



Evidence-Based Complementary and Alternative
Medicine

Special Issue on
Tai Chi, Yoga, and Qigong as Mind-Body Exercises

CALL FOR PAPERS

Mind-body interventions or exercises may improve body function and health since nervous system affects endocrine system and immune system while performing these mind-body (MB) exercises. Tai Chi, Yoga, and Qigong are considered the most popular MB exercises, ranked by the 2002–2012 National Health Interview Surveys as the top three of the 10 most common complementary health approaches in practice.

As mind may affect our body and health, this special issue will focus on the evidences and mechanism how Tai Chi, Yoga, and Qigong may affect or improve physical and mental health of different populations. Therefore, this special issue welcomes papers reporting the research results of using Tai Chi, Yoga, or Qigong (human experimental studies, clinical trials, meta-analysis, or literature review) that explore the efficacy and effectiveness of MB exercises in improving, enhancing, or strengthening integrative health and well-being in relation to functional outcomes or clinical benefits after these interventions.

Potential topics include, but are not limited to:

- ▶ For motor control and balance, strength, flexibility, and proprioception
- ▶ For pain reduction and pain management
- ▶ For stress and anxiety reduction, lowering blood pressure and stress hormone levels, and posttraumatic stress disorder
- ▶ For cardiovascular function and vital signs
- ▶ For joint replacement rehabilitation and muscle myalgia
- ▶ For insomnia, sleep disorder, and sleep hygiene
- ▶ For any physical and/or mental health improvement

Authors can submit their manuscripts via the Manuscript Tracking System at <http://mts.hindawi.com/submit/journals/ecam/tcyq/>.

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