

# Chinese Medical Qigong

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Qigong is one of the most important aspects of 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 illness and promote well-being.

*Chinese Medical Qigong* is the first English translation of the only official textbook of medical Qigong, *Qigong Study in Chinese Medicine* in Chinese (中医气功学) now in its third edition, used in colleges and universities of traditional Chinese medicine in China. Combining the traditional therapies of Qigong with the most recent outcomes of modern scientific research, this book provides an authoritative introduction to the knowledge system and contents of Qigong study in Chinese medicine.

This textbook will be a useful tool for medical students and healthcare professionals who are interested in complementary and alternative therapies; it will be especially useful for those who practice mind-body medicine or traditional energy healing, as well as for anyone who would like to learn more about the beneficial medical applications of Qigong.

## About the Editors:

**Dr Tianjun Liu** is a professor and director of the Qigong research laboratory at Beijing University of Chinese Medicine, where he has taught Qigong for more than twenty years. He is also secretary general of the National Qigong Education and Study Association (China), secretary general of China Academic Society of Medical Qigong, and the only government approved academic mentor for Ph.D. candidates in the field of medical Qigong in China. For the past decade, Dr. Liu has been Editor-in-Chief of *Qigong Study in Chinese Medicine*, the only official Qigong textbook used in universities and colleges of traditional Chinese medicine in China.

**Dr. Kevin W Chen** is an associate professor at the Center for Integrative Medicine and the Department of Psychiatry, University of Maryland School of Medicine. Educated at top universities in both China and the U.S., and with a Ph.D. in research psychology and statistics, Dr. Chen has a great deal of experience and training in blending Eastern and Western perspectives. As a long-term practitioner of Qigong, Dr. Chen is one of the few scientists to have a hands-on knowledge of Qigong practice and be actively involved in scientific Qigong research. Dr. Chen is currently funded by the National Institutes of Health (NIH) and other foundations to conduct clinical studies into the feasibility and efficacy of applying Qigong and meditative therapy in the treatment of arthritis, addiction, and anxiety disorders.

**Consulting Editors** include Phoenix Liu, Ph.D. (University of Maryland), Gang Peng, OMD, Ph.D, L.Ac. (Acupuncture and Natural Medicine), Xiao-Mei Qiang, L.Ac. (TCM practitioner), Kenneth S. Cohen, MA. M.S.Th (Qigong Research & Practice Center), Linda Nadia Hole, M.D. (Integrative Medicine Physician), Roger Jahnke, OMD, L.Ac (Institute of Integral Qigong and Tai Chi), Lyn B. Lowry, Ph.D. L.Ac. (University of Maryland), Sharon Monte, M.D. (Integrative Medicine Physician), Douglas Wile, Ph.D. (Brooklyn College of CUNY).

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