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Tai Chi to Battle Parkinson?s Disease

In today's world, it seems that almost any topic is open for debate. While I was gathering facts for this article, I was quite surprised to find some of the issues I thought were settled are actually still being openly discussed.

There was a study that was recently published that there was a way to possibly slow down the progress of Parkinson's Disease through Tai Chi. Although, it doesn't necessarily promise a one-of-a-kind treatment to the disease, basically because Parkinson's disease is incurable, it is very effective and is recommended by neurologists after diagnosis.

Facts About Parkinson's

Parkinson's disease is a chronic, neurodegenerative disorder that is progressive. It is also called as "Shaking Palsy" or "Paralysis Agitans". Primary signs and symptoms of the disease would include rigidity, tremors, poor balance, bradykinesia or slow movement, and difficulty in gaiting. Parkinson's, in general, has no traced cause, in other words, unknown. Some says that it is caused by trauma or genetic factor but aside from that, there is still no known basis.

What happens in Parkinson's is that there is a certain degeneration of the dopamine receptors inside the brain. These nerve cells, which are responsible for producing dopamine, are affected thus resulting to the minimal or probably no production of dopamine. Dopamine is the one that sends signals to the muscles for proper movement and coordination. Without enough amount of dopamine inside the body, there will be no proper coordination of the different muscles in the body thus, different symptoms occur.

Because Parkinson's is a disease that can only be prevented, it will prevalent that, as the disease progresses, the person may experience trouble in talking, walking, and doing tasks that are simple. They may also have emotional problems like depression, anxiety, etc. Sleeping problems may also occur. These are some of the signs that the person's situation is getting worse.

One of the widely known risk factor of Parkinson's is old age. It begins at an age on or before the age of 60. Parkinson's is also a disease that is more common in men but there are also few incidences in women. It is also said that Parkinson's is hereditary.

You may not consider everything you just read to be crucial information about Tai Chi. But don't be surprised if you find yourself recalling and using this very information in the next few days.

Bad news is, since Parkinson's is a disease that affects the neurons of the brain, and neurons are cells that don't regenerate, there is no cure for the disease itself. Good news is, medicines can help lessen dramatic effects of the disease's symptoms.

Tai Chi and Parkinson's

Although Parkinson's disease is degenerative, it is surprisingly a slow progressive event in the life of old people. And because it will take years before the disease can overcome a person's entire system, there are several interventions that may help slow the progress of Parkinson's. That is why, Tai Chi can be very effective in slowing it even more.

With Tai Chi's elaborate movements in which 95% in the body works in connection with every system, it can enhance a person's well-being who is suffering from the disease. Tai Chi's movements can reduce a patient's gradual lose of coordination. It is said that Tai Chi is far more effective than any kind of sport or exercise that most medical experts suggest in battling Parkinson's.

Obviously, Tai Chi can be a very good reason to regain coordination and balance. Major universities have indicated that Tai Chi is twice as effective as other balance enhancing exercises in reducing falls. Upon the early diagnosis of Parkinson's, it is a must to be informed with the major benefits of Tai Chi.

It is effective enough to save the balance of someone before it gets wobbly or physically gets lost.

Now that wasn't hard at all, was it? And you've earned a wealth of knowledge, just from taking some time to study an expert's word on Tai Chi.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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