

A Grand Finale of a Quality eNewsletter: Nov/Dec Issue of Qi Dao

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Qi Dao

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After five successful years, the quality bi-monthly eNewsletter *Qi Dao*, designed for all mind-body practitioners, spiritual cultivators, and alternative healers, is coming to an end with the latest Nov/Dec Qi Issue. However, this latest Issue with a theme of “Yang Sheng” also is drumming up the attention for the new highly anticipated web-based magazine *Yang Sheng*.

Yang Sheng means to nurture life in Chinese. Dr. Kevin Chen, MPM, Ph.D, Publisher and Editor of *Qi Dao* wrote an in-depth article to discuss what *Yang Sheng* entails. In short, Dr. Kevin Chen says “Life is about balance and harmony. Yang Sheng is a common, accessible practice for ordinary people to cultivate health and harmony through daily activities. Rather than treating disease, the focus is on maintaining balance through an awareness of our connection to nature, to our own bodies, and to the spirit.” Master Zhongxian Wu, a multiple lineage holder of Yijing, [Qigong](#), [Tai Chi](#) and martial arts, addresses the importance of the kidneys, their relationship with spiritual energy and memory. He also offers a formula to strengthen your Kidneys by practicing Chinese shamanic Kidney Qigong Form. Daoist Priest Christina Barea helps us discover who we are by using Yang Sheng to understand our body and its energies. Marty Eisenm Ph. D. talks about Qigong research of improving the immune system. Cindy Borgonzi writes about *Living Better, Living Longer, and Living Happier*. [Traditional Chinese Medicine](#) Dr. Tina Zhang, a Wu Style Tai Chi Master and lineage holder, and massage therapist Rebekah Owens are new writers for *Qi Dao*. They offer different aspects to keep healthy and happy.

As usual, there are research updates in this issue of *Qi Dao*. The Chinese University of Hong Kong did

a very interesting study how Shaolin **Dan Tian** Breathing has a positive effect on enhancing human neural activity and connectivity, which may enhance mood state and cognitive functions.

Qi Dao has been supported by the scientific community of mind-body research, masters and experts of Tai Chi and Qigong, nutritionists, and Traditional Chinese Medicine specialists. In its five years history, it has produced over a hundred quality articles. Each issue of *Qi Dao* also contains humor and yummy recipes for health. All contributors are volunteers but without Joy Stella's hard work and good editorial skills as Editor-in-Chief, *Qi Dao* could not have been put together issue after issue with integrity and quality. *Qi Dao* readers for sure will miss Joy's professionalism.

Now under the leadership of Dr. Kevin Chen, online *Yang Sheng* magazine will replace *Qi Dao* in 2011 and provide more extensive information for how to nurture life along with a web Network for its editors, writers, and readers. You can read an introduction of this **free** new exciting magazine in the latest issue of *Qi Dao*.

The current issue of *Qi Dao* includes the following content and more:

Research Update

- Shaolin Dan Tian breathing fosters relaxed and attentive mind: a randomized controlled neuro-electrophysiological study
- Effect of yoga on quality of life of CLBP patients: A randomized control study.
- Effects of scheduled qigong exercise on pupils' well-being, self-image, distress, and stress
- Heart rate autonomic responses during deep breathing and walking in hospitalized patients with chronic heart failure
- Qigong for the treatment of tinnitus: a prospective randomized controlled study
- Tai Chi as an adjunct physical activity for adults aged 45years and older enrolled in phase III cardiac rehabilitation
- Tai chi exercise for patients with chronic obstructive pulmonary disease: a pilot study
- Tai Chi exercise versus rehabilitation for the elderly with cerebral vascular disorder: a single-blinded randomized controlled trial
- Mindfulness practice leads to increases in regional brain gray matter density

From the Master

Master Zhongxian Wu writes about Memory – The Spirit of the Kidneys.

Spirituality of the Dao

Christina Barea talks about the Daoist scriptures and the beam of light emanating from a Divine source and how that beam changes our lives.

Scientific Qi Exploration – Qigong and the Immune System

Marty Eisen continues his discussion on a study of Qigong its effects on the body, mind and spirit. He writes about the effects of Qigong on the immune system.

A Comedy Moment

Illuminating the Dao

Michelle Wood describes the need to put together your own wellness by combining the power of material nature and the power of original nature. She talks about our living without seeing the big picture and what happens when we fully combine these two aspects of nature.

Ancient Wisdom, Modern Kitchen

This new column discusses how we need to look at the season in which we are currently living and adjust our diet to be a part of that change. A Meal for Winter also contains a recipe that is good for those suffering from fatigue, arthritic pain, etc,

Chinese Proverbs of Yang Sheng

Tina Zhang writes about the importance of being aware of Yang Sheng to help nurture the mind and body and keep it in balance.

The Taichi Examiner

Violet Li writes about Master Zhang Xue Xin, his history and love for Tai Chi and how the spirit of his practice flows to others.

Qigong for Seniors

Writing about her teaching of Qigong for Seniors, Cindy Borgonzi shares her experiences and

suggestions for all Seniors.

The Sense of Touch

Rebekah Owens, another new columnist for Qi Dao, shares with us some easy self-applied massage to solve stress related headaches.

Food as Medicine

Ellasara Kling discusses the interrelationships in the Five Element Theory and how it is different for each season. This time she looks at the winter season and also gives us recipes to help us through the cold.

Read entire Qi Dao at: http://www.wishus.org/newsletter/QiDao_1210.pdf

SUGGESTED LINKS

➤ [Qi Dao: Yang Sheng](#)



Violet Li

Tai Chi Examiner