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addresses the root cause of
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system of health care that recognizes the root causes of symptoms or disease, and treats the client as a whole. Practiced as an excellent adjunct to Western medicine, Chinese medicine may successfully treat

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*people with conditions which
Western medicine finds
resistant or ambiguous.*

[*What is Medical Qigong?*](#)

*Qigong is one of the most
important aspects of*

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traditional Chinese culture and medicine. In recent years, Qigong therapy has attracted more and more attention from modern medicine and science and is now widely applied in clinical settings to treat

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Over time, five distinct traditions or schools of qigong developed in China, each with its own theories and characteristics: Chinese

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Qigong, Buddhist Qigong,
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of these qigong traditions
include practices intended
to cultivate and balance qi.*

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have been increasing
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blending deep knowledge and insight with levity and playfulness. He is currently Director of Academics and Master Instructor at Red Thread Institute in the U.S.A., Director of Communications for the

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*“Chinese medicine,” often
called “Oriental medicine”*

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or "traditional Chinese medicine (TCM)," encompasses a vast array of folk medical practices based on mysticism. It holds that the body's vital energy (chi or qi) circulates through channels, called meridians ,

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*that have branches connected
to bodily organs and
functions.*

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*restore balance and harmony
to the body and is capable
of giving remarkable
outcomes.*

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Thus Qigong shares the foundational theories of Traditional Chinese Medicine and uses similar diagnostic and treatment methods. There are two types of medical Qigong: Self-Healing Qigong,

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during which individuals practice Qigong exercises to enhance their health, prevent disease, and address illness.

[Qigong | Taking Charge of Your Health & Wellbeing](#)

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*The coursework is from
textbook authored by
Professor Johnson titled,
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Clinical Text. Ted O'Brien,
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