

Research on Health Benefits of T'ai Chi Chih

Complementary use of **tai chi chih** augments escitalopram treatment of geriatric depression: a randomized controlled trial.

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*Google **Pub Med** and search 21308266*

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Tai Chi Chih An Exercise Option for Older Adults

Kevin J. Schaller, BSN, MSN

Journal of Gerontological Nursing, October 1996, 22(10), 12-17

"T'ai Chi Chih is safe and enjoyable form of exercise that may be ideal to maintain and improve physical function in older adults"

Mitigating Cellular Inflammation in Older Adults: Irwin MR, Olmstead R. A Sep 19. Randomized Controlled Trial of **Tai Chi Chih**. Am J Geriatric Psychiatry. 2011, Sept 19