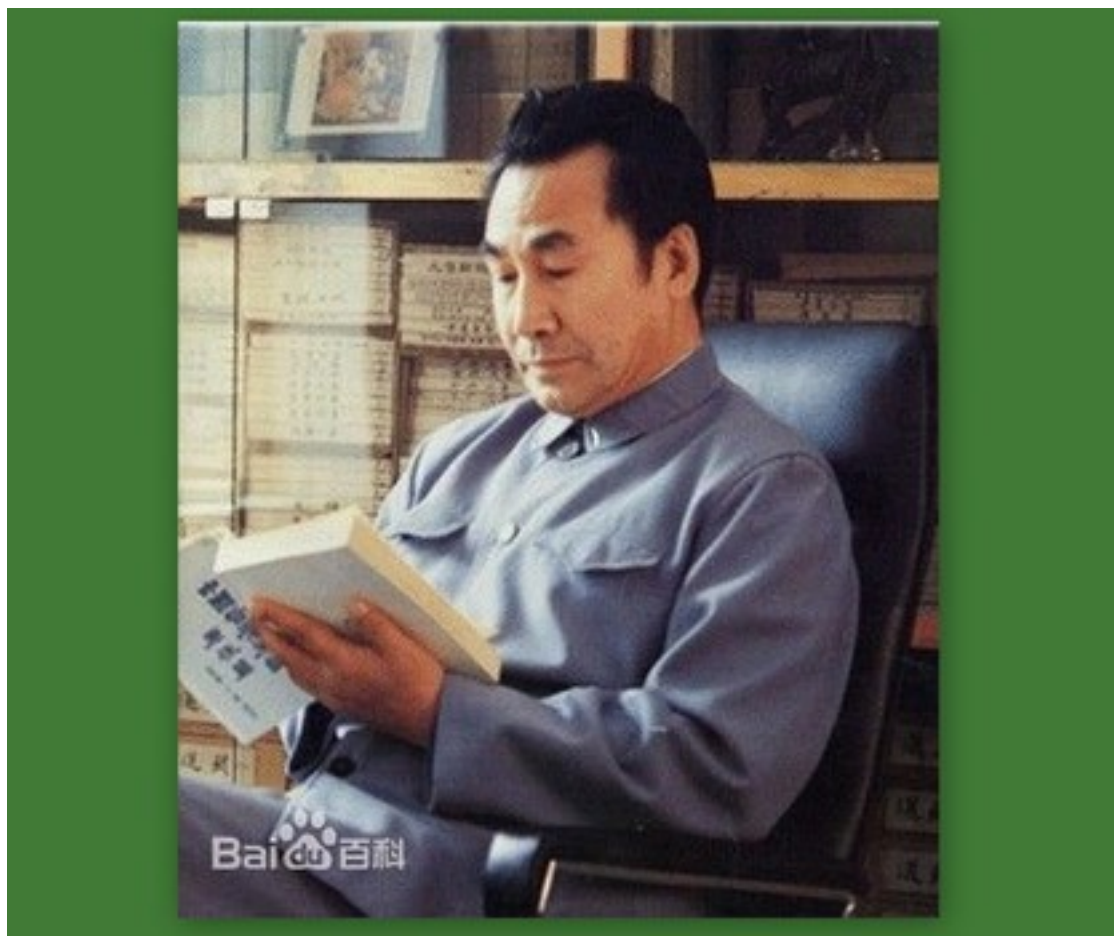


Zhineng Qigong can decrease depression for cancer patients and survivors

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In a recent publication by Oncology Nursing Society (ONS), Dr. Janine Overcash, PhD. and other researchers recommended educating patients with [cancer](#) about Medical [Qigong](#) and encouraging patients with cancer and survivors to practice Medical Qigong because it can be used in any stage of cancer treatment.



Bai Du

[Dr. Janine Overcash](#), GNP-BC, is the director of the Department of Nursing Research, at the Ohio State University. Kathryn Will, MSW, LISW-S, is the director of the [JamesCare for Life](#) Program at the Ohio State University. Debra Weisenburger Lipetz, a certified [Zhineng Qigong](#) instructor. A couple of years ago, three of them teamed up for a research pilot using Zhineng Qigong as an intervention with a small group of cancer patients and survivors with the support of the Ohio State University Comprehensive Cancer Center. The results were impressive and published in Dec 2013 issue of *Clinical Journal of Oncology Nursing* of Oncology Nursing Society.

Medical Qigong is an ancient Chinese [healing art](#). It is a mind-body-breathing exercise combining meditation. There are thousands of Qigong styles and forms. Zhineng Qigong was developed by Grandmaster Dr. Ming Pang (born 1940 -) in the 1980's. Since age 6, Dr. Pang has practiced Qigong, Tai Chi (Taiji) and martial arts with 19 different grandmasters. In 1958, he graduated from Beijing Medical University and started his career as a medical doctor. From 1958 until 1962, he studied traditional Chinese Medicine, specializing in acupuncture. After that he started Qigong research and proved its healing power. He further studied Buddhist Qigong and several Daoist varieties of Qigong.

In the early eighties, Dr. Pang Ming combined all his knowledge and created Zhineng Qigong. This form is simple and incredibly effective. In November 1991, he founded the Huaxia Zhineng Qigong training Centre in Qinhuangdao, Shangdong Province. Later, he also founded the Hebei Huaxia Zhineng Qigong Research and Recovery Centre. It was believed that over 300,000 patients visited the centers. All patients were medically tested and diagnosed, then put on an intensive training program for a month after which the tests were repeated once more. The centers reported success rates of over 95%. Huaxia Zhineng Qigong training Centre was nick-named "Medicine-less hospital". Dr. Pang published nine books on Qigong. Not only did he create Zhineng Qigong for exercise, he also developed the Holistic Hunyuan Principle using the Qi field (morphogenetic field, collective consciousness, Zero-Point field) to teach Qigong and to treat patients. In 2001, the Centers in China were forced to close, due to problems the government had with Falun Gong. All forms of Qigong where more than 50 people congregate were officially banned. Dr. Pang retired and stopped teaching. But many of his disciples are allowed to continue teaching both inside and outside of China. Today there are Zhineng Qigong practitioners in all over the world. You can see a valuable video by Dr. Pang demonstrating some Zhineng Qigong movements attached to this article.

Due to budget and other constraints, this pilot was done with 38 patients and survivors, with no control group to compare. The participants were mostly women who were relatively active with a mean age of 58. The participants had five-week Zhineng Qigong led training by Debra. Participants reported their conditions before and after the training program. It was found that reported [depression](#) was significantly reduced. In conclusion, the study stated that offering alternative therapy classes such as medical Qigong could be very helpful to patients who have been diagnosed with cancer. Hiring a certified medical Qigong instructors may require additional work, but the benefits are considerable. It further advised nurses encourage patients and families to participate in group activities such as medical qigong or Tai Chi to reduce the stress and anxiety that accompanies a cancer diagnosis.

Oncology Nursing Society <https://www.ons.org> is a leading nursing organization in the U.S. to promote excellence in oncology nursing and quality cancer care. It's vision is to lead the transformation of cancer care with partners like American College of Surgeons Commission on Cancer, ANA Congress on Nursing Practice and Economics, Canadian Oncology Nursing Organization, National Accreditation Program for Breast Centers, and many others and is a supporter of [Joining Forces](#), a White House

initiative to raise awareness of health issues affecting America's military, veteran, and their families.

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