

# Health Benefits of Tai Chi Chuan



## ◆ Tai Chi Chuan uses Movement to boost Immune system function

According to the National Institute of Health (NIH), Tai Chi Chuan form may help older adults avoid getting shingles by increasing immunity. (Study done by Michael R. Irwin, M.D. 2007)

## ◆ Fluid Production and Chi Circulation improve immunity

Internal energy arts target two specific areas to boost immune function:

- ◆ Fluid production and mobilization
- ◆ Chi development and circulation

## ◆ Immune Response and Vital Life-force Energy

Techniques in Tai Chi Chuan are designed to affect the etheric field, wei chi field, and the deeper layers of the human energetic anatomy.

The **wei chi field** is the protective layer of chi that runs through the meridians in the fascia just below the skin and is the second energetic layer of defense. The wei chi field is directly connected to the **etheric field** and is the first energetic layer of defense. These two layers of chi are responsible for protecting us from the full spectrum of foreign invaders. The stronger your chi, the less likely you are of becoming affected or infected. Tai Chi Chuan allows for the free flow of fluids and energy (hydro-static energy and electrical energy of the body); chi, blood, immune and lymphatic fluids.

