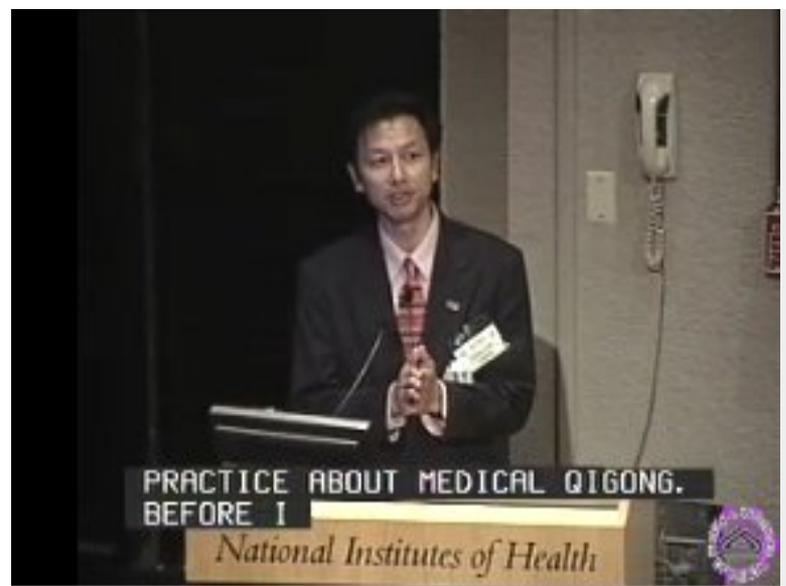
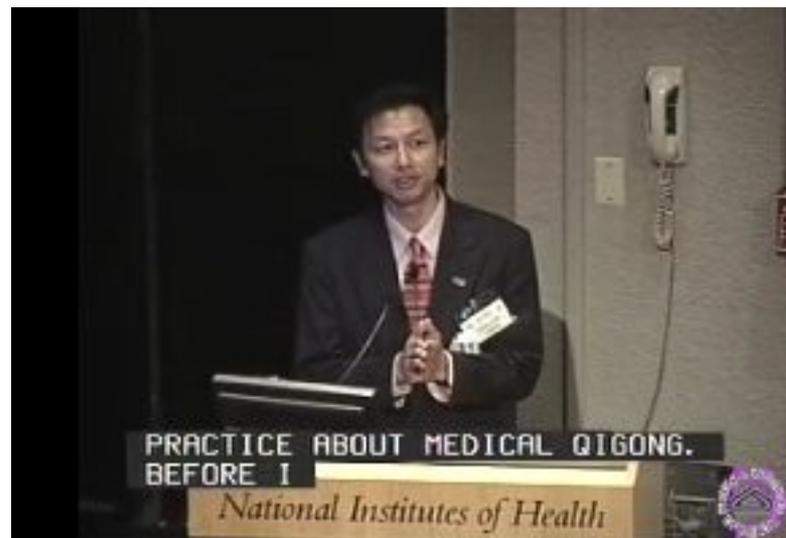


Unveil the mystery of Medical Chi Gong by Dr. Kevin Chen

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Dr. Kevin Chen on [Chi Gong](#) (copied from the speech video)

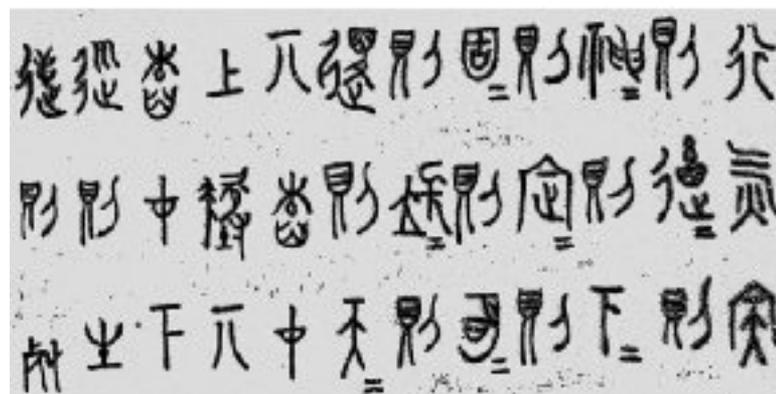
Professor Kevin Chen of University of Maryland School of Medicine, a veteran Chi Gong practitioner and science researcher, was invited to deliver an overview on the Medical Chi Gong at the **National Institutes of Health (NIH)** in Oct 2009. With his profound knowledge on Chi Gong, the **Traditional Chinese Medicine (TCM)**, and modern scientific Chi Gong research, the speech was fascinating.

With the long history of Chi Gong practices, Chinese have developed thousands of Chi Gong styles and forms. The other names for Chi Gong are Tu-na, Dao-yin, An-qiao, Xiu-lian, Jing-zuo, Yang-sheng, Cun-si, Guan-xiang, and Xing-qi. Dr. Chen classified all Chinese Chi Gong practices into 5 different categories: **Confucian**, Buddhist, **Daoism (Taoism)**, Medical, and Martial-arts (e.g. **Taichi**). Citing from a

The ancient healing art Chi Gong (Qigong) was practiced by many cultures, i.e. Indian **Prana**, Japanese Ki, Germany OD, and Hawaiian Mana. In China, the written evidence of Chi Gong practice was dated back to 600 BCE on a jade pendant. To the majority of the world's population, Chi Gong remains a mystery, even in the eyes of many Chinese. The medical Chi Gong is even more difficult to comprehend.

Chinese university textbook Chinese Medical Qigong, Dr. Chen defines Chi Gong as “ Body-Mind exercise or techniques that integrated body, breathe and mind adjustment into Oneness “. He emphasizes the importance of the **ONENESS** and highlights the essences of **Relaxation, Tranquility,** and **Naturalness** in the Chi Gong practices.

Medical Chi Gong is a therapy used by medical professionals to treat patients. Depending on the delivery system, it can be divided into internal Chi Gong therapy and external Chi Gong therapy. The internal Chi Gong therapy involves a medical professional teaching a patient Chi Gong to combat a health problem while the external Chi Gong therapy is a patient receiving **Chi** (the vital life energy) from a Chi Gong master as a mean of treatment.



The inscription on a jade pendant describes how to Xing-qi

Professor Kevin has reviewed vast amount of Chi Gong research. He listed stress, stress related illnesses, immune system deficiency, anxiety, and respiratory problems as examples of the health benefits that a Chi Gong therapy can render to a sufferer. Dr. Chen has conducted research by using Chi Gong as a method for drug addiction intervention. He taught drug addicts Chi Gong which resulted in amazing intervention without any medication.

The real eye opening part of the speech was the preliminary clinical trial results of the external Chi Gong therapies which Chi Gong masters emitted vital life energy to treat cancer cells and **Osteoarthritis (OA).**

Chi Gong is based on the **meridian** theory of the Traditional Chinese Medicine. It is challenging to conduct scientific researches due to the difficulty in establishing a good control group, lack of treatment standardization and other factors to understand why Chi Gong can work medical miracles. It is encouraging though that NIH continues its effort supporting Chi Gong researches – so far, NIH has granted more than 50 Chi Gong research projects.

The health care costs in this country has been sky rocketing. American companies are losing the competitive edge in the global market often time due to the exorbitant medical insurance costs. Still, Americans are suffering from all types of ailments and taking more pills each day. Dr. Chen presented a study which was conducted by the Chinese Government using Chi Gong as a part of geriatric care. **The result was compelling: the health care expenditure by retirees with Chi Gong practice reduced by 83.4%.** With all these, maybe we should include Chi Gong

research and practice in the Health Care Reform Bill which is still under debate in Congress.

Thanks to the NIH's archiving, you can now watch the entire Dr. Kevin Chen's speech on line by clicking the [link](#) here.



Tina Malik of St. Louis practices Chi Gong



Violet Li

St. Louis Tai Chi Examiner