



Linda's T'ai Chi Weekly Handout March 27, 2022

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement (depletion of dopamine). Nearly one million Americans have this disease but it is not a disease that affects just the individual. It is a disease that affects the family as well.

Researchers at the Davis Phinney Foundation have conducted many studies to discern the effectiveness of T'ai Chi on mitigating the symptoms of Parkinson's Disease. In fact, there are numerous studies about T'ai Chi compared to other forms of exercise. There is evidence to suggest that T'ai Chi when performed on a regular basis shows improved stability, posture, wellbeing and decreased falls in PWP (People with Parkinson's). If T'ai Chi can help people with a neurological disease, imagine what it can do for all people who want to improve balance, posture and create a peaceful harmony both internally and externally.

One of the leading researchers is Dr Peter Wayne, Ph D who himself is a T'ai Chi practitioner and teacher. He is a proponent of T'ai Chi for all people but in particular for people with Parkinson's Disease. "I think of it as meditation on wheels," says Dr. Peter Wayne, director of research at the Osher Center for Integrative Medicine at

Harvard Medical School. (He's the author of *The Harvard Medical School Guide to T'ai Chi*, in which he references more than 600 academic papers on the health benefits of the practice.) "You're getting all the cognitive pieces you might get from meditation—mental clarity and focus and positive thoughts and lower stress—but you're also getting physical exercise."

One of our members of our Shibashi class is Wendy Miller. She is a person with Parkinson's Disease and is an esteemed Davis Phinney Ambassador to our community. Davis Phinney is one of the leading foundations that support and educate about the disease The Michael J Fox is another leading foundation whose mission is to find a cure. If you want to find out more about the disease, Wendy would love to talk with you. Let me know I will put you in touch with Wendy.

Read on for a Bio on Dr Wayne and a list of his research

Peace.

Linda

More about Dr Peter Wayne, Ph D

Dr Peter Wayne Ph. D is the Bernard Osher Associate Professor of Medicine in the Field of Complementary and Integrative Medical Therapies at Harvard Medical School (HMS), and serves as the Director for the Osher Center for Integrative Medicine, jointly based HMS and Brigham and Women's Hospital. He is a researcher and practitioner in the field of integrative medicine. The primary focus of Dr. Wayne's research is evaluating how mind-body and related integrative medicine practices clinically impact aging and chronic health conditions, and understanding the physiological and psychological mechanisms underlying observed therapeutic effects. He has served as a principal or co-investigator on more than 25 NIH-funded studies. His research has evaluated the impact of therapies such as T'ai Chi, acupuncture and chiropractic on diverse medical issues including balance disorders, Parkinson's disease, heart failure,

cancer, back and neck pain, migraine headaches and healthy aging. Dr. Wayne has more than 40 years of training experience in T'ai Chi and Qigong, and is an internationally recognized teacher of these practices. He is author of the [Harvard Medical School Guide to T'ai Chi](#), which received an Award of Excellence in Medical Communication by the American Medical Writers Association.

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