

Support for the Scientific Study of Qigong Healing

The University of Maryland Center for Integrative Medicine (CIM) is an internationally recognized leader in the field of complementary and integrative medicine. As a National Institutes of Health (NIH) Center of Excellence for over 12 years and the first US academic medical center program for integrative medicine, CIM has teamed up with a group of Qigong masters and the well-known scientists, and plans to conduct a series of scientific studies of Qigong therapy for various health problems, such as arthritis, fibromyalgia, addiction, cancer, and infertility. You can get more information on CIM from the web:

<http://www.compmed.umm.edu>

Qigong therapy from Traditional Chinese Medicine (TCM) has gained increased popularity in the US and around the world. Although numerous scientific studies have shown the effectiveness Qigong therapies, which incorporate meditation, deep breathing, and movement, there has been a lack of scientific study of its effectiveness, as well as a lack of sufficient support of the research study of Qigong healing. This includes the basic science of Qigong as well as Qigong's effectiveness as a clinical therapy. Dr. Kevin Chen, the research director of Qigong Institute, an associate professor at University of Maryland, and the Center for Integrative Medicine at University of Maryland have made a commitment to the scientific examination of Qigong healing and Qigong practice. They will employ the most rigorous scientific methodologies of Western medicine to this Eastern tradition, through laboratory study to determine the existence of vital energy, and through randomized controlled trials to determine its efficacy. Dr. Chen is well regarded by the National Institutes of Health and has completed a number of NIH-funded studies that have found some preliminary evidence to support efficacy of Qigong therapy for treating osteoarthritis and addiction.



One of the big obstacles for western society or the scientific community in accepting Qigong or other energy therapies as part of regular health practice is a lack of consistent evidence for the existence of *qi* and its efficacy. We would like to explore the possibility of getting your support for our systematic exploration of the “**Scientific Base and Credibility of Qigong and Energy Medicine in the Western Society**”. This task will be a comprehensive examination of Qigong practice and Qigong therapy through collaboration with some of the best-known scientists around the world. Our systematic study of Qigong’s scientific base and credibility may include the following three aspects:

I. Basic scientific research to verify existence of *qi* and its effects, with projects like:

- A confirmative study of Qigong therapy or intention on growth of biological subjects, such as bacteria or cancer cells, based on previous publications

- What are *qi* sensitive brain regions and networks? We would attempt to demonstrate 1) if Qigong practice has special brain areas or networks 2) what's the difference between Qigong and other methods in brain foundation? 3) Where is the Qigong regulatory center? We have pilot data related to these issues but need further confirmation.
- Searching for *qi* sensitive genes, gene transcription mechanisms, or circuits. Similar to the scale of hypnotic susceptibility, we would attempt to find 1) if quality Qigong practice has an inheritable base so that we can define the proper practitioner for Qigong or other energy medicine; 2) what is the interaction between genes and the subject's experience in Qigong practice? And 3) can gene transcription, and thus therapies, be affected by Qigong and other environmental factors
- What are the various components of Qigong therapy? These could include, for example, the ability to visualize images, attentional characteristics, screen effects and so forth.
- What psycho-physiological changes accompany *Qigong* practice? We would use psycho-physiological measures to define 1) physiological changes during Qigong practice 2) whether Qigong practice has unique physiological mechanisms of action, 3) short-term or long-term Qigong practice effects including endocrine changes, immunity, reduction in illness and stress, reduction in drugs required for chronic disease management, and so forth.

II. Clinical studies to confirm the efficacy and effectiveness of Qigong therapy in medical applications through randomized clinical trials, the possible projects include:

- Qi manipulation therapy for treating fibromyalgia syndrome
- Qigong meditation for stress management and mood disorders.
- Adding Qigong meditation and self-empowerment methods to the treatment of drug addiction
- Qigong therapy for treating male or female infertility
- Combining *Qigong* technique with acupuncture for treating arthritis
- Benefits of *Qigong* therapy for managing side-effects and increasing quality of life in cancer patients
- Qigong practice in treating diabetes mellitus
- Qigong therapy for treating depression and anxiety disorders
- The effect of Qigong therapy on the reduction in drugs required for the treatment of chronic conditions (studies have confirmed this relationship).

III. Publicize the concept & practice of Qigong through quality publications and training

- Translation and publication of the official textbook "Qigong Study in Chinese Medicine" (in Chinese, Editor-in-Chief: Tianjun Liu) in English
- Publications of other Qigong and TCM book series, and eventually, create and publish an international academic journal on "Scientific Exploration of Qi" to help promote knowledge and scientific study of energy medicine.
- Develop some basic and systematic training programs at the University of Maryland, jointly supported by Chinese TCM schools, to formally train students and healthcare professionals for medical Qigong, with degree accreditation.

As someone who is interested in Qigong or energy medicine, or as someone whose own life has been touched by the benefits of Qigong, we are turning to you for assistance and asking if you would consider a financial contribution to this endeavor. Without a thorough and well-conducted pilot study of Qigong therapy, further definitive and expanded research may not be possible. If it does proceed, however, the benefits of Qigong therapy eventually could be brought to patients all over the country. Furthermore, if rigorous scientific study proves its health effects, it may be possible for health insurance to cover Qigong therapy. The entire process begins with one small study, and your generous support and donation of any amount could make this first significant step possible.

All contributions are tax deductible.

We will keep you informed on the results of this fund-raising and the pilot study, as well as the future Qigong studies if you intend to do so.

Please make your check payable to: “**University of Maryland, Baltimore Foundation**” (with memo “Gift for CIM Qigong Program”), mail it to:

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You can send an email inquiry directly to: kchen@compmed.umm.edu

Thank you very much for your support! We will send you an official receipt as soon as we receive your contribution.