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## Can Tai Chi Keep Shingles at Bay?

The practice of Tai Chi, the graceful, slow-motion progression through a series of poses—some call it “moving meditation”—is known to build up strength, agility and balance. But shingles immunity? According to a study in the current edition of *Psychosomatic Medicine*, 15 weeks of Tai Chi seems to have helped protect a group of 18 elderly adults against the shingles virus (the same virus that causes chickenpox). One week after the study was completed, immune-cell levels increased an average of nearly 50% in those who practiced Tai Chi, while the control group showed no improvement. The results, which will need to be confirmed by larger studies, suggest that a little Tai Chi could be of great value to the elderly, since immunity to the shingles virus weakens with age. —S.S.

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