

The Healer Within

An Introduction to the Medical Benefits of Qigong



Objectives:

- introduction to the origins and practice of Qigong
- consider potential medical benefits of Qigong
- (why not?) be inspired to start your own journey with Qigong
- receive/join in a 6 to 8 minute demonstration



Origins:

earliest records stem from around 4th Century BC.

A famous student of Lao Tzu, Zhuang Zi cited another legendary shaman, of around that time who lived to 800 years old by practicing 'Dao Yin' (the earliest name for Qigong).

Qigong is said to be the most profound of the aspects of Asian Medicine; and is the root of self-care.



Practice:

the 'Three Treasures' (Body-Breath-Mind) combine to create:
'The Medicine Within', 'The Healer Within', 'The Ultimate Elixir'

the Four Foundational Qigong Methods are the mechanism by which Qigong is delivered/practiced (Body-Breath-Mind-Massage)

the methods should be accessible, easy to practice and easy to remember

Qigong's 'golden rule': A B C

advocate for yourself to develop a personal practice



Qi vs Function:

In Chinese medicine, Qi is the single underlying feature of all health and disease.

In Western Medicine, function is the underlying feature of all health and disease.



The Key:

..... ..is not knowing more, rather it is settling in to focus, intent and undistracted FEELING.

Breath and movement leverage function (Qi).



Physiological Benefits:

- Homeostatic Capacity:
- Oxygen & nutrition delivery
- Lowers heart rate & blood pressure; increases circulation by dilating blood vessels
- Accelerated lymph propulsion
- Balances autonomic nervous system
- Neuro-transmitter shift
- Enhanced immune function
- Telomere nourishment
- Potential to reduce inflammatory markers [cytokines, CRP, TNF- α , IL-6] comparable to physical exercise*
- Potential to reduce fatigue in patients with various forms of cancer**



The Qigong Elixir is revealed as the Relaxation Response neutralizes the Stress Response

The Body's Physiology

Heart Rate

Blood Pressure

Muscle Tension

Metabolism

Breathing Rate

The Stress Response

Increases

Increases

Increases

Increases

Increases

The Relaxation Response

Decreases

Decreases

Decreases

Decreases

Decreases



Mental Health/Emotional Benefits:

- Positive impact of physiological benefits [see last slide]
- Stress relief/induces relaxed, meditative state of mind
- Calming. Slows brain wave patterns and improves focus and attention.
- Initiates relaxation response.
- Safe and potentially improves wellbeing for trauma survivors ***
- Promotes healthy mental capacity/improves cognitive ability; including in seniors.



Credibility Check:

- American Medical Association
- American Hospital Association
- Mayo Clinic
- American College of Healthcare Executives
- Voluntary Hospitals of America
- Catholic Health Association
- National Council on Aging
- United Way
- Veterans Administration
- Numerous articles and online resources



Potentials are expansive and ongoing:

- Take a moment to consider *PERSONHOOD!*
- When we consider personhood (more than a holistic approach to an individual) how/where would something like Qigong fit?
- Mental and emotional health
- Substance abuse recovery
- Survivors of trafficking
- Military veterans
- Chronic pain
- Victims of bullying
- People with mobility issues
- Geriatric health
- Helping children to learn emotion regulation/deal with stress
- Helping kids with ADHD
- Community building
- Health disparities



“The most profound medicine is produced within us, through the balance and harmony of physiology, mind, and spirit.”



Dr. Roger Jahnke, O.M.D.



“The Ultimate Elixir is Already Present Within Our Own Being as an invisible Resource! FREE – PRICELESS”



Dr. Roger Jahnke, O.M.D.



Lets Practice!



Some Sources & Resources:

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Thank You



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