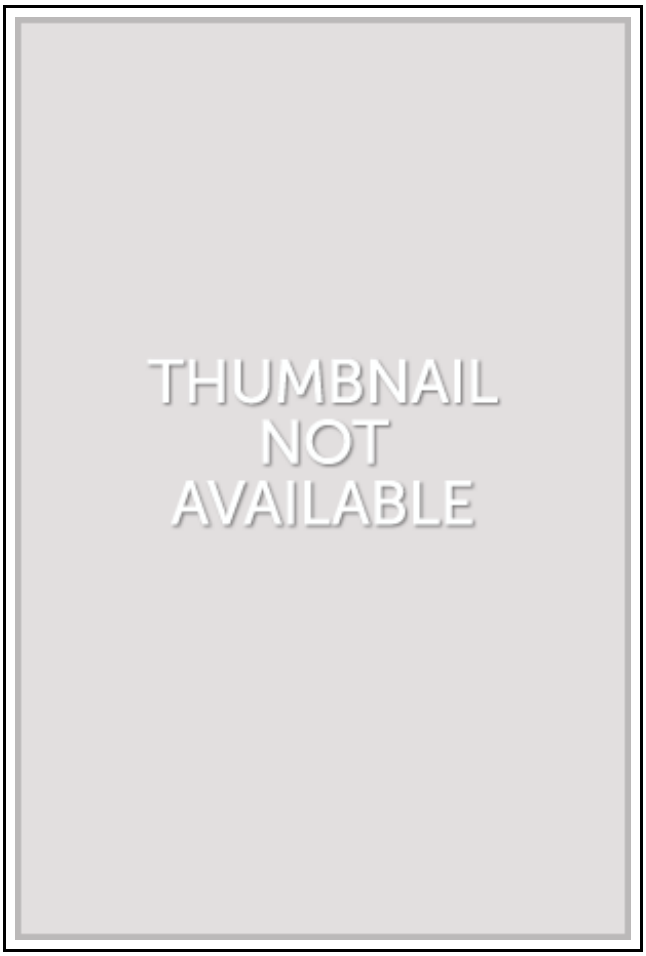
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METAROBICS: A NEW EVOLUTION IN HEALTH AND FITNESS (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. abridged edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Metarobics - A New Evolution in Health and Fitness - Mini Book presents an overview of groundbreaking research on what will become a new field of exercise, as well as implications for cancer, abridged from Tai Chi Therapy - The Science of Metarobics. Exercises such as Tai Chi are not fast paced enough to be considered aerobic forms of exercise. Yet benefits are reported for a wide range of chronic conditions. Metarobic theory documents physiological effects on chronic disease, in what will become a new field of exercise. The theory of Metarobics is based on observations that slow moving exercises such as Tai Chi, being neither aerobic nor anaerobic, must utilize a unique mechanism of action. Research is presented supporting that the wide range of benefits for chronic disease is related to unique effects on enhanced blood oxygen saturation and diffusion. Evidence is presented which supports benefits for hypoxia (oxygen deficiency in the tissues), which is implicated in a surprisingly wide variety of chronic conditions (including cancer, heart, lung and kidney disease, immunity, chronic pain, diabetes and more). Metarobics - A New Evolution in Health and Fitness, presents a new component which could supply the missing element in total health and immunity, to make a person as free from illness, degenerative disease and cancer as it is possible to get. Over forty-five years ago, running was almost the sole domain of track and field. This book has the potential to do for Tai Chi what Dr. Ken Cooper s book Aerobics did for running and the aerobic industry, by bringing wider awareness to a group of exercises with unique physiological effects on the body. Case...

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