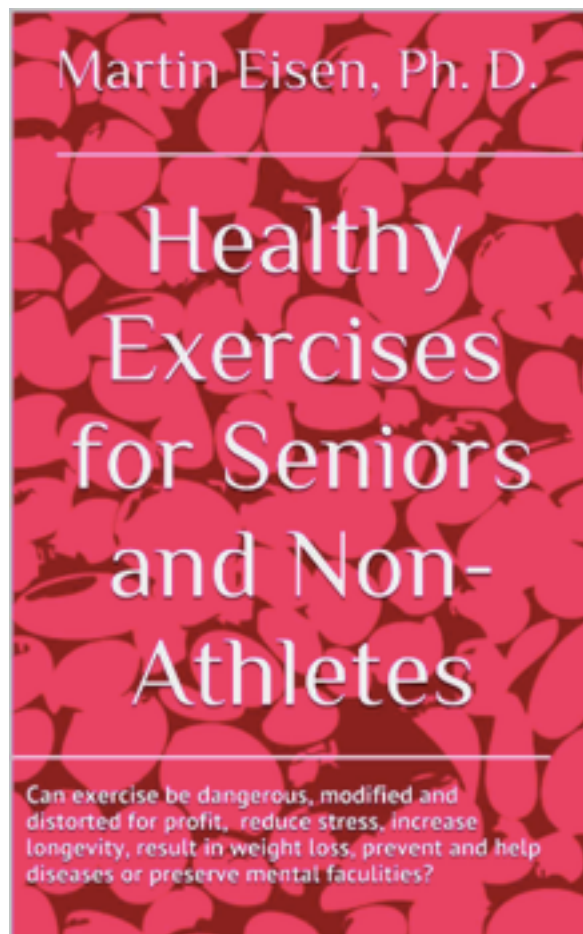


Dr. Eisen recommends Qigong for seniors and non-athletes

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In his new book [Healthy Exercises for Seniors and Non-Athletes](#), [Marin Eisen, Ph. D.](#), reviewed the pros and cons of [yoga](#), [Tai Chi](#), [Qigong](#), and other exercises. Through his research and practices, he thinks that Qigong is most suitable for seniors and non-athletes.

Martin Eisen received his doctoral degree from the University of Toronto. He was a professor of mathematics at Temple University, specializing in constructing mathematical models in medicine. He also taught physiology and biophysics at the Temple Dental School and Biostatistics at the University of Maryland Medical School. Dr. Eisen has authored books and papers in his specialty areas and has been listed in several Who's Whos.

He has studied and taught Judo, Shotokan Karate, Aikido, Qigong, Praying Mantis Kung Fu, yoga, Qigong, and Tai Chi for over 60 years. He has studied Traditional Chinese Medicine and was a

graduate of the East-West Masters Course in herbology. He was the Director of Education of the Chinese Medicine and Acupuncture Institute in Upper Darby, Pennsylvania.

80-year-old Dr. Eisen is a prolific writer and has penned over 50 articles on Tai Chi, Qigong, herbology, and Traditional Chinese mMedicine. He is a regular contributor of the online [Yang Sheng](#) magazine.

[Healthy Exercises for Seniors and Non-Athletes](#) is a collection of his major articles:

- Can exercise be healthy dangerous or help lose weight?
- What is Yoga? Yoga Therapy?
- Are you really studying Tai Chi and is it effective for stress and health?
- What is Qigong?
- Senobi Breathing for reducing obesity, symptoms of asthma and depression.
- Should you study Yoga, Tai Chi or Qigong?
- Using Qigong breathing exercises to relieve hypertension, an enlarged prostate or Arrhythmias.

Even though this ebook, available on Amazon's Kindle Store, has 49 pages, it contains good information on scientific studies. Dr. Eisen argues that true yoga is more a spiritual practice than exercise. Correct yoga exercise requires a guru to determine a level that a student can learn. Without proper diagnosis and prescription, a yoga practitioner is prone to get injured. Tai Chi is great for health. A complete Tai Chi routine practice can invoke the [Horary Cycle](#) circulation three times, which can improve the health of the lungs, large intestines, stomach, spleen, heart, small intestines, bladder, kidney, pericardium, triple energizer, gallbladder, and liver through the flow of Qi. Nevertheless, authentic Tai Chi is too complicated to learn especially for seniors and non-athletes to master the art. Martin is critical of some simplified Tai Chi forms, which have stripped away most of Tai Chi principles. Even though they are useful for health purposes, he thinks that they should be classified as Qigong exercises instead of Tai Chi forms.

In general, Qigong is less strenuous and easier for anyone to learn. It can be practiced standing, sitting, or lying down. Qigong can help about 200 diseases ranging from the common cold to cancer, so he highly recommends it to seniors and non-athletes.

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