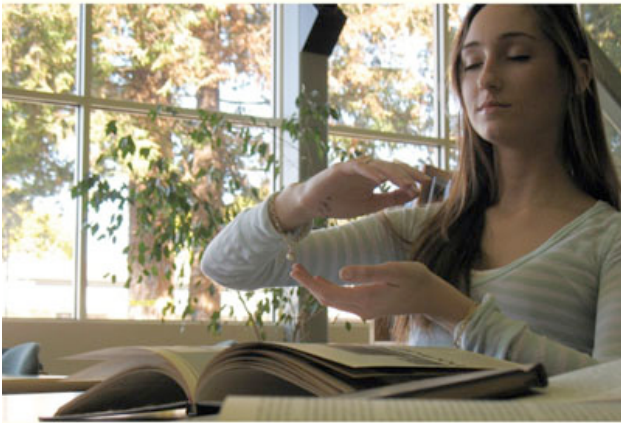


WWW.QIGONGINSTITUTE.ORG

The Qigong Institute (QI) is a 501(c)(3) non-profit organization dedicated to promoting medical Qigong via education and research; improving healthcare by integrating Qigong and Western medicine; and making available information on Qigong, especially as developed in China, to medical practitioners, scientists, the public, and policy makers.

find your chi



Qigong.
stop.breathe.relax.

What is Qigong?

The word Qigong (chee-gong), translated as 'Energy techniques' or 'Energy Skills,' refers to the ancient Chinese internal arts used for over 5000 years to promote health, emotional happiness and spiritual development. These methods combine movement or postures, breath or mantra, and mind-intention to balance and enhance one's vital, life-energy. It has been popularly referred to as Chinese yoga and moving meditation. These methods formed the early root of Chinese medicine and are still considered an integral part of modern Chinese medicine, along with acupuncture, acupressure, and herbal medicine. Today, millions of people practice Qigong in China and around the world to successfully treat a myriad of diseases, to improve general health, support longevity, and to promote psycho-spiritual growth and happiness. Most notably, Qigong practice can provide profound relief to stress and strongly enhancing immune function. Current data published by the US Department of Health and Human Services states that some 70% of diseases reported in the US today are totally preventable. In a time when healthcare options appear ever more limited, the increased awareness and use of Qigong is great news. These energy methods provide us with the skillful means to assume greater responsibility for our own health, and to and achieve real benefits for our body, mind, and spirit.

The Problem: Sustainable Health Care

"US health care costs stem from an overdependence on high-tech allopathic medicine and pharmaceuticals that treat symptoms; the bureaucracy and paper work of dealing with numerous insurance companies; the threat of malpractice lawsuits; and greed. The current US health care system is set up to make profits for investors rather than to heal... [we] must accept responsibility for our health by making health-promoting choices daily and seeking true preventative care that assists the body's innate healing ability. Therapies other than drugs and surgery need to be available through Medicare and insurance plans... The current system in the US depends upon sickness and high-tech solutions in order to make a profit. Our very economy is dependent upon the health care industry as it now stands. A November 2006 article in BusinessWeekOnline says that '...health care has become the main American job program for the 21st century, replacing, at least for the moment, all the other industries that are vanishing from the landscape.'" Robert J. Zieve, MD in The Townsend Letter (www.townsendletter.com) - February/March 2007.

The Solution: Qigong

The most profound medicine is not at the hospital, pharmacy, or doctor's office. It is produced within us through the balance and harmony of physiology, mind, and spirit. All of the necessary components of self-healing have been in place within us since the beginning of the human race. Both ancient and contemporary philosophers have pointed to our naturally occurring self-healing capacity and contemporary science has confirmed the spontaneous function of self-repair and self-restoration. Qigong that can be done anytime, anywhere to reduce stress and activate the healer within each one of us -- and best of all, it's free! Reducing stress is an extremely important skill, given that the American Institute of Stress lists stress as America's #1 health problem and that 75 - 90 percent of visits to primary care physicians are stress related.

"There is the widespread belief in our culture of the technological fix. This extends especially to drugs that are used to address chemical imbalances. In the meantime, prevention, nutrition, exercise, healthy living habits, and self-healing have been de-emphasized or discarded. Just a few of the consequences of this are a dramatically over-weight population and degenerative diseases that have replaced infectious diseases as the most pressing health issues...Adverse drug reaction is a leading cause of diseases and death. Chemical cures are still unpredictable. In spite of their 'precision' dosages, there is insufficient research on what else is going on in other parts of the brain and body when these drugs are administered...Some non-energetic conventional remedies are widely used, and even reimbursed by insurance companies, but have not been proven to be medically or cost effective and have side effects that can be harmful." Tom Rogers, President Qigong Institute

Qigong and Energy Medicine Database™

Since about 1980, extensive clinical and experimental research on medical applications of Qigong have been carried out by scientists in China. Most of these studies are reported only at international conferences, and only a few are published because suitable scientific journals are not available in China. The Qigong and Energy Medicine Database™ is a compilation of references and abstracts in English to most of these studies as well as to recent reports in scientific journals, books and Medline. The Qigong and Energy Medicine Database™ provides the only record in English of the vast amount of research on Qigong from China as well from other countries. Now one source can be searched for thousands of references in English to study clinical and experimental research on Qigong from the original sources. The Database is available on CD from the Qigong Institute, or it can be searched online on the Qigong Institute's website.

Qigong is not just a physical exercise system or a healing technique; it is a way of being. The media and health care industry would label Qigong "alternative medicine". However, what is really "alternative" medicine: Drugs and technology, or naturally enhancing your body's health, vitality, and disease prevention capabilities?

Qigong Institute Research

In addition to the Qigong and Energy Medicine Database™, The Qigong Institute has published over thirty original research papers on Qigong, promotes Qigong dissertations, and sponsors Qigong research. Original research includes such papers as 'Anti-Aging Benefits of Qigong', 'Review of Qigong Therapy for Cancer Treatment', 'Use of Qigong Therapy in the Detoxification of Heroin Addicts', 'Qigong and Neurological Illness', 'Therapeutic Benefits of Qigong Exercises in Combination with Drugs', 'Medical Applications of Qigong', and 'Multifaceted Health Benefits of Medical Qigong'. Current projects include translation into English of Qigong research and a Qigong textbook from China, as well as the review of literature on Qigong therapy for diabetes and mental health.

Donate to the Qigong Institute - Support Qigong Education and Research

The Qigong Institute's income derives from several sources: membership, sale of the DVDs of lectures, the Database, and donations. It is operated exclusively by a volunteer staff. The goals and activities of the Qigong Institute are achieved with the help of many volunteers and the support of people interested in Qigong. Please help us continue our efforts to make the merits of Qigong known the medical practitioners, scientists, policy makers, and the public. Contributions and memberships help. The annual fees are \$40 for Regular member or \$25 for Student member. See the QI website for details on subscribing.

Contacting the Qigong Institute: E-mail: qi@qigonginstitute.org. Mail: Qigong Institute, 617 Hawthorne Avenue, Los Altos, CA 94024. Individual Officers and Directors may also be contacted directly (see www.qigonginstitute.org) for E-mail addresses.

Qigong Institute Website

www.qigonginstitute.org

Some of the information and services that are available on the Qigong Institute website includes:

- Podcasts, videos, demonstrations
- Information on Qigong and Tai Chi, including Medical Qigong Therapy, simplified Tai Chi, how Qigong is making a difference (e.g. in prisons, psychotherapy and chronic pain, in the military and martial arts) the science of Energy Medicine, United States Government sponsorship of Qigong research, western medicine's increasing interest in Qigong and Energy medicine, spontaneous Qigong, spiritual Qigong, Integrative Medicine and inclusion of Qigong in medical school curriculums.
- What's New: information on current Qigong, Tai Chi, and Energy Medicine research, events, classes, and conferences
- The Online Qigong and Energy Medicine Database™
- An international directory of Qigong teachers and therapists
- Dissertations of research projects at Universities; scientific papers published by the QI
- Listing of Qigong and Traditional Chinese Medicine books and magazines.
- List of references to Qigong in the popular media.
- DVDs of lectures on Qigong and Energy Medicine sponsored by the Qigong Institute
- A section on Qigong created by teens for teens
- An interactive on-line forum on Qigong and Energy Medicine (http://tribes.tribe.net/qigong_institute)

"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 the use of drug therapy alone. For hypertensive patients, combining qigong practice with drug therapy for hypertensive patients resulted in reduced incidence of stroke and mortality and reduced dosage of drugs required for blood pressure maintenance. For asthma patients, the combination therapy permitted reduction in drug dosage, the need for sick leave, duration of hospitalization, and costs of therapy. For cancer patients, the combination therapy reduced the side effects of cancer therapy. Also reported is a study showing that the practice of Qigong helps to rehabilitate drug addicts." Ken Sancier, CEO and Founder Qigong Institute