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### **Chinese Energetic Books — Medical Qigong Publishing House**

Objective: This study was to evaluate the effects of Qigong on clinical motor symptoms, walking ability, and balance of patients with Parkinson's disease. Data sources: Seven electronic databases (MED...

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By Dr. Bernard Shannon Originally published in Chinese Medical Qigong Therapy: Volume 4 - Prescription Exercises and Meditations, Treatment of Internal Diseases, Pediatrics, Geriatrics, Gynecology, Neurology and Energetic Psychology. Chapter 53, page 389 – 399. Published 2004

### **Menopause and Medical Qigong: A Second Spring**

Chinese Bioenergy Qigong is a 1-hour session of qigong exercise conducted and popularized by Dr. Li Cheng Chung, which includes warm-up movements, breathing regulation, gentle movements, body stretching, meditation, and relaxation. Thus Chinese Bioenergy Qigong was chosen to be the intervention program in this study.

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