

# Qigong Exercise Therapy

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## Preface

*Qigong Exercise Therapy* is one volume of *The Series of Traditional Chinese Medicine for Foreign Readers*.

Qigong exercise therapy has a long history of about seven or eight thousands of years and has been playing an important role in the prosperity and development of the Chinese nation. Physicians of each dynasty in the Chinese history, especially since the founding of new China, have been attaching great importance to Qigong exercise therapy and accumulated a wealth of experience in the prevention and treatment of diseases. Therefore, Qigong therapy serves as an important part of traditional Chinese medicine.

On the basis of summarizing the experience of the predecessors and that of my own decades' clinical practice, I have written this book, which, I hope, will do a bit in the development of Qigong exercise therapy and facilitate the physicians to guide the patients to practise Qigong exercises or to guide the patients themselves to practise.

This book is composed of the following contents; the necessary knowledge of principles and characteristics of Qigong exercise therapy and essentials of Qigong exercise practice; Qigong exercises and their main points for attention in the treatment of specific internal, gynecological, E. N. T. and surgical and traumatic common diseases; Qigong exercises of callisthenics and obesity relief and, prevention and treatment of Qigong deviations. This book, rich in both contents and figures, is an ideal one for Qigong doctors and patients who seek Qigong exercise therapy.

We are most grateful to Mr. Bi Yongsheng, a professor and respectable teacher of Chinese Qigong, for his enthusiastic support and assistance in providing data and checking and approving the manuscript of this book.

The Authors