Qigong Treatment

# Qigong

Qigong is a combination of two ideas:

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| Qi character | "Qi" (pronounced chee), means air, breath of life, or vital energy that flows through all things in the universe. |
| Gong character | "Gong" (pronounced gung, as in lung) means the skill of working with, or cultivating, self-discipline and achievement. |

Together, Qigong means the skill of cultivating vital energy,

or the ability to work with the electromagnetic energy of the

body.

Qigong is a mind-body practice that improves one's mental and physical health by integrating postures, movement, breathing techniques, and focused intention.

### ****Medical Qigong****

Medical Qigong is an ancient form of Chinese energetic medicine, and is one of the four main branches of Traditional Chinese Medicine (TCM), along with acupuncture, herbal medicine, and medical massage. As with the other "Branches" of TCM, healing occurs through balancing qi or electromagnetic energy which surrounds and pervades all living creatures.

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| Lung_meridian_173x75 |
| **Acupuncture points**  Concentrations of the body’s energy can be found along channels’. |

Disruptions in the electromagnetic energy of the body occur throughout our lifetime as a result of poor diet, sedentary lifestyle, injuries, surgery, suppression of emotions, and aging.

The goal of qigong is to correct these bio-energetic imbalances and blockages. This enables the body to strengthen and regulate the internal organs, the nervous system and the immune system, relieve pain, regulate hormones, and strengthen and release deep-seated emotions and stress.

Medical qigong therapy consists of treatment by a practitioner to regulate the client's qi. After the treatment the client will be given qigong prescriptions to assist in their ongoing healing. Tailored specifically to the clientmedical qigong exercises use physical movement, breathing methods and mental intention to correct and restore the function in the body.

Medical qigong is a complete system of health care that recognizes the root causes of symptoms or disease, and treats the client as a whole. Practiced as an excellent adjunct to Western medicine, Chinese medicine may successfully treat people with conditions which Western medicine finds resistant or ambiguous.

In China and more recently in the United States, doctors have applied qigong in hospitals and clinics to treat individuals suffering from a variety of ailments. Medical qigong therapy and prescriptions can be used to treat people with cancer and help reduce or eliminate side effects from radiation and chemotherapy. It will help in treating cerebral palsy, multiple sclerosis, Parkinson disease and post-stroke syndrome. It is especially useful in treating any kind of chronic pain, and chronic disorders of the digestive, respiratory, cardiovascular and nervous systems.

Medical Qigong therapy is the eldest therapeutic modality of Chinese medicine. It is a comprehensive system of health care addressing the root cause of symptoms or disease, and treats the client as a whole.

The practitioner, drawing upon their ability to sense and manipulate energy developed through dedicated study and self-cultivation, uses qi emission and/or teaches medical qigong exercises and meditations based upon a differential diagnosis rooted in Chinese medical theory to restore health and wellness.

Practiced as an excellent adjunct to Western medicine, Chinese medicine may successfully treat conditions which Western medicine finds resistant or ambiguous

Like any other system of health care, qigong is not a panacea but a highly effective health care practice. Many health care professionals recommend qigong as an important form of complementary and alternative medicine.

In practicing complementary and alternative medicine, we seek to support the care of your existing physician, therapist, or acupuncturist.

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### Benefits of Qigong

Qigong’s great appeal is that anyone can enrich their lives by adding qigong to their daily routine, regardless of ability, age, belief system, or life circumstances. Qigong exercises enable people to feel and perform better and have higher levels of energy and stamina.

People practice qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.

Qigong exercises properly practiced can:

* Improve physical strength and energy
* Help to relieve pain, illness, and physical problems
* Maintain and improve your state of physical fitness and mental well being
* Provide a feeling of calm, comfort, balance, and rejuvenation
* Aid in increasing longevity and overall good health

Qigong may reduce or eliminate symptoms for conditions which allopathic medicine

find resistant or ambiguous.

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### ****Types of Qigong****

In qigong, the use of breath work with individual physical movements, creative visualization, and perceptual intention are combined to focus on a specific purpose. This purpose or goal determines the specific type of exercises you choose to practice.

Regardless what type of qigong you practice, martial, medical, or spiritual, you'll find that type of qigong will have other benefits. Practicing martial qigong will benefit your health and enhance your spirituality; medical qigong may include the practice of discharging or emitting qi (for healing rather than martial purposes); spiritual qigong practice can enhance both martial skills and health.

The three major qigong disciplines:

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| **yin_yang_palm_50x103** |
| Yin Yang Palm Exercise |

#### ****Martial or Sports Qigong****

Qigong practice can improve performance in the martial arts or any other sport. Chinese martial artists designed or helped to improve many qigong techniques as they looked for ways to increase speed, stamina, and power, improve balance, flexibility, and coordination, and condition the body against injury. Qigong exercises can improve performance in any sport, improving the golf drive, tackling ability in football, accuracy in tennis, and stamina in swimming.

#### ****Medical Qigong****

Medical qigong therapy and prescriptions combine the use of breath work with individual physical movements, and mental intention. The goal of qigong is to correct the electromagnetic imbalances enabling the body to strengthen and regulate the internal organs, the nervous system, and the immune system relieve pain, regulate hormones, strengthen and purge deep-seated emotions and stress. Medical qigong therapy offers clients a safe and effective way to help rid themselves of many years of electromagnetic disruptions in this body caused by injuries, surgery, chemical and environmental influences, emotional changes and aging.

In China and more recently in the United States, doctors have applied qigong in hospitals and clinics to treat individuals suffering from a variety of ailments. Medical Qigong therapy and prescriptions can be used to treat people with cancer and help reduce or eliminate side effects from radiation and chemotherapy. It will help in treating cerebral palsy, multiple sclerosis, Parkinson disease and post-stroke syndrome. It is especially useful in treating any kind of chronic pain, and chronic disorders of the digestive, respiratory, cardiovascular and nervous systems.

Medical qigong can be divided into two methods of application internal qigong or self treatment and external qigong or qi emission.

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| roll_the_ball_50x94 |
| Rolling the Ball |

* **Internal Qigong or Self Treatment:** Internal qigong is a major part of

qigong therapy. This form of qigong is practiced by oneself to achieve a specific purpose. A form of psycho-physiological self-regulation, internal qigong regulates the qi of the body for the purposes of harmonizing our internal energy systems for health enhancement and disease prevention. Typically, these are simple breathing and movement exercises or seated meditations.

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| Bellows_palms_92x118 |
| Guiding the Qi using Bellows Palm |

* **External Qigong or Qi Emission:** External qigong refers to the process by which qigong practitioners direct or emit their qi to others to purge and release toxic emotions from within the body's tissues, eliminate energetic stagnations, as well as tonify, and regulate the internal organs, immune system, and energetic fields. The practitioner may touch areas on the other person's body or simply pass his hands over the body.   
    
  When patients are ill and their own level of qi is very low or stagnant, receiving qi from a qigong practitioner can prove to be a powerful stimulant toward recovery. Generally, however, people who receive external qigong from a qigong practitioner, simultaneously do their own internal practice.

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| quiescent_meditation_73x79 |
| Quiescent Meditation |

#### ****Spiritual Qigong****

This practice takes the form of meditation, including moving meditation as well as stillness. As a spiritual discipline, qigong leads to self-awareness, tranquility, and harmony with nature. The spiritual aspect of qigong evolved from Taoism and Buddhism.

## Medical Qigong Sessions

A Medical Qigong session is approximately one hour. Initial sessions may be longer.

## Evaluation

At this time the practitioner makes observations to determine the physical, emotional, and energetic condition of the client. Based on this information the practitioner will formulate a treatment protocol.

## Treatment

Qi can pass through air and clothing, so there is no need to

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| pushing energy |
| A treatment using Pushing Energy. |

disrobe. The practitioner often works about a foot away from the client's body, and sometimes lightly touches

the client to guide and manipulate the movement of Qi. The client may feel varying sensations as the Qi moves, such as warmth, tingling, coolness, vibration, and sometimes twitching as the stagnant energy releases.

Generally, clients find the treatments extremely relaxing and rejuvenating. Sometimes clients may become aware of uncomfortable emotions that have been suppressed and have an emotional release either during or after the treatment. As one of the primary goals of Medical Qigong therapy is to release toxic emotions from within the body's tissues, having an emotional release is extremely beneficial to one's psychological and physiological well-being.

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| rolling the ball |
| Rolling the Ball |

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## Prescriptions

After the treatment the client will be given Qigong prescriptions to

assist in their ongoing healing. These Medical Qigong exercises and meditations are tailored specifically to the clients, similar to an acupuncturist prescribing healing herbs or a medical doctor giving a pharmaceutical prescription.

### Therapeutic Touch Can Change the Human Energy Field

**Richard H. Lee**

This study shows that healing methods similar to Therapeutic Touch can change the Human Energy Field.

In its April 1, 1998 issue, JAMA published a fourth grade science project which was claimed that Therapeutic Touch was ineffective because practitioners could not accurately determine whether a nine-year-old girl's hand was close to theirs. A far more accurate test of effectiveness of Therapeutic touch (External Qigong) involves measuring, not the ability to sense a human energy field, but rather, to change a human energy field.

### Measuring Qi

**ChiExplorer.com**

This site references a group, most of which were physicians, chiropractors, massage therapists, or researchers who went to China to discover whether qi is real. In the experiments they used Kirlian photography, EEG, and an infrasonic microphone to measure qi.

### How Chi Gong Works on Cancer

**Paul Dong**

This article discusses the effect of many different forms of qigong (chi gong) on cancer and various other diseases. I disagree with the author's statement, "the use of qigong cancer treatment in China originated with Ms. Guo Lin." Although she may have helped popularize the use of qigong in the general population, qigong has been used for centuries for many ailments including cancer.

An experiment that demonstrates the effectiveness of qigong: Test tubes filled respectively with coliform bacillus and dysentery bacteria, golden and white staphylococcus, and virus were handed over one by one to a qigong master, who held each of the tubes firmly in his hand for a minute to release external energy (qi) at it. A projector displayed the image of each experimental sample on a screen. Under an electronic microscope, the bacteria were shown to be expanding, cracking, and dissolving, being killed by qigong.

### Qigong Research

**Kenneth Cohen**

The author reviews selected scientific studies of medical applications of Chinese qigong. The experiments cited in these studies may be broadly divided into two categories:

* Measuring the effects of self-healing exercises on the course of an illness (hypertension and cancer).
* Measuring the effects of external qi healing on disease.

### Therapeutic Benefits of Qigong Exercises in Combination with Drugs

**Kenneth M. Sancier, Ph.D.**

The therapeutic role of qigong exercises combined with drugs is reported for three medical conditions that require drug therapy for health maintenance: hypertension, respiratory disease, and cancer. In these studies, drugs were administered to all patients who were divided into two groups, a group that practiced qigong exercises and a control group that did not. Taken together, these studies suggest that practicing qigong exercises may favorably affect many functions of the body, permit reduction of the dosage of drugs required for health maintenance, and provide greater health benefits than use of drug therapy alone.

### Medical Applications of Qigong

**Kenneth M. Sancier, Ph.D.**

This article reviews selected scientific studies of medical applications of Chinese qigong. The intention of the review is to outline research on qigong and its potential for improving health care in Western countries. The review centers on clinical and experimental studies to show that qigong exercise can beneficially affect many functions of the body and improve health. The studies were selected to illustrate the following points: medical applications of qigong are diverse, some studies were conducted in depth, and many applications hold promise to improve western health care

### Medical Qigong: Therapy and Surgery

**Jerry Alan Johnson, Ph.D., DMQ**

Medical qigong therapy is useful for treating patients before, during and after surgery. Qi emission can be used in order to reduce the patient's bleeding, enhance the immune system, minimize the risk of infection, strengthen the body, and accelerate the recovery rate. Medical qigong modalities are involved in the following aspects of operative therapy: preoperative therapy, surgery, postoperative therapy, follow-up therapies and remedial prescriptions.