Chinese Medical Qigong is coming out!

If you are suffering from Hypertension, Diabetes, Menopause, Depression, Insomnia, Obesity, Impotence, and some other common diseases and wondering why, Chinese Medical Qigong might provide you some fundamental causes from a Traditional Chinese Medicine perspective.

Qigong Study in Chinese Medicine is the only official textbook of medical Chi Gong in China. It is a collaborative effort of more than thirty faculty members of a dozen top-ranked colleges and universities of the Traditional Chinese Medicine (TCM). This textbook is used in all Chinese universities for the Traditional Chinese Medicine and in its third edition. With a massive joint effort by both Chinese and American academic professionals for the past four years, this textbook has been translated into English and named Chinese Medical Qigong. It will be published by the reputable Jessica Kingsley Publishers in the U.K.

The content of this book is extensive and all inclusive. It consists of fundamental theories, practical
methods and skills, clinical applications of Chi Gong therapy, classical Chi Gong literature, and many other more. This textbook will be a useful tool for medical students and health care professionals who are interested in complementary and alternative therapies. It will also be an important resource book for anyone who practices mind-body exercise (i.e. Taichi and Chi Gong). See below for a general table of contents:

General Introduction
1. Essential concept of Qigong Study in Chinese medicine
2. Academic system of Qigong Study in Chinese medicine
3. Subjects related to Qigong Study in Chinese medicine
4. Current tasks and challenges of Qigong Study in Chinese medicine
5. How to Learn Qigong Study in Chinese medicine

Part I. Fundamental Theories

Chapter 1. A Brief History of Qigong Development
1.1. Developmental history of ancient Qigong
1.2. History of recent and contemporary Qigong
1.3. A brief introduction to major Qigong traditions
1.4. Introduction to Qigong in other countries

Chapter 2. Classic Qigong Theories
2.1. Theories of medical Qigong
2.2. Theories of Daoist, Buddhist, Confucianism and Martial-art Qigong

Chapter 3. Modern Scientific Research on Qigong
3.1. Summary of modern research of Qigong
   a. Development of modern research of Qigong
   b. Trend and controversy in Qigong research
3.2. Physiological effects of Qigong
   a. Effects of Qigong on respiratory system
b. Effects of Qigong on cardiovascular system

3.3. Psychological effects of Qigong
a. Operational mechanism of adjusting mind in qigong practice
b. Psychological element of external Qi therapy

3.4. Biochemical and immunological effects of Qigong
a. Biochemical and immunological effects of internal Qi
b. Biochemical and immunological effects of external Qi

3.5. Physical effects of Qigong
a. The infrared effect
b. The radiation effect of bio-phooton
c. The magnetic field effect
d. The effect of sound wave
e. Other physical effects

Part II. Practical Methods and Skills

Chapter 4. Basic Operations of Qigong Practice
4.1. Adjustment of body posture
4.2. Adjustment of breathing
4.3. Adjustment of mind state
4.4. Integrating three adjustments into Oneness

Chapter 5. Introduction to Qigong Forms and Methods
5.1. Classifications of Qigong Methods and forms
5.2. Essentials and Cautions in Qigong practice
5.3. Normal responses of Qigong practice
5.4. Possible deviations and correction in Qigong practice

Chapter 6. Selected Qigong Forms
6.1. Liu Zi Jue - Six syllable formula or Six-Healing Sound Qigong
6.2 Ba Duan Jin - Eight Pieces of Brocade
6.3. Yi Jin Jing - Mucle/Tendon Changing Classic
6.4. Wu Qin Xi - Five-Animal Play
6.5. Zhan Zhuang - Standing Post Qigong, or Standing Meditation
6.6. Bao Jian Gong - Health-Preservation Qigong
6.7. Dao Jia Yang Sheng Chang Shou Shu - The Daoist arts of nurturing life and attaining longevity
6.8. Fang Song Gong - Relaxation Qigong
6.9. Nei Yang Gong - Internal Nourishing Qigong
6.10. Qiang Zhuang Gong - Roborant Qigong
6.11. Wu Xing Zhang - Five-element Palm
6.12. Zhen Qi Yun Xing Fa - Genuine Qi Circulation Method
6.13. Xin Qi Gong Liao Fa - New Qigong Therapy
Part III. Clinical Applications of Qigong Therapy

Chapter 7. Introduction to Qigong Therapy

7.1. Characteristics and suitable applications of Qigong therapy
7.2. Individualized treatment principle of Qigong therapy
7.3. Clinical routine practices of Qigong therapy

Chapter 8. Examples of Clinical Application

8.1. Pulmonary Tuberculosis
8.2. Hypertension
8.3. Cardio Vascular disease
8.4. Peptic ulcer
8.5. Chronic gastritis
8.6. Chronic liver diseases
8.7. Chronic kidney diseases
8.8. Diabetes
8.9. Obesity
8.10. Menopause syndrome
8.11. Impotence
8.12. Chronic Fatigue Syndrome
8.13. Depression
8.15. Tumor and cancer
8.16. Arthritis (and Waist-leg pain)
8.17. Problem in Cervical Vertebra
8.18. Near-sighted
8.19. Glaucoma

Part IV. Classical Qigong Literature

Chapter 9. Selected Readings of Ancient Literature

9.1. Summary of Ancient Qigong Literature
a. Qigong literature in medical works
b. Qigong literature in ancient works of Daoist philosophy
c. Qigong literature in ancient Confucian works
d. Qigong literature in ancient Buddhist works
e. Qigong literature in ancient Martial-art works
9.2. Ancient Literature in Medical Qigong
a. Excerpts from the Yellow Emperor's Internal Classic
b. Excerpts from the Records concerning cultivating mind and prolonging life
c. Excerpts from the General Treatise on the Etiology and Symptomology of Diseases
d. Excerpts from the Essential Golden Prescriptions for Emergencies
e. Excerpts from the General Collection for Holy Benevolence
f. Excerpts from the Essentials of Attaining Longevity
g. Excerpts from the Eight Essays for Cherishing Life
h. Excerpts from the Incisive Light on the Source and Origin of Miscellaneous Diseases
9.3. Ancient Qigong Literatures of Other Schools
a. Excerpts from the Dao De Jing
b. Excerpts from the Concordance of the Three According to the Classic of Changes
c. Excerpts from the Yellow Yard Canon
d. Excerpts from the Bao Pu Zi
e. Excerpts from the Awakening to the Truth
f. Excerpts from the Primary Shmatha and Vipasyana
g. Excerpts from the Classic of Wisdom paramita thoughts (the Heart Sutra)
h. Excerpts from the Classic of Great Palm Yoga
i. Excerpts from the Great Learning
j. Excerpts from the Mencius
k. Excerpts from the Realize and Practise
l. Excerpts from the Bone-Marrow Cleaning and Tender Changing Classic
m. Excerpts from the Ten Main Points of Taiji Quan Arts

For more info: For more information about the book, please click here.