

World Congress on
EPILEPSY AND BRAIN DISORDERS

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Adriaan Du Plessis

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Alternative treatment(non medical): This will include cognitive behaviour and relaxation

Tai Chi is a martial art that was developed in the 13th century and is based on the inspiration of a fight between a crane and a snake. It combines deep breathing and relaxation techniques with slow and gentle movements while maintaining good postures. The benefits of Tai Chi and Karate with patients that are having Epilepsy is that it improves their balance, strength, flexibility. It is a good elevation of mood, improvement of sleep and the reduction of depression and anxiety. Martial Arts such as Karate and Tai Chi are practiced not only for self-defence but also for health benefits. Continuous practice of these martial arts forms improves the mind and the body in a holistic manner. It improves co-ordination, memory and concentration, that helps to reduce stress and decrease anxiety. By practising one or both of these martial art forms on a daily basis, for up to 30 minutes, will help to reduce the incidences of a seizure. It also contributes towards a workable seizure control technique for mild Epilepsy. These martial art forms help patients to have fewer muscle pains and better oxygen flow throughout the body. By exercising Tai Chi and Karate it helps and teaches the patient on how to meditate. This is a very important part because it promotes neurogenesis within the hippocampus, that has a positive influence on the mental health of the patient. Although there are many forms of practising meditation, it should still be done under supervision.

Biography

Adriaan is the director of Nulife Counseling and Wellness Centre, Johannesburg, South Africa. As an experienced business owner with a degree in Psychology and several other qualifications and a history of working in the Management, Human Resources and Consulting industry. He has skilled himself in disciplines of counseling; Pre- and post married counseling, Trauma Counseling, Divorce counseling, Pastoral counseling, HIV & Aids counseling. He started in 2016 with Chronic illness counseling for patients with RA, Arthritis, Epilepsy, Cancer & Diabetes. He has been skilled in the field of training. Adriaan does not only focus on the Psychological side and personal growth of the individual, but also on the individual in the workplace. He conducts group training and personal training from Supervisors level till top Management. With 30 years of training and being skilled in the field of Martial Arts, Adriaan makes use of Karate and Tai-Chi, not only in conducting training classes for all ages, but also as alternative treatment for individuals with Arthritis, ADHD and Epilepsy.

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