Qigong und Taichi

Becker, M. u. a.: Qigong for school children – a controlled pilot study (Abstract), in: Forsch Komplementärmed 7 (2000), S. 38
Lee, M. S. u. a.: Effects of Qi-therapy on blood pressure, pain and psychological symptoms in the elderly: a randomized controlled pilot trial, in: Complementar Ther Med 11 (2003), S. 159–164
Li, F. u. a.: Tai chi and self-rated quality of sleep and daytime sleepiness in older adults: a randomized controlled trial, in: J Am Geriatr Soc 52 (2004), S. 892–900


Song, R. u. a.: Effect of tai chi exercise on pain, balance, muscle strength, and perceived difficulties in physical functioning in older women with osteoarthritis: a randomized clinical trial, in: J Rheumatol 30 (2003), S. 2039–2044


Tsai, J. C. u. a.: The beneficial effects of Tai Chi Chuan on blood pressure and lipid profile and anxiety status: a randomized controlled trial, in: J Altern Complement Med 9 (2003), S. 747–754

Verhagen, A. P. u. a.: The efficacy of Tai Chi Chuan in older adults: a systematic review, in: Fam Pract 21 (2004), S. 107–113

