**List of NIH Grants for Qigong and Energy Healing Research**

Narrow Qigong refers to Qigong, Zen, Taiji and Reiki only

<table>
<thead>
<tr>
<th>Grant ID</th>
<th>Title</th>
<th>P.I.</th>
<th>Institution</th>
<th>Year</th>
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<tbody>
<tr>
<td>R21RR09544</td>
<td>Qi Gong and Late-Stage Reflex Sympathetic Dystrophy</td>
<td>Wu, WS</td>
<td>University of Medicine &amp; Dentistry of NJ</td>
<td>1993</td>
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<tr>
<td>P50HL061202-010003</td>
<td>Complementary Approach to Rehabilitation Following Cardiac Surgery (Qigong)</td>
<td>Ai, Amy</td>
<td>University of Michigan At Ann Arbor</td>
<td>1998</td>
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<tr>
<td>P50HL061202-01</td>
<td>CAM Research Center for Cardiovascular Diseases</td>
<td>Bolling, Steven F.</td>
<td>University of Michigan at Ann Arbor</td>
<td>1998</td>
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<tr>
<td>R21 AT00291-01</td>
<td>Qigong Therapy For Heart Device Patients</td>
<td>Ai, Amy</td>
<td>University of Arizona Health Sciences Center, Tucson, Arizona</td>
<td>2000</td>
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<tr>
<td>R01-AT001516</td>
<td>In Vitro Investigation of Distant Qi Gong</td>
<td>Yount, Garret</td>
<td>California Pacific Med Ctr-Pacific Campus, San Fransico, CA</td>
<td>2002</td>
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<tr>
<td>R21AT001190-02</td>
<td>Pilot of Two CAM Treatments for Maintenance Wt Loss (qigong, and acupressure-TAT)</td>
<td>Elder, Charles R.</td>
<td>Kaiser Foundation Research Institute</td>
<td>2003</td>
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<tr>
<td>R21 AT001190-01A1</td>
<td>Study of Two Complementary and Alternative Medical Treatments for Maintenance of Weight Loss (Qigong and acupressure-TAT)</td>
<td>Elmer, Patricia J</td>
<td>Center for Health Research, Northwest</td>
<td>2003</td>
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<td>P20AT000774-03</td>
<td>Center for Frontier Medicine in Biofield Science (Qigong)</td>
<td>Schwartz, Gary E.</td>
<td>University of Arizona, Tucson, AZ</td>
<td>2004</td>
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<tr>
<td>R21CA108084-02</td>
<td>International Center of TCM for Cancer (Qigong)</td>
<td>Cohen, Lorenzo</td>
<td>University of Texas MD Anderson Cancer Center, Houston, TX</td>
<td>2004</td>
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<tr>
<td>R01AT002478-03</td>
<td>Analysis of Nitric Oxide During Meridian Practices</td>
<td>Ma, Sheng-Xing</td>
<td>LA BIOMED RES INST/ HARBOR UCLA MED CTR</td>
<td>Sept. 2004-June 2008</td>
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<td>R21-AT001352-01A2</td>
<td>Qigong Therapy for Individuals With Knee Osteoarthritis</td>
<td>Kevin W. Chen</td>
<td>University of Medicine and Dentistry, New Jersey-Robert Wood Johnson Medical School</td>
<td>2005</td>
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<td>R21</td>
<td>Qigong Therapy for Treating</td>
<td>Smelson,</td>
<td>University of Medicine and</td>
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<td>AT001350-01A2</td>
<td>Cocaine Addiction</td>
<td>David</td>
<td>Dentistry of New Jersey – RWJ Medical School</td>
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<td>T32AT001161-02</td>
<td>Complementary and Integrative Medicine Training Program (Qigong, Tai Chi, Yoga)</td>
<td>Charlson, Mary E.</td>
<td>Weill Medical College of Cornell Univ, New York, NY</td>
<td>2005</td>
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<tr>
<td>R21AT003312-02</td>
<td>CHEMOSENSITIZATION OF MALIGNANT GLIOMA CELLS BY INFRASOUND</td>
<td>Yount, Garret L.</td>
<td>CALIFORNIA PACIFIC MED CTR RES INSTITUTE</td>
<td>Sept. 2006-Jun 2009</td>
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<td>R21CA129201-01A1</td>
<td>Biobehavioral Effects of Qigong During Treatment for Rectal Cancer</td>
<td>Cohen, Lorenzo</td>
<td>UNIVERSITY OF TEXAS MD ANDERSON CAN CTR</td>
<td>April 2008-May 2011</td>
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**Tai Chi**

<p>| R21RR09535 | T’ai Chi for Balance Disorders | Hain | Northwestern University | 1993 |
| R01 AT00331 | Alternative Stress Management Approaches in HIV Disease (Tai Chi) | Mccain, Nancy L. | Virginia Commonwealth University, Richmond, Virginia | 2000 |
| R01-AT-612-1 | Chinese Exercise Modalities in Parkinson’s Disease (Tai Chi Chuan) | Juncos, Jorge L. | Emory University, Atlanta, GA | 2000 |
| R01 AT00606-01 | Massage, Meditation, and Tai Chi for Chronic Lower Back Pain | Daniel C. Cherkin | Center for Health Studies | 2000 |
| AG0029; R01AG18367 | Shingles: Immune Effects of Tai Chi | Michael R. Irwin, MD | Cousins Center for Psychoneuroimmunology, UCLA Neuropsychiatric Institute, Los Angeles, California | 2001 | Publications available |</p>
<table>
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<tr>
<th>Project Number</th>
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<th>Principal Investigator</th>
<th>Institution</th>
<th>Year</th>
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<tr>
<td>R21 AT00553-01</td>
<td>Complementary/Alternative Medicine for Abnormality in the Vestibular (Balance) System (Tai Chi)</td>
<td>Massachusetts General Hospital Biomotion Laboratory, Boston, Massachusetts</td>
<td>2001</td>
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<tr>
<td>R21 AT00255-01</td>
<td>Tai Chi Chih and Varicella Zoster Immunity</td>
<td>Michael R. Irwin</td>
<td>University of California, San Diego, San Diego, California,</td>
<td>2002</td>
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<tr>
<td>R44 AG022795-03</td>
<td>Integrated Teleconferencing Unit For Home-Based Interactive Exercise For Elders</td>
<td>Keyes, Lawrence M.</td>
<td>MICRODESIGN CONSULTING, INC</td>
<td>Sept. 2003-April 2009</td>
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<tr>
<td>R43 AG023962-01</td>
<td>A Tai Chi video program for older adults</td>
<td>Fisher, K John</td>
<td>Exercise Alternatives, Eugene, OR</td>
<td>2004</td>
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<td>R21 AT002307-02</td>
<td>Efficacy of CAM Interventions in Rheumatoid Arthritis (Tai Chi Chuan)</td>
<td>Pike, Jennifer L.</td>
<td>University of California Los Angeles</td>
<td>2004</td>
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<tr>
<td>AT002307-01</td>
<td>Comparing Tai Chi Chih and Relaxation Therapy in the Treatment of Rheumatoid Arthritis</td>
<td>Jennifer Pike, Phd</td>
<td>University of California, Los Angeles Medical Center</td>
<td>2004</td>
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<tr>
<td>R01 AT002454-03</td>
<td>Tai Chi Mind-Body Therapy for Chronic Heart Failure</td>
<td>Phillips, Russell S.</td>
<td>BETH ISRAEL DEACONESS MEDICAL CENTER</td>
<td>Sept. 2004-June 2008</td>
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<td>F31 AT003044-01</td>
<td>Psychosocial Mechanisms of CAM Interventions in Breast Cancer (Tai Chi and spiritual growth groups)</td>
<td>Rausch, Sarah M.</td>
<td>Virginia Commonwealth University, Richmond, VA</td>
<td>2005</td>
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<td>R01 CA114718-02</td>
<td>PNI-Based Stress Management in Early Breast Cancer(Tai Chi)</td>
<td>Mccain, Nancy L.</td>
<td>Virginia Commonwealth University, Richmond, VA</td>
<td>2005</td>
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<td>K24 AT000589-05</td>
<td>Research and Mentorship in Alternative Medicine (Tai Chi)</td>
<td>Phillips, Russell S.</td>
<td>Beth Israel Deaconess Medical Center, Boston, MA</td>
<td>2005</td>
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<td>060016; 06-AT-0016</td>
<td>Effect of Tai Chi Vs. Structured Exercise on Physical Fitness and Stress in Cancer Survivors</td>
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<td>National Center for Complementary and Alternative Medicine (NCCAM)</td>
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<td>K23AT002624-02</td>
<td>Mind-Body Exercise in the Management of Cardiac Disease</td>
<td>Yeh, Gloria Y</td>
<td>HARVARD UNIVERSITY (MEDICAL SCHOOL)</td>
<td>Feb 2005-Jan 2010</td>
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<td>R01AG026364-02</td>
<td>Aging: Cytokine Mechanisms and Treatment of Insomnia</td>
<td>Irwin, Michael R</td>
<td>UNIVERSITY OF CALIFORNIA LOS ANGELES</td>
<td>Sept. 2005-Aug. 2010</td>
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<td>R21AT003503-02</td>
<td>Tai Chi for Osteopenic Women: A Pilot Randomized Controlled Trial</td>
<td>Wayne, Peter</td>
<td>HARVARD UNIVERSITY (MEDICAL SCHOOL)</td>
<td>Sept. 2006-August 31, 2009</td>
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<td>R41NS054316-01</td>
<td>Tai Chi Training for People with Parkinson's Disease</td>
<td>Li, Fuzhong</td>
<td>DESCHUTES RESEARCH, INC</td>
<td>April 2006 - March 2008</td>
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<td>R01NS047130-01A2</td>
<td>Tai Chi and Parkinson's Disease</td>
<td>Li, Fuzhong</td>
<td>OREGON RESEARCH INSTITUTE</td>
<td>Dec. 2007 - Nov. 2011</td>
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<td>R21AT003621-01A1</td>
<td>Tai Chi for Fibromyalgia</td>
<td>Wang, Chenchen</td>
<td>NEW ENGLAND MEDICAL CENTER HOSPITALS</td>
<td>June 2007 - May 2009</td>
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<tr>
<td>R03HD054594-01A1</td>
<td>Tai Chi and Dual Task Interference on Postural Control in Parkinson's Disease</td>
<td>Hass, Christopher J</td>
<td>UNIVERSITY OF FLORIDA</td>
<td>Sept. 2007 - August 2009</td>
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<td>R21AT003480-01A2</td>
<td>Tai Chi Chih: Complementary Use to Achieve Remission in Geriatric Depression</td>
<td>Lavretsky, Helen</td>
<td>UNIVERSITY OF CALIFORNIA LOS ANGELES</td>
<td>Sept. 2007 - April 2010</td>
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<td>R21AT003725-01A1</td>
<td>Tai Chi for Obesity: A Randomized Controlled Pilot Trial</td>
<td>Seto, Todd B.</td>
<td>QUEEN'S MEDICAL CENTER</td>
<td>Sept. 2007 - April 2009</td>
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<td>Project ID</td>
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<td>R21AT003735-01A1</td>
<td>GTP and Tai Chi for Bone Health: a Pilot Study</td>
<td>Shen, Chwan-Li L</td>
<td>TEXAS TECH UNIVERSITY HEALTH SCIS CENTER</td>
<td>Sept. 2007-August 2009</td>
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<tr>
<td>R21NR010003-01A2</td>
<td>Effect of Tai Chi on Osteoarthritic Knee Pain in Elders with Mild Dementia</td>
<td>Tsai, Pao-Feng</td>
<td>UNIVERSITY OF ARKANSAS MED SCIS LTL ROCK</td>
<td>Sept. 2007-May 2009</td>
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<tr>
<td>Z01AT000012-02</td>
<td>A Randomized Study of the Effect of Tai Chi Chuan Compared to Exercise</td>
<td>Mansky, Patrick J</td>
<td>No institution</td>
<td>FY 2007</td>
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<td><strong>Reiki</strong></td>
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<td>M01RR000042-401301</td>
<td>Chronic diabetic painful neuropathy &amp; cardiovascular risk factors in NIDDM (Reiki)</td>
<td>Stevens, Martin J.</td>
<td>University of Michigan at Ann Arbor</td>
<td>2000</td>
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<td>P50 AT00011-02P1</td>
<td>Effects of Reiki on Painful Neuropathy and Cardiovascular Risk Factors</td>
<td>Martin Stevens, MD</td>
<td>Taubman Center, Ann Arbor, Michigan University of Michigan</td>
<td>2001</td>
</tr>
<tr>
<td>R21 AT01012-01</td>
<td>The Use of Reiki for Patients With Advanced AIDS</td>
<td>Gala True, PhD</td>
<td>Temple University, Philadelphia, Pennsylvania Albert Einstein Medical Center, Philadelphia, Pennsylvania</td>
<td>2002</td>
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<tr>
<td>R21AT001120-02</td>
<td>Effects of energy healing on prostate cancer (Reiki)</td>
<td>Fox, Joan E.</td>
<td>Cleveland Clinic Lerner Col/Med-CWRU</td>
<td>2003</td>
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<tr>
<td>R21AT001124-02</td>
<td>Animal Model in Reiki Efficacy on Stress-Induced Damage</td>
<td>Baldwin, Ann L.</td>
<td>University of Arizona, Tucson, AZ</td>
<td>2003</td>
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<tr>
<td>R21 AT01075-01</td>
<td>The Efficacy of Reiki in the Treatment of Fibromyalgia</td>
<td>Dedra S. Buchwald</td>
<td>Univ of WA - CFS/FM Research Center, Seattle, Washington</td>
<td>2003</td>
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<tr>
<td>P20AT000756-03</td>
<td>Exploratory Program Grant for Frontier Medicine (Reiki)</td>
<td>Prestwood, Karen M.</td>
<td>University of Connecticut School of Medicine and Dentistry, Farmington, CT</td>
<td>2004</td>
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<tr>
<td>R21 AT001884-01A2</td>
<td>Reiki and Physiological Consequences of Acute Stress</td>
<td>Fox, Joan E</td>
<td>Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, OH</td>
<td>2005</td>
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