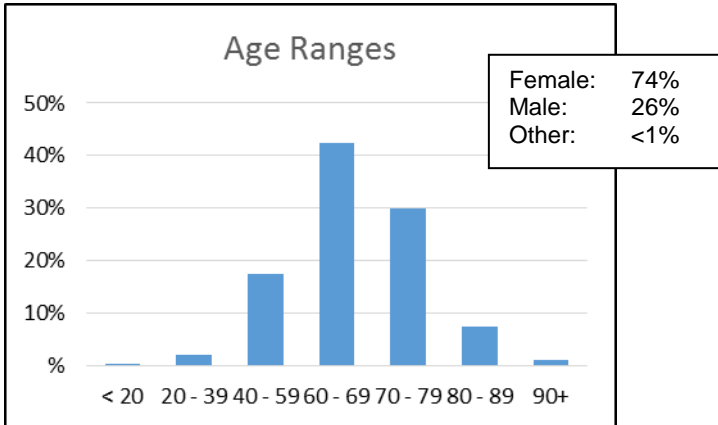
“While the survey results emphasise the usual health benefits of fitness, these are significant because *Taoist Tai Chi*® arts is a gentle form of training that can be done by anyone. While very helpful to young people, it has a significant appeal to elderly people who might not otherwise be exercising or moving much.”

The Taoist Tai Chi Society of the USA is able to provide benefits from *Taoist Tai Chi*® practice thanks to Master Moy Lin Shin, a Taoist monk who began teaching in North America in 1970 to promote the health and spiritual benefits of *Taoist Tai Chi*® arts. Now more than 40,000 participants in 25 countries feel the benefits of these internal arts of health that are taught by accredited volunteer instructors. Fung Loy Kok is a registered charitable organization.

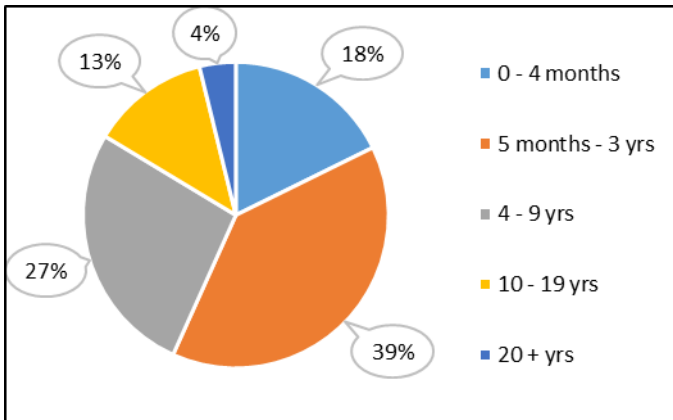
**For more information, visit taoist.org/usa
call toll free +1 (888) 668-6063, or,
email tallahassee.fl@taoist.org**

USA 2016 — Summary Findings

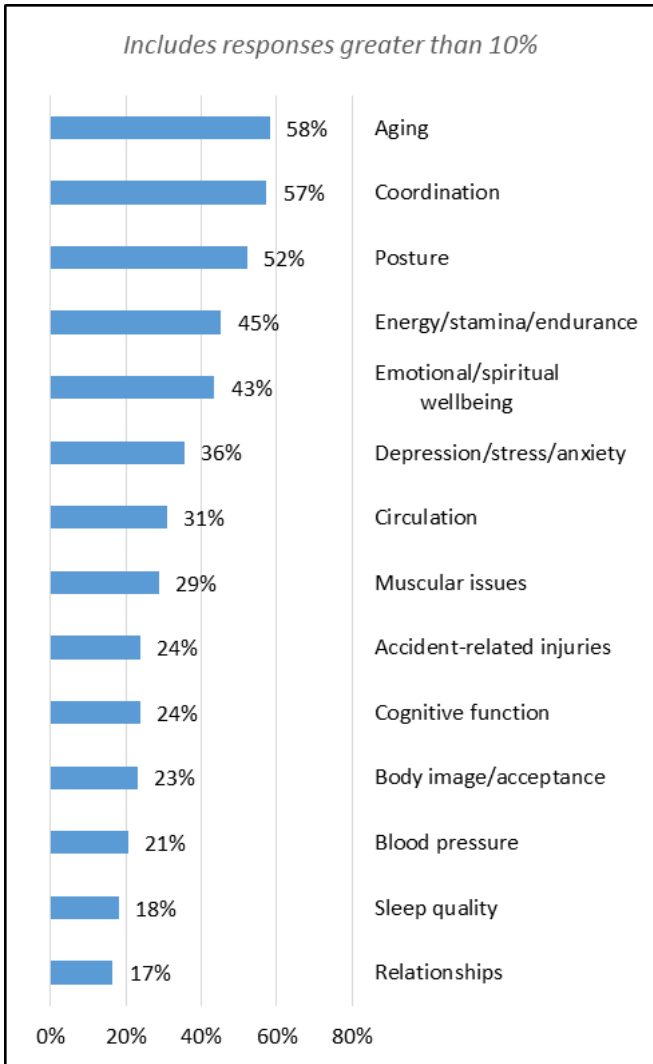
The questionnaire was designed to allow respondents to share as much of their experience of the practice of *Taoist Tai Chi*[®] arts as possible. Not all respondents answered all questions and many questions allowed for multiple responses.



How long have you been practicing?



Would you say that your practice has had a positive impact on any of the following?



Has your health been impacted by any of the following conditions?

	Number	Percentage
Accident-related injuries	644	22%
Arthritis	1,205	41%
Asthma / lung disorder	259	9%
Back / spine issues	1,143	39%
Balance issues	1,203	41%
Brain injury / concussion	99	3%
Cancer	239	8%
Chronic pain	481	16%
Depression / stress / anxiety	869	29%
Diabetes	178	6%
Epilepsy	13	0%
Fibromyalgia / chronic fatigue	158	5%
Foot issues / plantar fasciitis	580	20%
Gastrointestinal disorders	356	12%
Headaches / migraines	227	8%
Heart problems	231	8%
High blood pressure	759	26%
Joint problems / TMJ	727	25%
Mobility issues	359	12%
Multiple Sclerosis	27	1%
Osteoporosis	443	15%
Parkinson's disease	57	2%
Sleep disorders	332	11%
Stroke / blood clots	67	2%
Varicose veins	137	5%
Prefer not to say	16	1%
None of the above	189	6%
Other	198	7%

Has your condition required that you access therapeutic services such as physiotherapy and rehabilitation?

Responses	Number	Percentage
Yes	1140	42%
No	1573	58%

"I have a movement disorder caused by a neurological disorder. After several months of Taoist Tai Chi my balance and coordination improved significantly to where I eventually reduced my visits to a physical therapist and after six months or so I discontinued physical therapy altogether." (*male, age range 40-59*)

"Thru [Taoist] Tai Chi achieved more healing after my healing plateaued with physical therapy." (*male, age range 40-59*)

"Prior to beginning TTC [Taoist Tai Chi] practice I received frequent chiropractic treatments for spinal issues. I would always need alignment after a long flight. Have not had to schedule an appointment in several years!" (*male, age range 70-79*)

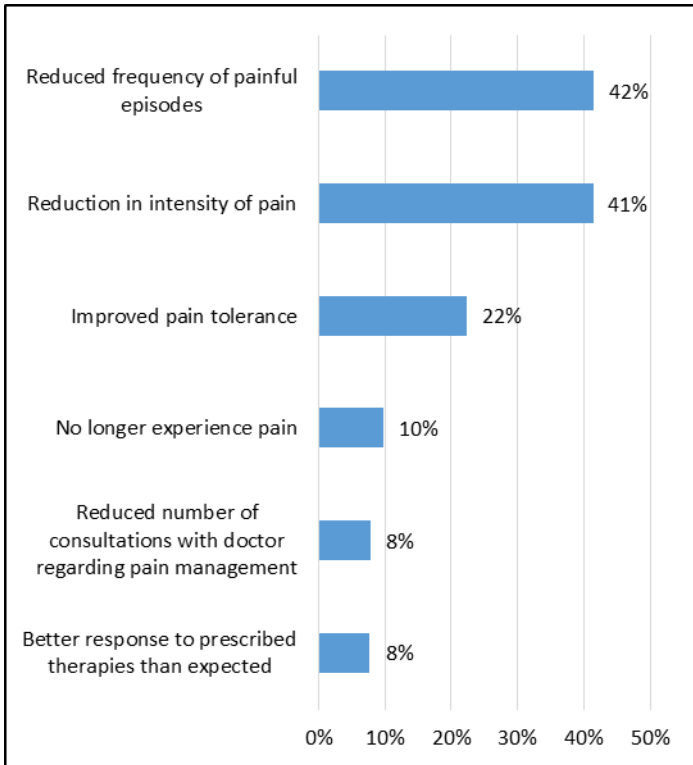
"I received PT (myofascial pain release) for Fibromyalgia. Originally I was going two or three days a week. Over the years with my practice of [Taoist] Tai Chi I now receive treatment every other week." (*female, age range 70-79*)

"My acupuncturist recommended I go to tai chi when I was having problems with my hip knee after over exercising them. I had tried physical therapy and acupuncture with some relief but it was doing [Taoist] Tai Chi that helped the pain go away completely and keep it away." (*female, age range 40-59*)

Do you experience pain as part of your health condition(s)?

Responses	Number	Percentage
Yes	1,715	62%
No	1,068	38%

If yes, as a result of your practice, how has the pain changed?



"Before I started I was taking Motrin almost daily (when working) to address knee pain. I now cannot remember the last time I needed to take Motrin for pain." (*female, age range 60-69*)

"I was in chronic pain 24-7... I was taking 6 Advil & 6 Tylenol a day. Eight months later from doing Taoist Tai Chi ... the pain had completely disappeared. I didn't realize it was happening. I woke up on a Saturday ... and realized I was no longer in pain and also realized that I hadn't taken anything for pain for about 3 days.... About 4 months after that - I realized how happy I had become. There was no more depression- anxiety- and I was no longer paranoid. I truly realize what it means to have pure joy in my life." (*female, age range 40-59*)

"Whenever I throw my back out now- 30 min. of Monkeys is all I need to fix it. It's not a magic wand but I can stand up straight and walk. Pain gone by next day. It has been at least 4 years since I had my last back episode." (*male, age range 40-59*)

"Prior to [Taoist] Tai Chi practice- I had severe pain in both hips and mild aching joints in arms and legs. I was having trouble climbing stairs to my home. After 3-4 months of regular [Taoist] Tai Chi practice- I had minimal hip pain and no other aches in body. I was able to stop taking a prescription pain killer. About 6 months into [Taoist] Tai Chi practice- my leg strength allowed me to run up stairs without pain or stiffness." (*female, age range 40-59*)

"[Taoist] Tai Chi has greatly improved my back. I used to have ... very painful episodes that would restrict me to bed for several days. I tried many different physical therapies but [Taoist] Tai Chi was the MOST helpful by far. When I do it regularly 2-3 hr per week - I do not have any serious problems with my back." (*male, age range 60-69*)

Is medication normally required for your health condition(s)?

Responses	Number	Percentage
Yes	1,592	58%
No	1,168	42%

“Cancelled spinal cortisone shot for sciatica because it was (and continues to be) unneeded. I seldom go to the doctor other than check-up.” (*female, age range 80-89*)

“I believe that without [Taoist] Tai Chi I would be bedridden and dependent on opioids. This is what is happening to the other women who had the same unsuccessful orthopedic surgery I did. [Taoist] Tai Chi is my most vital tool in fighting back against the after-effects of it.” (*female, age range 40-59*)

“[Taoist] Tai Chi has helped me more than any medicine. I don’t have severe vertigo anymore. No more need for medicine. No more emergency visits ER. My asthma is in control with less than 1/2 amount of medicine.” (*female, age range 60-69*)

“I used to get steroid shots in my knee and due to [Taoist] Tai Chi I no longer need them.” (*female, age range 60-69*)

As a result of your practice, have you avoided surgery (hips, knees, carpal tunnel...)?

Responses	Number	Percentage
Yes	335	25%
No	992	75%

“Was told by 2 doctors that I needed shoulder replacement surgery. I've been able to avoid that thanks to [Taoist] Tai Chi work out.” (*male age range 60-69*)

“I had frequent carpal tunnel syndrome in my right wrist when I began practicing. (I'd had surgery in my left wrist previously) Since practicing; my CTS symptoms have resolved.” (*female, age range 40-59*)

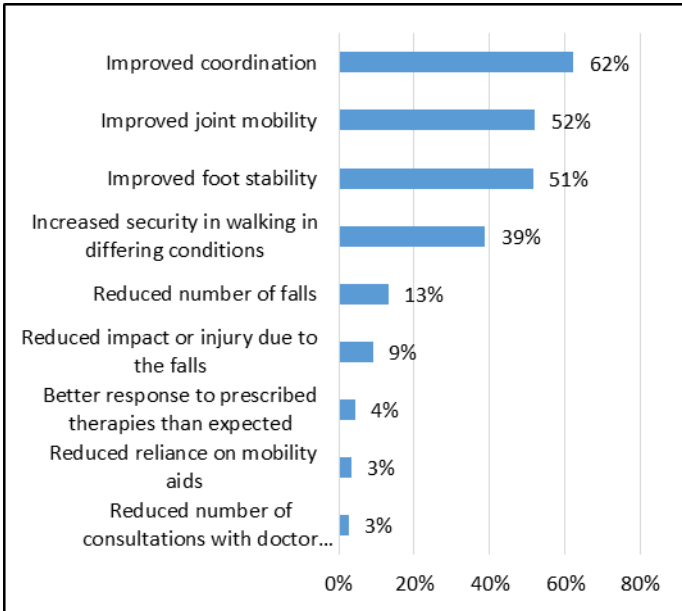
“Both my mother and my younger brother have required hip replacement surgery. My left hip started giving me pain about 2 years ago which did not resolve with exercise; stretching; massage or chiropractic treatment. After 6 months of [Taoist] Tai Chi; the hip pain has completely resolved. Perhaps this will avoid the necessity of a hip replacement in the future.” (*female, age range 60-69*)

“I did not want to have back surgery. After 5 years of therapy in 2010 my doctor told me P/T was not helping me any longer and if I did not have surgery I would lose control of my bodily functions. I told my doctor that I wanted to make a six month commitment to [Taoist] Tai Chi. After 8 years I shredded the card of the three neurologists that he wanted me to consult with.” (*female, age range 60-69*)

“I have bone on bone in one knee and a torn meniscus in the other I was told I need surgery; but thanks to [Taoist] Tai Chi I am carrying on well without it.” (*female, age range 70-79*)

Has your practice improved your balance?

Responses	Number	Percentage
Yes	2,473	96%
No	98	4%

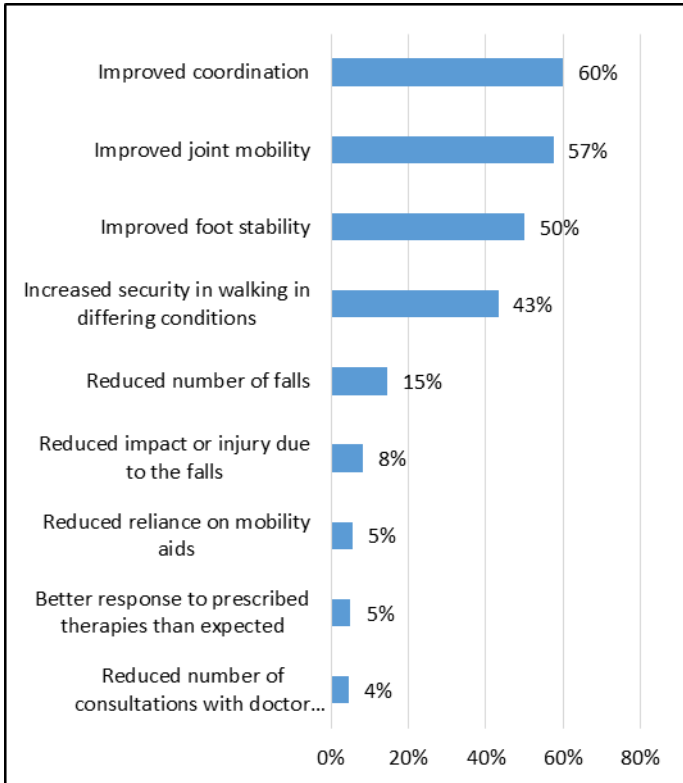


“I learned ways to move that helped swifter correction when balance was threatened...” (*female, age range 80-90*)

“Improved stability & balance in ballroom dancing.” (*female, age range 40-59*)

Has your practice improved your mobility?

Responses	Number	Percentage
Yes	1,767	85%
No	313	15%

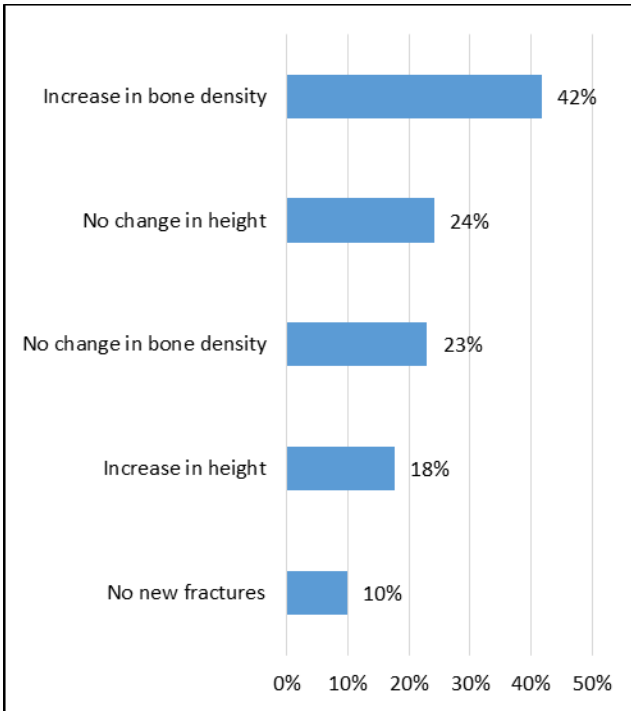


“When I had breast cancer I needed to have a mastectomy and reconstruction. The mastectomy included removing lymph nodes. That type of surgery requires PT to get back full range of motion back in the associated area. I didn't require any of that. My surgeons said whatever I was doing; I should continue with that. (*female, age range 60-69*)

Has your practice affected your bone density?

Number of respondents: 708

Responses	Number	Percentage
Yes	449	63%
No	266	37%

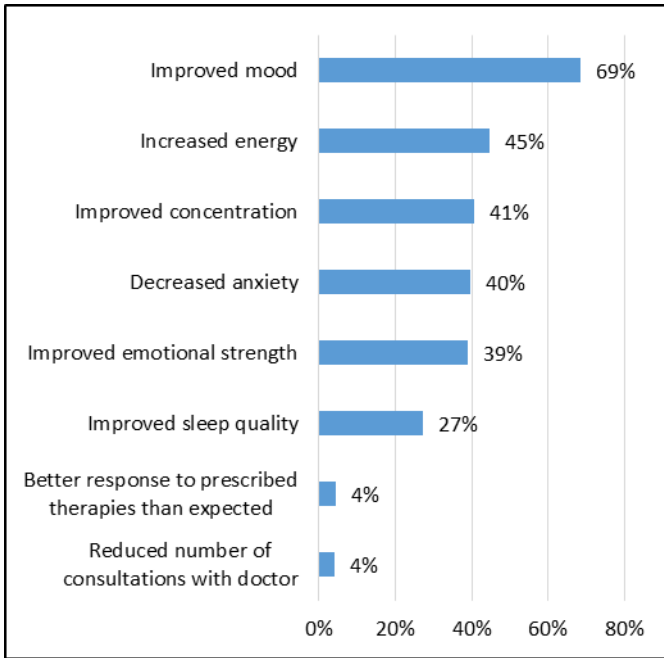


“My bones were described as 'brittle' after chemo & radiation; now normal for a woman of my age.” (*female, age range 60-69*)

“used to have osteoporosis and no longer have it.” (*female, age range 70-79*)

Has your practice affected your mental health?

Responses	Number	Percentage
Yes	2,075	90%
No	240	10%



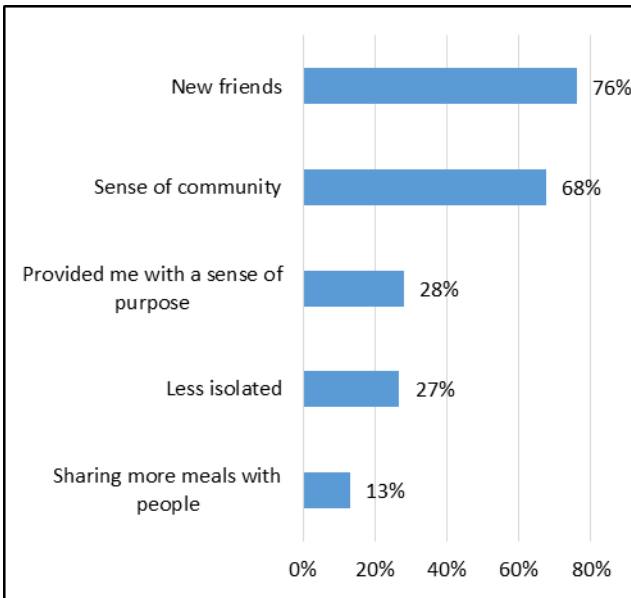
“Confidence and optimism increased.” (*female, age range 40-59*)

“People often comment on how calm I am -- I wasn't normally calm when younger.” (*female, age range 60-69*)

“Taoist Tai Chi allows me to control my Asperger's disorder better.” (*male, age range 20-39*)

Has your practice impacted your social situation?

Responses	Number	Percentage
Yes	1,915	80%
No	484	20%

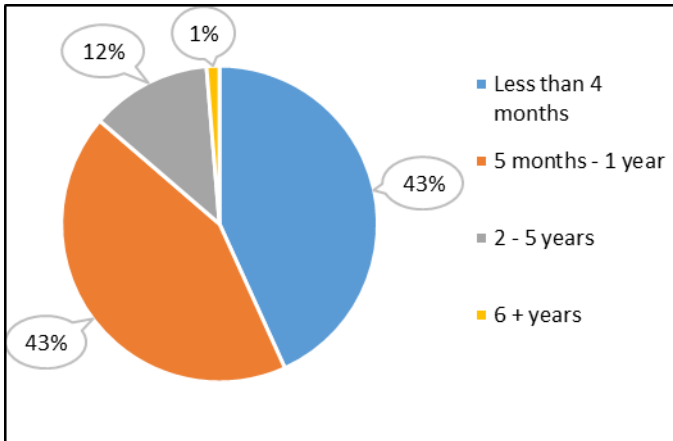


“I learned to really enjoy a broad variety of people.” (*female, age range 40-59*)

“Enjoy being with other people a lot more now than in the past. I'm not so afraid when meeting new people.” (*female, age range 60-69*)

“I feel like I have a new family and new friends.” (*male, age range 20-39*)

How soon after you started your practice did you experience any improvement in your health?



“Feeling very healthy this year since started in Feb. No illnesses of any sort this year. Faster recovery from sacroiliac strain. Complements my visits to chiropractor for S.I. & back issues.” (*male, age range 60-69*)

“I observe what is happening in my body better due to [Taoist] Tai Chi. That has helped me avoid doctor visits because I'm patiently letting [Taoist] Tai Chi practice work on my pain first. I'm amazed at how good I feel as I've grown older with all the medical problems I have. I can only attribute that to my [Taoist] Tai Chi practice.” (*female, age range 60-69*)

“In December 2015 my pressures were 17 in each eye and the doctor started talking about the need to have a procedure to lower my eye pressure. I told him I was going back to [Taoist] Tai chi to await. In April 2016 my pressures were 14 in each eye.” (*female, age range 40-59*)

Questions related to Home Care:

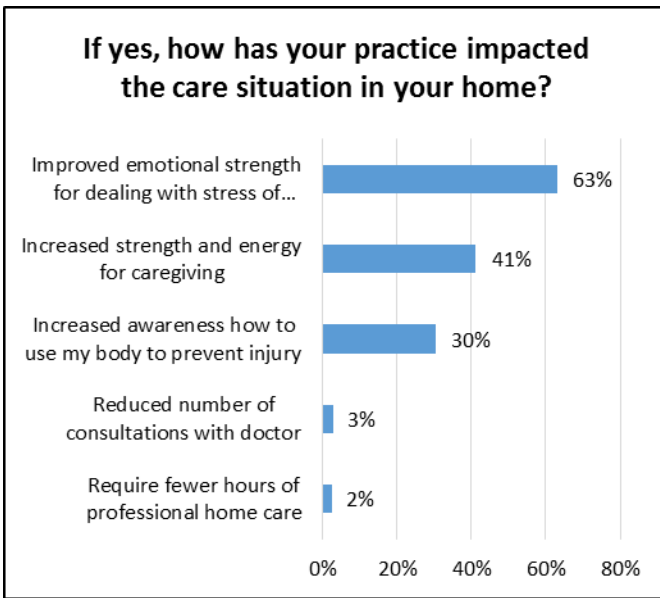
	Yes Responses
Do you require professional home care?	28
Do you require a family member/friend to provide you with care?	55
As a result of your practice, have you experienced any changes in your home care needs?	25

"I am losing Medicaid in-home care as I don't need it." (*female, age range 60-69*)

"I am able to do tasks at home more easily." (*female, age range 70-79*)

Are you a caregiver for a loved one?

Responses	Number	Percentage
Yes	330	11%
No	2,618	89%



“As an RN in a hospital; all of my patients are loved ones. Decrease compassion fatigue.” (*female, age range 20-39*)

“More patient with person who I help. More insight into others.” (*female, age range 60-69*)



“Love it! Not what I expected. Very happily surprised at how this gentle mode of exercise can make such a dramatic difference in the body - physically and emotionally. Thank you to all the volunteers who share & make it happen.”

(female, age range 40-59)