



BENEFITS OF INTERNAL QIGONG: EXPERIMENTAL EVIDENCE

Excerpt from: *The Way of Qigong: The Art and Science of Chinese Energy Healing*, Kenneth A. Cohen, M.A.

Cardiovascular: Lower resting heart rate, less abnormal EKG, greater cardiac efficiency, stabilized blood pressure, less LDL (“bad cholesterol”), more HDL (“good cholesterol”).

Circulation: Improves microcirculation, peripheral circulation, prevents vascular spasms: very helpful for Raynaud’s syndrome, angina, and migraine.

Digestive: Massages internal organs, improves peristalsis and appetite, less pathogenic bacteria in feces (healthier microflora). Positive effects on ulcers and constipation.

Brain: Slow, high-amplitude brain waves, improved cerebral blood flow, less incidence of stroke, helpful for paralysis and seizure disorders.

Mental Health: Decreased: stress response, Type A, anxiety, obsessive compulsive, depression. Improved: memory, concentration, interpersonal sensitivity.

Respiratory: Slower respiratory rate, improved gaseous exchange, significant positive effects on asthma and bronchitis.

Immune System: More active immune cells, better targeting of antigens, significant anticancer effect.

Musculoskeletal: Increases strength, flexibility, bone density, improved coordination, beneficial for arthritis and osteoporosis.

Longevity: Improves: blood pressure, vital capacity, cholesterol and hormone levels, kidney function, mental acuity, vision and hearing, skin elasticity, bone density, immune function. Increases physical strength, libido. Deactivates harmful free radicals.

This information is excerpted from *The Way of Qigong: The Art and Science of Chinese Energy Healing*, by Kenneth A. Cohen, M.A., with a forward by Larry Dossey, M.D., published by Ballantine Books, 1997. Mr. Cohen is a renowned qigong master, Chinese scholar and health educator. Mr. Cohen is one of the pioneers introducing qigong to the West and establishing a bridge between qigong and medical science. He was one of nine exceptional healers studied in the Menninger Clinic’s Copper Wall Project. In addition, he has devoted more than twenty years to the study of indigenous medicine, working with Native American and African healers. In 1994, Mr. Cohen was asked to represent both Chinese and Indigenous Medicine at the World Congress on Energy Medicine in Switzerland.