

## **Ancient healing, modern ways: QiGong and treatment of cancer and chronic disease**

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**Q**igong (qi denotes vital energy and gong means skill or practice) may be a new phenomenon in the United States but has roots that span over 10,000 years in China. This ancient healing art is not well understood in Western culture. New research has demonstrated that it can be extremely effective in treating chronic diseases including cancer. This presentation will explore the historical and cultural context of qigong; the five major types of qigong and relevance of each; effects on epigenetics and other biomarkers used to prove efficacy of qi gong; and the safest, most effective ways to support patients learning and practicing qigong. The safety aspect is extremely important as practicing qigong improperly can actually cause more harm than benefit. In addition,

this presentation will clearly discuss how to minimize harm and provide information to the practitioner that will foster a deeper level of understanding to the therapeutic benefit of this healing modality. Learning Objectives of the presentation are: 1. Understand the cultural and historical context for the development of qigong; 2. Review the five major types of qigong (moving, lying down, breathing, walking and sitting); 3. Discuss the most appropriate clinical situations for applying different types of qigong; 4. Explore how to avoid harm and recognize deviations that result from incorrect qigong practice; 5. Discuss epigenetic changes at the molecular level which may be implicated in qigong; 6. Careful review of current research in qigong, insights and limitations; 7. Develop an understanding of the therapeutic depth of this healing modality; 8. Experience the mind-body connection that is fostered by qigong training

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