

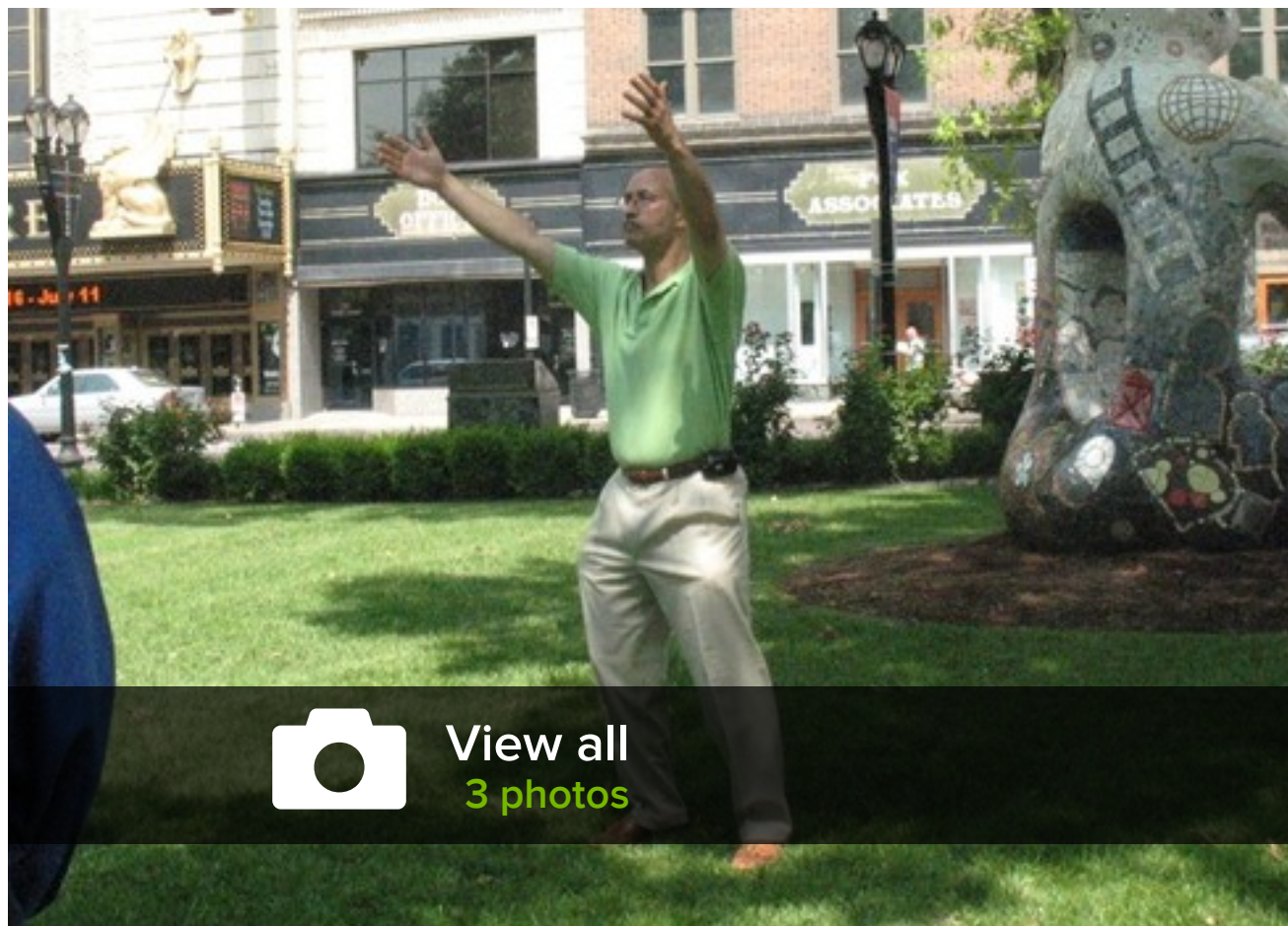
LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

Qigong relieves a panic attack faster than any medication

August 12, 2012

10:01 PM MST

[Dale J. Anderson](#), MD, is a prominent psychiatrist in St. Louis, Missouri and has been interviewed by local media on various topics. He is also an advanced [Tai Chi](#) practitioner. According to Dr. Anderson, Tai Chi/[Qigong](#) works faster than any medication can to relive a panic attack.



View all
3 photos

Dr. Dale Anderson practices Tai Chi.

Violet Li



Violet Li

Board certified in Psychiatry, Dr. Anderson has been in private practice since 1985. He has taught principles of psychiatric diagnosis and treatment at [Washington University](#) Medical School (St. Louis, Missouri), and has served as Medical Director of the Phototherapy Program for Seasonal Depression at [St. John's Mercy Medical Center](#). He has given numerous talks to physicians and general audiences, and has made appearances on local television, speaking on topics ranging from Winter Blues, "Batman and Grief Work" to "Depression and Heart Disease", and Empowered Parenting.

Dr. Anderson has studied Chen Style Hun Yuan Tai Chi and Qigong for years. He practices almost daily for health. When he was younger, both of his knees experienced torn cartilage and resulting in several surgeries. From time to time, he has knee pain. He noticed that after one hour of Tai Chi/Qigong practice, his knee pain would abate. Sometimes his sore throat would go away after practice, so do other health issues, e.g. headache.

Even though Dr. Anderson has been extremely busy taking care of patients, he was very gracious to share his knowledge of how Tai Chi/Qigong can benefit people in a recently released [Tai Chi 24](#) DVD. In the DVD, Dr. Anderson said that Tai Ch/Qigong is a very effective way to bridge the conventional way of combating [stress](#)-related illness, such as headache and muscle aches. Tai Chi/Qigong is a set of meditative movements that can relax people's mind and body. Dr. Anderson mentioned that some of his patients came into the office with panic attacks, he would lead them through a sequence of a Qigong exercise, called Kuan Ji Fa, and then the patient would be relieved from the attack. He said it takes less than half of the time for any medication to take effect. You can see him demonstrate this simple Qigong regimen in the video on the left.

Besides treating stress, Dr. Anderson said that there is a growing body of evidence showing that Tai Chi/Qigong has great health benefits. He cited a recent study published in *Diabetes Care* <http://care.diabetesjournals.org/> showing how it helps diabetic patients. He also mentioned that Tai Chi/Qigong helps to lower blood pressure. Tai Chi is also recommended as an adjunct method for cancer patient care. The Arthritis Association recommends Tai Chi as a form of exercise for Arthritis patients. Tai Chi is also great for improving balance. He also thinks that Qigong and Tai Chi have far more reaching benefits than what we know of at this point.

Tai Chi 24 is a collaborative effort by 20 Tai Chi/Qigong instructors in St. Louis. It was sponsored by the Missouri Botanical Garden's 2012 Chinese Cultural Days, but all participating instructors along with the entire production crew volunteered their time and knowledge to complete this professionally made teaching DVD to promote Tai Chi and Qigong. To make this DVD more valuable, the DVD includes a section of the medical benefits of Tai Chi and Qigong. Besides Dr. Dale Anderson, Dr. Shawn Tucker of physical therapy, Dr. Paul Lee of chiropractics and research scientist Dr. Gammon Earhart of Washington University also shared their knowledge on the subject.

If you are interested in this DVD, you can purchase it either at the Missouri Botanical Garden's Gift Shop or Dayou Online Books http://dayoubooks.com/DVD_and_VCD.html. All proceeds of the DVD sale will go to non-profit Chinese Culture Education Service to benefit future Chinese Cultural Days programs.

Subscribe to this column to get reviews, recaps, and latest news regarding Tai Chi, Qigong, health and martial arts sent directly to your inbox. If you enjoyed this article **please click the social media links above and to the left to share it with your friends**. You can also **subscribe to my page on Facebook here**. You can also **follow me on Twitter**.

SUGGESTED LINKS

- **Is Chen Tai Chi bad for the knees?**
- **A top doc recommends Tai Chi for pain relief**
- **A lonely walker**
- **Dr. Elinor Greenberg discovered Tai Chi through falls**
- **2012 Tai Chi Gala was a magnet for internal martial artists**



Violet Li

St. Louis Tai Chi Examiner

