

Ken Sancier: a visionary of Qigong research

April 25, 2012

4:46 PM MST



Dr. Ken Sancier
Qigong Institute

This year's World Tai Chi & Qigong Day celebration will take place at 10 am local time in a few hundred major cities in the world on Saturday April 28 and it is confirmed that over 70 nations will participate in it. Co-founder **Bill Douglas** announced that this event is dedicated to **Dr. Ken Sancier** and **Dr. Effie Chow** for their life-long contribution to the world's health by promoting and preserving **Qigong** and **Traditional Chinese Medicine**.

Born in 1920, Ken Sancier was a highly accomplished research scientist with twelve patents and publication of 70 articles in scientific journals in chemistry at **Stanford Research Institute** in Menlo Park (California). In 1984, he learned personally of Qigong's natural healing powers. He later studied the art and became a professor at **the American College of Traditional Chinese Medicine** in San Francisco. He founded the non-profit **Qigong Institute** in 1987, which has expanded knowledge of **Tai Chi & Qigong** benefits widely in the world. "The founding of the Qigong Institute was a natural outgrowth of

my interest in promoting Qigong...The goal of the Qigong Institute is to promote the scientific understanding of the basis of Qigong", noted by Dr. Ken Sancier.

The Institute's missions are:

- Promoting Qigong via education, research, & clinical studies
- Improving healthcare by integrating Qigong and Western medicine
- Making information on Qigong available to medical practitioners, scientists, the public, and policy makers

Since 1986, Dr. Sancier applied his scientific background to study and evaluate reports on Qigong's claimed health and healing benefits. The evaluation process relied on rigorous activities including participating in international Qigong conferences in China, Japan, Canada and USA and also sponsoring the First World Congress of Qigong in San Francisco. He was on the Advisory Board of the Journal Of Alternative Therapies and [the Council of the World Academic Society Medical Qigong](#). He was honored with a lifetime achievement award from [the National Qigong Association](#).

To summarize the information on Qigong that he had collected, he led the development of the Computerized Qigong Database, which contains English abstracts of almost all research on Qigong since 1986. The scope of the database was extended to include other energy therapies and disciplines and is now called the [Qigong and Energy Medicine Database™](#). [Tom Rogers](#), President and CEO of Qigong Institute, said that Dr. Sancier manually typed the abstract into the database, which was pre-[PubMed](#) or any online source. This shows Dr. Sancier as a visionary. The Database is now online and has been used as a source for six books, seven dissertations, and numerous research projects. As of now, it contains over 7,000 research abstracts and continues to grow.

Besides reviewing other's studies, Dr. Sancier has conducted mind-body experiments and published twenty-five papers in peer-reviewed journals. He also sponsored 66 seminars/lectures. Dr. Sancier retired from active participation in the Qigong Institute in 2008 and remains as Chairman of the Board of Directors, and Emeritus Qigong Institute.

Dr. Sancier was not available for interview. But according to Tom, Dr. Sancier's dream is to get Qigong into schools so students can practice it. Long-term, Dr. Sancier hopes that Qigong Institute can sponsor research. If you have not visited Qigong Institute's website and its database, you will be surprised to discover the enormous data it offers and appreciate what Qigong can help with our wellness and fitness. With this, we want to thank Dr. Ken Sancier for his vision and hard work and congratulate him on the dedication from the World Tai Chi & Qigong Day.

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Violet Li

Tai Chi Examiner