

Qigong: Benefits, Research, Remarkable Recoveries

Prior to reading this information, you may not have considered the considerable health benefits of qigong. It may be a strange name and a practice that is unknown to you. However, I have found that it can be a significant addition to any health protocol; especially those that are more chronic and serious (even life-threatening). If you are interested in learning some qigong practices after learning more about it, give me a call. It is not something you learn in a session, but you can benefit with a few lessons and just a few moments of daily practice. Be advised, however, that the more serious your condition, the more you will want to learn and the more you will be urged to practice.

But first, read on...

Qi, pronounced "chee," means "life force" in Chinese; "gong" means work or self-discipline. "Qi-gong," or "life-force exercise," is a popular and inexpensive daily ritual for over 80 million people in China. In Chinese medical theory, qi, or life energy, is said to flow through the body via a series of "meridians" or channels. A weakness or blockage in any one of these meridians can lead to illness. Qigong exercise, like the other Chinese healing arts of herbs and acupuncture, is thought to enhance the flow of qi through the body, balancing the push and pull of the opposing "yin" (passive) and "yang" (active) forces that exist in all living organisms.

A number of scientific studies have shown that, if not miraculous, regular qigong practice can greatly alleviate pain.

In 1995, Dr. Wen-Hsien Wu of the New Jersey College of Medicine and Dentistry, received the first National Institutes of Health grant to study the clinical effects of qigong. Wu's subjects were afflicted with a rare and painful illness called reflex sympathetic dystrophy, which makes the nerve endings of the skin so hypersensitive that putting on a pair of socks is said to feel like being cut with razor blades.

Dr. Wu's research proved highly effective: Within months, his subjects' excruciating pain was reduced to a manageable level for the first time in years. Their mobility increased, and they were able to resume normal activities.

Similar studies have shown qigong to be effective in managing and alleviating severe back pain and hypertension. A number of recent studies have shown that medication is more therapeutic when accompanied by qigong exercise. And in China medical researchers have inhibited cancer growth in mice and substantially improved the general physical condition of advanced cancer patients using emitted qigong.

As little as 10-15 minutes a day over a period of months can greatly enhance one's well-being, according to qigong experts. But it is important to practice daily. For more serious conditions, qigong is often practiced for many hours each day. However, there are many ways to cultivate Qi and help the body martial resources to heal. Some of these are mentioned on this website.

It is true that there are many teachers of qigong who have devoted their lives to sharing methods and instruction they, themselves, learned from their teachers who learned from previous generations that passed on the wisdom of various schools that developed over the centuries. Also, some teachers have more experience than others introducing qigong to

Western hospitals and medical settings. While in one of the first schools of acupuncture to become a college, I studied and practiced Tai Chi over the course of twelve semesters and added additional practice in qigong. I do not claim to be descended from qigong masters, but I have spent years legitimately studying this healing art and combine it with many authentic, evidence-based and studied Western and Eastern healing strategies.

As mentioned earlier, there are various levels and intensities of practice. Everyone can benefit with just a few minutes each day. Those whose medical conditions are more chronic and more serious are advised to devote more time to its practice as part of a protocol integrating the best of conventional medical treatment with well-researched non-pharmaceutical, non-allopathic approaches.

Here are some of the studies that have been published. More research is ongoing in the treatment of cancer, fibromyalgia, depression, anxiety, fatigue, arthritis, hypertension, headaches, chronic pain, geriatric complaints of weakness, loss of balance, and cognitive decline. More research in other areas is under design.

Prior to reviewing the studies listed below, I invite you to read the biography of one of the leading qigong researchers:

As always, copy and paste the web address when necessary.

<http://medschool.umaryland.edu/FACULTYRESEARCHPROFILE/viewprofile.aspx?id=9581>

- [A Pilot Study of External Qigong Therapy for Patients with Fibromyalgia](#)(PDF 181KB)
An article by Kevin Chen, et. al. Originally published in: Journal of Alternative and Complementary Medicine (2006) Vol 12, No. 9
- [Qigong - Energy Medicine for the New Millennium](#)(PDF 72KB)
An article by Tom Rogers, Vice President of the Qigong Institute
- [Multifaceted Health Benefits of Medical Qigong](#) (PDF 69KB) - by Kenneth M. Sancier PhD and Devatara Holman MS. MA. LAc Originally Published in: Journal of Alternative and Complementary Medicine (2004) Vol 10, No. 1
- [Electrodermal Measurements for Monitoring the Effects of a Qigong Workshop](#) (PDF 574KB)- by Kenneth M. Sancier PhD. Originally Published in: Journal of Alternative and Complementary Medicine (2003) Vol 9, No. 2
- [Anti-Aging Benefits of Qigong](#) - by Kenneth M. Sancier PhD. Originally Published in: Journal of the International Society of Life Information Science,14 (1) 12-21 (1996).
- [Integrative Tumor Board: Advanced Breast Cancer](#) (PDF 124KB) by Kevin papers Ph.D. and Binhui He
- [Review of Qigong Therapy for Cancer Treatment](#) (PDF 531KB) by Kevin Chen Ph.D. and Raphael Yeung Originally Published in: Journal of the International Society of Life Information Science,20 (2) 2002.
- [A Preliminary Study of the Effect of External Qigong on Lymphoma Growth in Mice](#) (PDF 1,381KB) by Kevin Chen Ph.D., Samuel C. Shiflett, Nicholas M. Ponzio, Binhui He, Deborah K. Elliott and Steven E. Keller. Originally Published in: Journal of Alternative and Complementary Medicine (2002) Vol 8, No. 5, pp. 615-621.
- [The Wonders and Mysteries of Qi](#) (PDF 138KB) A book Review by Kevin Chen Ph.D. Originally Published in: Journal of Scientific Exploration. 2002;16(3)

- External Qigong Therapy for Chronic Orofacial Pain (PDF 134KB) by Kevin Chen Ph.D., Joseph J. Marbach D.D.S., Robert Wood Johnson Medical School. Originally Published in: *Journal of Alternative and Complementary Medicine* (2002) Vol 8, No. 5, pp. 532-534.
- Use of Qigong Therapy in the Detoxification of Heroin Addicts (PDF 153KB) by Kevin Chen Ph.D., Ming Li, Zhixian Mo M.D. Originally Published in: *Alternative Therapies*, Jan/Feb 2002, Vol. 8, No. 1.
- Exploratory Studies of External Qi in China (PDF 227KB) by Kevin Chen Ph.D. and Zhongpeng Lin Originally Published in: *Journal of the International Society of Life Information Science*, 20 (2) 2002.
- THE EFFECT OF QIGONG ON THERAPEUTIC BALANCING MEASURED BY ELECTROACUPUNCTURE ACCORDING TO VOLL (EAV): A PRELIMINARY STUDY (PDF 595KB) by Kenneth M. Sancier PhD. Originally Published in: *Acupuncture & Electro-Therapeutics Research, International Journal*. 1994; vol.19
- Medical Applications of Qigong and Emitted Qi on Humans, Animals, Cell Cultures and Plants: Review of Selected Scientific Research (PDF 905KB) by Kenneth M. Sancier PhD. and Bingkun Hu PhD.; Published in *The American Journal of Acupuncture* Vol. 19, No. 4, 1991
- Qigong and Neurological Illness (PDF 150KB) by Kenneth M. Sancier; Published in *Alternative and Complementary Treatments in Neurologic Illness*. By Michael I. Weintraub,, Chapter 15, pp 197-220 (2001), and reprinted with the permission from Elsevier.
- Search for Medical Applications of Qigong With the Computerized Qigong Database? (PDF 84KB) by Kenneth M. Sancier PhD.; Published in: *Journal of Alternative and Complementary Medicine* (2001) vol. 7, No. 1, pp. 93-95.
- Therapeutic Benefits of Qigong Exercises in Combination with Drugs (PDF 149KB) by Kenneth M. Sancier PhD. Originally Published in: *Journal of Alternative and Complementary Medicine* (1999) Vol 5, No. 4, pp. 383-389.
- Medical Applications of Qigong (PDF 661KB) by Kenneth M. Sancier PhD.; published in "Alternative Therapies January, 1996, Vol 2. No.1.
- An Analytic Review of Studies on Measuring Effects of External Qi in China (PDF 169KB) Kevin Chen, Ph.D. MPH; Originally Published in *Alternative Therapies*. July/Aug 2004, VOL. 10. No.4.
- A Case Study of Simultaneous Recovery From Multiple Physical Symptoms with Medical Qigong Therapy
Kevin Chen, Ph.D. MPH; Originally Published in *Journal of Alternative and Complementary Medicine* (2004) Vol 10, No. 1.