

Benefits of Qigong

Relieves stress	Decreases chronic pain
Improves posture	Increases energy and stamina
Promotes strength, flexibility and balance	Decreases blood pressure
Improves concentration and mental clarity	Enhances immunity & resistance
Improves sleep	Stimulates natural healing abilities
Detoxifies the body	Balances the vital functions
Tonifies the internal organs	Enhances vitality
Improves circulation	

Cardiovascular: Lowers resting heart rate, normalizes EKG, promotes greater cardiac efficiency, and stabilizes blood pressure and cholesterol levels.

Respiratory: Slows respiratory rate, improves gaseous exchange, significantly benefits asthma and bronchitis.

Immune System: Increases immune cell activity, better targets antigens, has significant anti-cancer effects.

Circulation: Improves microcirculation and peripheral circulation, prevents vascular spasms, is helpful for angina, migraine and Reynaud's Syndrome (cold hands and feet).

Brain: Improves cerebral blood flow, decreases incidence of stroke, and reduces frequency and intensity of seizure disorders. Slows brain waves, which promotes relaxed and integrated states of consciousness.

Musculoskeletal: Increases strength, flexibility, bone density; improves coordination, posture, balance; is beneficial for arthritis and osteoporosis.

Chronic Pain: Significant pain reduction from all causes, including injury, surgery, arthritis and fibromyalgia.

Mental Health: Decreases stress response, Type A anxiety, obsessive-compulsive disorder, and depression. Qigong improves memory, concentration, and interpersonal sensitivity.

Longevity: Improves blood pressure, vital capacity, cholesterol and hormone levels, kidney function, mental acuity, vision and hearing, skin elasticity, bone density, immune function, digestion, balance, flexibility, strength and libido. Destroys free radicals (major cause of tissue degeneration).

Source: Ken Cohen

Benefits of Qigong

1. Well-being and improved health. Qigong emphasizes the whole body, whole system health. While it is true that qigong will often cure specific ills, this is not the primary reason for practice. It is not only a matter of adding years to your life, but life to your years.
2. Clear and tranquil mind. When the mind is at peace, the whole universe seems at peace. World peace begins with you; it is your responsibility to find a peaceful heart and mind. Then you can heal and transform others just through your presence. If you have a tranquil mind, you will make better decisions and have the skill to know when to act and when to be still.
3. Deeper, more restorative sleep. Qigong will help you find the deep relaxation and mental quiet necessary for sleep.
4. Increased energy, including sexual vitality and fertility. Qigong people have more energy; it restores youthfulness.
5. Comfortable warmth. Qigong is great for cold hands and feet. Circulation improves, and the body generates more internal warmth when it is cold.
6. Clear skin. The skin, like the intestines, is an organ of elimination. According to Chinese medicine, as your qigong improves, your body eliminates toxins, and the skin becomes clear.
7. Happy attitude. There is an old Tibetan saying, "You can tell a Yogi by his or her laugh." Correct and moderate qigong practice usually creates an optimistic and joyous disposition.
8. More efficient metabolism. Digestion improves, and hair and nails grow more quickly.
9. Greater physiological control. This means that aspects of the body that were imbalanced or out of control begin to normalize, for example, breathing rate, heart rate, blood pressure, hormone levels, and states of chronic inflammation or depletion.
10. Bright eyes. The qigong master's eyes are said to glow in the dark, like a cat's. The eyes also appear bright because the spirit and soul are luminous and the heart is open.
11. Intuition and creativity. Intuition and creativity generate each other and come from the same source, an awakened brain and being, an ability to think with the gut, to feel with the mind.
12. Spiritual effects. Advancement in qigong is often accompanied by a variety of spiritual experiences. For example; synchronicities, meaningful coincidences, become more common. When the qi is abundant, clear, and flowing, the senses perceive and are permeated by a quality of sweetness.

Source: Ken Cohen

Benefits of Qigong

Brain and Central Nervous System

- Activates the healing response of the parasympathetic nervous system
- Calms and quiets the cerebral cortex, the internal dialogue
- Improves memory, learning and other intelligence factors
- Enhances the physiological functions controlled by the brain
- Awakens latent psychic abilities; extra sensory perception
- Enhances and balances the bioelectrical activities of the brain
- Improves brain chemistry; i.e. in the synthesis and secretions of vital neurotransmitters
- Increases levels of essential neurotransmitters in the blood, brain, and cerebrospinal fluid; particularly – nor epinephrine, acetylcholine, serotonin, and dopamine
- Analgesic effects via natural pain killing neurochemicals; i.e. endorphins- enkephalin

Immune Response

- Enhances immunity and resistance
- Stimulates production of neurotransmitters, hormones, and other immune factors
- Improves the function of the lymph system which cleanses the body of metabolic waste, removes interstitial fluid from tissues, and transport of immune cells to and from the lymph nodes
- Enhances white blood cell production by stimulating bone marrow
- Increases phagocyte activity of scavenger cells in the blood
- Revitalizes the bone marrow; a primary source of immunity in the body
- Increases production of the T cells in the thymus gland; another pillar of the human immune system
- Stimulates the pituitary, adrenal and other glandular secretions, balancing the entire endocrine system
- Increases red blood cell count, there by enhancing the blood steams capacity to carry and deliver oxygen to the cells, further enhancing the immune response
- Inhibits the secretion of adrenaline and cortisole, which gets released during stress, over excitement, and hyperactivity which are well known for their immunosuppressive effects
- Enhances the natural steroid production, helping to alleviate pain
- Strengthens resistances by increasing the field of protective energy that surrounds the body

Heart and Circulatory System

- Improves blood circulation throughout the entire body; including microcirculation in the brain, extremities, and deep tissue of the vital organs
- Decreases the workload of the heart by turning the diaphragm into a 'second heart', supporting the heart
- Prevents and cures high blood pressure; balancing blood pressure throughout the entire circulatory system

Respiratory System

- Deep diaphragmatic breathing improves respiratory functions and protects the lungs from damage due to airborne pollution
- Increases total capacity and volume of the lungs
- Increases oxygenation in the blood, and in the lungs, while qigong movements improves delivery of the oxygen to the cells

Digestive System

- Enhances digestive secretion; increases secretion of the saliva in the mouth, digestive secretions in the stomach, and essential digestive fluids in the intestines
- Balances the pH level of the digestive fluids, which is essential to proper digestion of food and assimilation of nutrients
- Highly stimulating massage to the digestive organs, helping to regulate their functions and balance their secretions; enhancing peristalsis throughout the alimentary canal, improving digestion, enhancing assimilation, and preventing constipation and flatulence
- Improves extraction and assimilation of nutrients and their transformation into energy

Acid / Alkaline Balance (pH)

- Balances the pH level of the blood, digestive juices, and other bodily fluids

Free Radical Scavenger

- Enhances antioxidant activity; which in turn helps slow down the aging process and prevents the degenerative conditions associated with old age

Source: Daniel Reid