

Examples of Medical Studies

From *Immune Perspectives*, Spring, 1994, in an article entitled "Qigong And Cancer," Dr. Feng Lida, one of China's most famous cancer researchers, tells of a study involving 123 patients with advanced cancer. Except for one group who practiced Qigong exercises for two hours daily, all the factors were the same: same food, same drugs, same nurses and doctors. At the end of three months, here were the results:

<u>Factor</u>	<u>Qigong Group</u>	<u>Control Group</u>
Regained Strength	87%	10%
Improved Appetite	63%	10%
Free of Diarrhea	33%	6%
Body Weight Increase	50%	13%
Body Weight Decrease	5%	30%
Phagocytic rate of macrophages.	up 12%	down 8%

A recent article in Newsweek reported that tens of thousands of cancer patients are using mind-body practices, such as qigong and tai chi, to help them deal with their disease. Eighty percent of cancer patients report using some kind of complementary medicine, a category that includes mind-body techniques and holistic approaches. Scientists have found that mind-body practices help patients sleep better and cope with the pain, anxiety and depression often associated with cancer treatments. Recent research has shown that mind-body practices can enhance a cancer patient's immune system, too.

Repeated studies have shown that the conscious relaxation and meditation such as that produced from the practice of qigong can counteract stress by lowering heart rate and blood pressure, and reducing levels of stress hormones. It can also improve immune systems by increasing T cell function.

find more information on Qigong at
Dr. Roger Jahnke's website

www.feeltheqi.com

or
The National Qigong Association

www.nqa.org

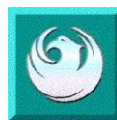


Paul Hayman

Susan Chamberlain Hayman

Both Paul and Susan have been certified to teach Taiji by Dr. Paul Lam, internationally known taiji master. Paul is a nationally certified Qigong instructor, taught by Dr. Roger Jahnke, internationally known Qigong master. Private lessons are available.

Call 737-0769



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QIGONG AND CANCER

HOW IT CAN HELP

from *Life Without Boundaries*

737-0769

Join us for a
free Tai Chi/Qigong
class at the
Rapid City Swim Center
(Roosevelt park)
every Sunday morning
at 11 am--

Designed for absolute beginners.
Come see what it is about!



What is Qigong?

Developed over millennia in Chinese monasteries, hospitals, and imperial courts, Qigong (pronounced chee-gong) is a profound, yet simple method for:

- ♦ increasing vitality and longevity;
- ♦ achieving and maintaining optimal health;
- ♦ achieving serenity and inner peace;
- ♦ aiding in the healing of both major and minor illnesses;

Long kept a carefully guarded secret from the Chinese public, Qigong has recently come into widespread use throughout the Far East. It is now a health and human performance enhancement breakthrough in the West as well--ancient power tools for self-improvement and a safe, gentle, and proven approach to treating pain and disease.

Qigong consists of a series of slow motion movements with a focus on breathing and attention. It can be performed standing, sitting or laying down and by any one at any stage of health.

Qigong is beneficial for both patients and caregivers !



Qigong/Tai Chi practice in China



Of the nation's 26 major cancer centers, 14 now offer complementary medicine programs.

For cancer patients, mind-body practices can be a blessing.

Here's how they help:

**stress reduction;
mood improvement and
enhancement of overall health**

"In the not-so-distant future, oncologists will send patients to learn tai chi (or qigong) the way cardiac specialists now send patients to stress-management courses after they've had a heart attack."

**Dr. Lorenzo Cohen
Anderson Cancer Center, Houston, TX
Newsweek Sept 27, 2004**

"I have a wonderful sense that I am participating in my own recovery"

**Mary Peterson
on the use of qigong
with her cancer treatment**

What are the health benefits of Taiji and Qigong?

Taiji (or Tai Chi) and Qigong have been clinically shown to:

- ♦ boost the immune system;
- ♦ reduce anxiety and depression;
- ♦ lower high blood pressure;
- ♦ alleviate stress responses;
- ♦ increase breathing capacity;
- ♦ increase lymph system circulation;
- ♦ reduce asthma and allergy reactions;
- ♦ improve balance and coordination;
- ♦ help to ensure full range and mobility far into old age;
- ♦ provide the lowest impact weight-bearing exercise known.



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