



Official Newsletter of the National Qigong Association

## Welcome to our Summer Quarterly Newsletter

We have a fascinating and rich newsletter for you this summer!! This issue features interviews with some remarkable teachers!

Judy Chancey talks about her personal Qigong journey, and her experiences helping veterans through teaching them Qigong. She is also a member of the NQA Veterans Support Committee.

Information on this new program is available at:

<https://www.nqa.org/credentialing-program>

On Sunday, June 23, 2024, the NQA will host a webinar that will discuss this new program.

Dr. Christine Sanmiquel will be a presenter at the conference. She is a teacher at Five Branches, along with teaching Sacred Heart Qigong, a women's class. Read about her work, her path to becoming a Qigong teacher, her other offerings, and her philosophy to help others through Qigong.

We also have an interview with Madeline Marchell who teaches Tree Gong, along with many other classes and offerings on nature, Chinese Medicine, and well-being. She discusses how she became a Tree Gong teacher, connecting with trees, and her experiences teaching Tree Gong to others.

This edition also has interesting news from our committees that reflect the ongoing work the NQA does to educate and support our members!

Don't forget to check out and register for our upcoming exciting events on page two! The registration fee for the NQA conference in Savannah, Georgia September 24-26 increases the first day of the conference. So get your registration in early for this exciting, NOT-TO-MISS event! Registration information, pricing, presenter list, and schedule are here: <https://www.nqa.org/annual-conference>

Happy reading!

Linda Kiesler  
NQA Publications Committee Chair

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# UPCOMING EVENTS

DATE	MEMBER	EVENT
6/23/24	NQA	VA Credentialing- Informative Webinar
6/23/24	Nan Lu	Summer Heart Harmony 2024- A Day Virtual Qigong Intensive
6/26/24	Bruce Frantzis	The Daoist Meditation Practices of the Daodejing
7/18/24	NQA	Qi Talks with guest Cloe Couturier
7/20/24	Vicki Dello Joio	Living the Lotus- Qigong for the Heart Workshop
7/21/24	NQA	Syner-Qi with guest Kevin Siddons
9/1/24	Jessica Kolbe	Spiritual Trip to Bali: Going With The Flow
9/24/24	NQA	In-Person Annual Conference In Savannah, Georgia
10/14/24	Solala Towler	Fall Taiwan Tour

Must be a professional member of the NQA to submit an event



# Healing Hearts As a VA Community Care Provider

BY LAUREN THOMAS

Judy Chancey's journey has been nothing short of remarkable, guided by a deep sense of purpose and fueled by the transformative power of Qigong. Through her efforts, she has touched the lives of veterans, offering them peace, strength, and a path toward well-being.

Judy's motivation to bring Qigong to veterans stems from a deeply personal experience with PTSD. The aftermath of Hurricane Andrew in 1992 left her grappling with anxieties and uncertainties, laying the foundation for her own journey of healing. Introduced to Qigong in 2005 through Tai Chi Chih, Judy discovered a sense of calm and well-being as she performed movements that slowed her breathing to the rhythm of waves ebbing and flowing on a calm sea. This profound experience ignited her curiosity, leading her to become an instructor dedicated to serving veterans as a VA Community Care Provider.

In Judy's experience, Qigong can be incredibly effective for veterans, both mentally and physically. "The benefit that veterans seem to most appreciate is the sense of peaceful calm and overall well-being that Qigong offers in the long, slow inhales and exhales. Life becomes a new ballgame on a winning team when veterans realize that their breath is the most valuable tool in their life management tool kit," Judy emphasizes. From increased physical strength to enhanced mental clarity, the practice of Qigong offers veterans a sense of peace and well-being that assists them with the challenges they face.

Success stories abound in Judy's work with veterans. She recalls one of the very first veterans she worked with arriving in the Zoom meeting room: "He sat in shadows with backlighting from the sun shining through a glass sliding door. The image on my TV screen reminded me of the Star Wars movie character Jabba the Hutt. This gentle person was in near-paralysis mode due to severe PTSD and chronic back pain. Over the course of four years, the veteran evolved from practicing seated Tai Chi in private sessions to becoming the 'head cheerleader', encouraging other veterans in group Qigong sessions. In the early days of their practice together, going outside of his apartment and interacting with neighbors provoked high anxieties, especially when riding buses to VA appointments. He relied on Qigong breathing to keep him

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JUDY CHANCEY



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centered and clear-minded. By fall 2023, this gentleman had purchased a car, drove to Massachusetts to visit his dysfunctional family during the holidays, and made peace with his dad."

Yet, amidst the victories lie challenges that Judy navigates with grace and resilience. Engaging skeptics and addressing deep-seated fears are hurdles she faces with compassion and understanding. The unfortunate reality of veteran suicide serves as a stark reminder of the complexities inherent in this line of work. Yet, even in the face of tragedy, Judy remains steadfast in her commitment to healing and hope.

Working with veterans has impacted Judy very deeply on a personal level. She says, "Seeing the physical, mental, emotional, and spiritual ramifications that wars inflict on our veterans has been a rude awakening about the prices paid by extremely brave men and women to ensure my/our safety and freedom. Likewise, witnessing veterans' fierce determination towards overcoming challenges and pushing forward towards accomplishments inspires me to 'be like a veteran' and push through challenges. Interactions with veterans in this program, literally, have changed who and what I am, physically and energetically. I've been gifted and blessed with a stronger sense of identity and purpose. I feel, strongly, that working with veterans is what my soul was born to do!"

Looking ahead, Judy's hopes and goals for Tai Chi and Qigong programs within the VA system are ambitious yet attainable. She envisions a future where these practices are embraced as lifestyle choices for veterans, offering them a path toward optimal mental and physical health.

For those inspired by Judy's journey and eager to make a difference in the lives of veterans, the National Qigong Association (NQA) offers a path to credentialing for members in the Tri-West region. Through the NQA's support and resources, individuals can begin their own journey as VA Community Care Providers, joining the ranks of dedicated professionals who are committed to serving those who have sacrificed for their country. Learn more about the VA Credentialing Program by clicking [here](#).

"I'm very excited about how NQA members can serve those who need our skill sets the most! I feel that we are on the cool cusp of a new wave in US healthcare—a wave that extends beyond the VA. Individually, we are each simply a drop of water. Collectively, we carry the potential of becoming a gentle wave on a calm sea of Qi, effecting positive changes in humanity," Judy says.

# Interview Spotlight: Dr. Christine Sanmiquel

BY DINA JOY BAHRANI

I had the pleasure of getting to interview Dr. Christine Sanmiquel, who will be speaking at our upcoming NQA Summit. Dr. Christine holds such a beautiful balance between science and spirit, with her skills with in-depth research, and her heart-centered, nurturing care she brings to everything she does, from her personal practice to her clinical work, and into the classes she teaches. She currently teaches a women's Qigong class called Sacred Heart Qigong, and two research classes for Five Branches University's doctoral program. Christine holds doctoral degrees in both Chinese medicine and Medical Qigong. She is a licensed acupuncturist with a specialty in women's health and fertility, as well as an ordained Daoist priestess.

When I was beginning my own studies with Qigong, Dr. Christine was the first woman to treat me, and it was a transformative experience. Her approach inspired so many new insights on how to bring together softness and science to my own clinical practice, so I feel especially blessed to get to interview her today.

## **Q: What got you started with Qigong?**

**A:** I grew up in Maine in a very Christian household. I was a very science-oriented person, and a "Type A" kind of personality. I somehow landed in Southern California, and I was doing this pre-med program at Pitzer College in Claremont. They have a human biology program which is basically pre-med, but it also has requirements in sociology, psychology, and anthropology.

I took an elective called Nature, Movement, and Meditation and that was taught by this Qigong Master named Master Si Tu Jie from China. I had no idea what that meant at the time, but friends had said it was interesting, so I signed up, not knowing it would change the direction of my entire life! During one of the classes, he had people volunteer to stand in the center of the group who were seated in a horseshoe shape around them - three of them were friends of mine. Because I knew them, I knew that what happened next wasn't faked.

*continue on page 6*

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CHRISTINE  
SANMIQUEL



The scientist in me got very curious and I ended up taking all of the classes he offered, and I wrote my senior thesis in human biology on the effects of Qigong on Parkinson's disease and caregiving.



Master Si Tu began moving his hands, waving them in the air behind the people so they couldn't see what he was doing, and then he would make this pushing motion with his hands, about six feet away from someone, and they would start to fall forward. And then he would do a different motion and pull them back to standing. I was fascinated.

He could run his hands up and down like someone's spine, a few inches off the skin, and be able to say, "Oh, you had really painful menstruation when you were 13 you got put on birth control," and he just knew all these things about their medical history and also how to help them. He was able to give them exercises and things to help. I was floored, while another part of me felt so connected to it. I grew up in a Pentecostal church from age 6 until middle school, so I was familiar with laying on of hands as a healing practice growing up. It resonated with me and made sense in a way I couldn't really explain. The scientist in me got very curious and I ended up taking all of the classes he offered, and I wrote my senior thesis in human biology on the effects of Qigong on Parkinson's disease and caregiving.

Later, I also had the opportunity to study with Sifu Jerry Alan Johnson for his Doctor of Medical Qigong program, which has become an essential part of my clinical practice and my growth as a practitioner.

**Q: How long have you been teaching and treating for?**

**A:** I was licensed as an acupuncturist with my Master's degree in 2009, which was a four year Master's degree at the time. Then I went on and did an additional two years to get my doctorate in 2016.

I started teaching for Sifu Johnson before I graduated, around 2008. I developed and taught his TCM foundations as well as an advanced TCM class, and then I did a women's health class. I was completing my Master's in Chinese medicine when Sifu offered the DMQ training, so I overlapped a bit between them.

From there, I taught the Channels and Points at Five Branches for a number of years. I love bringing in the Five Element aspect of acupuncture into the points I am teaching. It's an approach that interweaves the psycho-emotional spiritual aspects of the acupuncture points. The Five Element work I do compliments the Qigong work really beautifully.

**Q: How has your view of science and Qigong changed since you first started?**

**A:** First, learning to see the miraculous in the science, and the science in the miraculous and mysterious.

Sometimes in the holistic world, people get very stuck on beliefs like “Western medicine is bad” or “acupuncture or these Eastern medicines can’t possibly be researched in any quality kind of way.” Doing this, they throw the baby out with the bathwater.

There is decent research out there showing safety and efficacy of these modalities that we can use as communication tools for building relationships, either with patients or with other practitioners.

Another meaningful change is being able to read research through the Chinese Medicine lens.

For example, what does it mean if a drug has a certain side effect? And is there a patient base in my clinic that would do better with that than another? I always think of clomid as a good example for ovulation. If someone has a lot of heat in their body, they might not do as well with that medication, but if they have a lot of dampness, then they actually tend to do okay with that medication. I’m a fan of using all of our resources to help.

**Q: Has practicing Qigong resolved any health issues or emotional issues for you?**

**A:** Definitely. I used to have really irregular, very painful menstrual cycles; healing that was big for me.

On the emotional side, I used to be a lot more reactive, less resourceful. I was “at the effect” of my emotions, rather than now, where I can be more of an observer, pause with them and use my resources.

Another part is noticing more quickly when I’m out of balance. I think that’s been the biggest thing, the nuances of your own experience in your body, and it becoming normal to be aware of those shifts.

**Q: Do you have a favorite Qigong practice or perspective that you like to use in your everyday life?**

I love the phrase “it’s all in the gong.” It’s all in the gong, it’s all in the work. There’s so much more to Qigong than the movements, breath, and intention during practice time.

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It lives in how you wash the dishes, how you drive your car, how you do your grocery shopping, how you interact with others. The gong is in the everyday stuff —how you keep your qi moving and how you keep your heart open in the ordinary, the noise of life.

**Q: What's one of the most meaningful transformations you've seen while sharing Qigong with others?**

**A:** I work with many women trying to conceive, and the Medical Qigong practices have become an essential part of giving emotions expression, giving the body a voice. The journey of fertility can be a deep dive into the unknown, and Medical Qigong is a powerful support for using this time to allow their body to let go of what it needs to and to trust the supports and resources they have.

I remember one woman who was in an IVF cycle and struggling with embryos not making it past day 5. She was very anxious, and her heart was unsettled. We worked with Qigong together, and we found out that an embryo made it to day 5, and then, discovered she had become pregnant naturally the cycle before her transfer was planned! She went on to have a wonderful pregnancy and a healthy baby.

**Q: What do you believe are the most important aspects of teaching Qigong for a teacher and for a student to learn?**

**A:** For teachers, you want to learn with someone who is living these teachings, actively growing and learning themselves. Someone open and inspired by life.

For students, my best advice is to come with an empty cup. Show up open regardless of whatever you've already learned or think you know. There's always nourishment to be found in any class and teacher.

To learn more about Dr. Christine Sanmiquel, her clinical work, and classes, visit her website at:

Qigong: [www.sacredheartqigong.com](http://www.sacredheartqigong.com)  
Clinic: [www.whitephoenixwellness.com](http://www.whitephoenixwellness.com)



**Dr. Christine Sanmiquel L.Ac., DTCM, DMQ, PMP**

Licensed Acupuncturist and Herbalist  
Doctor of Acupuncture and Oriental Medicine  
Doctor of Medical Qigong

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CHRISTINE  
SANMIQUEL



# The Benefits and Beauty of Tree Gong

## Interview with Madeline Marchell, Tree Gong Practitioner

BY LINDA KIESLER

Tree Gong Practitioner, Madeline Marchell, has a profound and soulful connection with trees.

Her connection with trees started as a young girl, when she would sit under a large tree in the yard of her childhood home. After sitting under that tree frequently, she started noticing that within the stillness of that tree she could feel its life energy and began to gain strength from it. This energy encouraged her, in her youth, to start looking at the energy trees offer, and how that energy differs between species. Leaning against the trunk of the tree invited immersion, connection, and a sense of oneness.

When she became a Qigong teacher in her adult life, she felt a disconnect while practicing Qigong in nature. Although many Qigong practices mimic nature and animals, she wanted that sense of immersion and oneness felt at an early age. Incorporating her movements and mind sensing with the tree bridged their energy fields. Immersion, connection and relationship developed.

As she once again turned her attention to nature and trees, she wisely observed that trees are very much like humans:

“We are all nature. Like us, they also have an upper, middle and lower Dan Tien. They have treetops, we have heads; they have branches and leaves, we have arms and fingers; they have trunks, we have bodies; they have roots, we have feet.”

Trees don't always make friends easily. It may take a few times of going into a park or forest. This allows the tree time to identify human vibration. The tree will begin to recognize and form a relationship once it is familiar with your energy.

Working with the trees taught her patience and stillness. The trees work in “Deep Time” (Madeline beautifully defines Deep Time as a metaphor for the wisdom the ancient, natural world brings to us: trees, rocks, minerals, mountains - things that have existed here long before us). She explains that older trees can have deep scars like we do, so it may take time to warm up to a relationship.

As she put these thoughts in perspective and aligned herself with her life's work as a Shaman, Naturalist, and Qigong teacher, she became motivated to teach Tree Gong to the public.



We are all nature. Like us, they also have an upper, middle and lower Dan Tien. They have treetops, we have heads; they have branches and leaves, we have arms and fingers; they have trunks, we have bodies; they have roots, we have feet.

As her practice continued to grow, she found a challenge in the journey of educating others. Although the Tree Gong movements were easy to do, some felt self-conscious in public places.

“I asked them to become familiar with the Tree Gong movements and then make the practice their own. Another option for physical movement is to sit and envision doing movements with a tree. She calls that method “mind sensing”.

Madeline says some of the benefits of Tree Gong are as simple as taking advantage of the sunlight and earth that trees live in. For example, walk on a concrete sidewalk and really tune in to how that makes you feel. Then, walk on grass or a dirt path, and tune in to that feeling. She says leather soles are the best conduits to take in earth energy, rubber soles won't do it. Another amazing insight Madeline shared during this interview is that trees give out negative ions. We need negative ions to balance the positive ions that come from electronics, air pollution, and other not-so-good things for us that our bodies and minds are daily bombarded with. This is why we feel so good around forests and oceans! They bring us back into balance.

Some of us live in states where there is rampant tree loss; they are lost through natural disasters or cut to avoid potential problems. If this happens where you live, you know sadly all that remains is a stump. I asked Madeline about the impact on humans and the environment when trees are lost during wildfires, damaged in storms, or cut before potential disaster. Madeline gave a beautiful, heart-filled answer:

“Trees burned in a wildfire are part of the natural cycle. The carbon inside travels down from the roots and provides nourishment for surrounding growth underground. Tree energy remains. Honor it - give it a gift!”

If you would like to learn more from Madeline, last March she gave a Qi Talk on “Tree Gong: The Health Benefits of Breathing With the Trees.” This talk is in the NQA Archives under the [2023 Qi Talks](#).



Madeline Marchell is a Shaman, Naturalist, Tree Gong Practitioner, Yoga, and Medical Qigong Therapist. She offers many healing modalities for well-being and is available for virtual and live training. Her location is on a mountaintop in Fort Collins, Colorado. Explore her offerings and subscribe to receive her nature blog posts at: <https://www.rockymountainshaman.com/>

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MADELINE MARCHELL



# Brainwave and Qigong Research Project

BY PARAS KAUL, DEPUTY CHAIR, NQA

Are you ready for an alternative approach to healthcare? If so, brainwave morphing is a technique to add to your Qigong practice. Implants are not required! Qigong enhances the brainwave morphing process by calming mental distraction and focusing attention to deepened states of consciousness—thus creating a symbiotic energy exchange between the mind, brain, body, and environment. The morphing practice involves training the mind to focus deeply to shift predominant neural signaling from a high range of frequencies to lower Alpha and Theta frequencies.

Brainwave morphing utilizes a Brain-Computer-Interface (BCI) system with hardware, software and electroencephalographic analysis (EEG) to monitor and analyze neural signaling in the right and left brain hemispheres and to measure the coherence between the two hemispheres. When a coherent, low frequency brainwave state is reached, stress transforms to a positive energetic force that distributes throughout the body. The process provides a fun and exciting learning experience from seeing and hearing your brainwaves, which gives an indication of how the brain is functioning. Using a simple headband studded with electrodes, neural signaling transmits to the computer for data collection using the BCI software. EEG analysis in the software delineates the signals into frequency domains from 1 to 200 Hz, amplitudes and coherence values. In general, the range of conscious human neural activity extends from 1 to 30 Hz.

As mentioned in NQA's May QiTalk, and in collaboration with Francesco Garripoli, he and I have initiated a Brainwave Research Project. The project is a unique effort to use the power of brainwave monitoring and analytics to access latent capabilities, which are powerful manifestations of human brainpower. Francesco explains that "This project is the first brainwave research that focuses specifically on Qigong practice to quantify the efficacy that we all intuitively know is there. With the support of our Qigong community, we can help raise awareness of the benefits of Qigong, and we can all learn from a scientific perspective, why we feel so good doing our practice!"

Qigong practices combined with brainwave research advancements have the potential to transform healthcare practices by demonstrating the power the mind has for self-regulating the energetic condition of the body. Evidence-based outcomes from brainwave monitoring and analysis before and after Qigong practices will support and accelerate the transition of Plant-based Medicine to Energy-based Treatment. During the QiTalk interview, I expressed a vision of a Brainwave and Qigong Research Center and suggested that fees for my Organ Cleansing Qigong instruction will be donated to the Brainwave and Qigong Research Project. It is necessary to further expand our awareness to develop innate human capabilities in order to prepare for the future, as once again the times need to be changing. For demonstrations of Qigong with Computer-Interface systems, drop by our table at the NQA Annual Conference in Savannah, GA.



This project is the first brainwave research that focuses specifically on Qigong practice to quantify the efficacy that we all intuitively know is there.

FRANCESCO GARRIPOLI

# Announcing the Janet Sullivan Scholarship Recipient

BY LAUREN THOMAS

We are delighted to announce that Marion Kawada Kudla has been awarded the prestigious Janet Sullivan Scholarship for the 2024 National Qigong Association Annual Conference. Marion's dedication to the practice of Qigong, coupled with her enthusiasm and willingness to learn, truly impressed the selection committee.

Jo Chern, Chair of the Conference Committee, shared her thoughts on Marion's application: "Marion impressed the selection committee with her enthusiasm to explore many aspects of Qigong and the youthful joy she brings to her practice and her desire to share that with others. I was personally moved by this sentence from her application: 'By releasing much of the anxiety I faced as a younger person, Qigong has also allowed me to trust life more deeply.' What a powerful statement about her connection with Qigong."

Marion, a native of New York, is currently based between Sweden and the UK, where she is finishing her Masters in poetry and myth. Trained in classical and contemporary dance, Marion discovered Qigong during the pandemic and quickly became fascinated with its movement and meditation practices. Over the past four years, she has studied with YOQI founder Marisa Cranfill and continues to explore embodied practices through Qigong, dance, and meditation.

The Janet Sullivan Scholarship honors the legacy of Janet Sullivan, a dedicated enthusiast of Qigong, by offering deserving individuals the chance to attend the NQA Annual Conference. Marion looks forward to attending the conference to deepen her understanding of Qigong, connect with mentors, and build lasting relationships within the Qigong community.

We extend our heartfelt congratulations to Marion Kawada Kudla and look forward to seeing her continue to inspire and grow within her Qigong practice at the 2024 NQA Annual Conference in Savannah, Georgia.

By releasing much  
of the anxiety I  
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deeply.

MARION KAWADA  
KUDLA



# Certification Committee

The Certification Committee is welcoming new applications for certification.

We would like to share some things you may not know about becoming certified through the NQA, the only national certifying body in the USA to include all forms of Qigong Practice.

## Benefits include:

- Certification listing on your member profile of the NQA Teacher Directory.
- Certificate to display to the public showing you have been vetted and certified by the NQA.
- Our publications and events often highlight certified professionals with their articles and event presentations.

## How does Certification Work?

1. Certification is open to all Professional Members of the NQA.
2. We have 4 levels of certification for Instructors of Qigong.
3. We have 2 levels of certification for Clinical Practitioners.
4. We are currently finishing the process for the steps in Integrated Practitioner as a 3rd category.
5. Each level of certification is explained in detail on our website, simply click on the link for certification then the link for the level you are interested in.
6. There is a link to a definitions page that is full of information to help clarify any questions.
7. There is a certification liaison who is available to answer questions via email or phone call.
8. Once an application is completed online it is sent to each member of the review committee for their independent evaluation.



Certification is open  
to all Professional  
Members of the  
NQA

# Research and Education Committee

## Introduction

This document contains information about recent research on the effectiveness of qigong and/or taiji (or tai chi) in improving the quality of life for people with cancer. The first section is our summary of all the studies we found on qigong and/or taiji interventions with people with cancer. We believe that qigong and taiji have very similar benefits. We believe the terms are interchangeable. The sections that follow are the individual studies that make up the summary.

## Cancer

Current (2022) research is showing that practicing qigong and taiji helps cancer patients. Practicing qigong and/or taiji:

- Improved the survivors' ability to use their limbs,
- Improved cognitive functioning (thinking and decision making) of survivors,
- Improved survivors' sleep quality and reducing fatigue,
- Reduced survivors' stress hormones (cortisol),
- Showed survivors decreased anxiety, stress, depressive symptoms, and an overall improvement in quality of life.

These are great improvements in cancer survivors' quality of life. Research into the use of qigong and/or taiji with this population is ongoing.

## Study 1

Farahani, et al, found eleven studies on various mind-body interventions including yoga, tai chi, and qigong, totaling 1,032 participants between 2006 and 2019. Their results indicated that these mind body interventions may improve objective and subjective cognitive function in cancer survivors. They conclude that cancer survivors experiencing cognitive symptoms may benefit from participation in mind-body exercises.

*The effect of mind-body exercise on cognitive function in cancer survivors: A systematic review.*

Farahani MA, Soleimanpour S, Mayo SJ, Myers JS, Panesar P, Ameri F.

Can Oncol Nurs J. 2022 Feb 1;32(1):38-48. doi: 10.5737/236880763213848. eCollection 2022

Winter.PMID: 35280065

## Study 2

Yang, et al, studied twenty-six reports from fourteen trials (thirteen randomized control trials and one non-randomized controlled trial) of cancer survivors. The number of subjects ranged from nine to 57. Five trials were conducted during treatment, two were done after surgery, and seven were completed after other treatments. They reported that promising evidence emerged that 40-60 min of thrice-weekly supervised tai chi for 8-12 weeks improved fatigue and sleep quality in cancer survivors. They looked at a number of other possible benefits, but there was not enough evidence to come to a conclusion on any other health improvement criteria.

*Tai Chi for cancer survivors: A systematic review toward consensus-based guidelines.*

Yang L, Winters-Stone K, Rana B, Cao C, Carlson LE, Courneya KS, Friedenreich CM, Schmitz KH.

Cancer Med. 2021 Nov;10(21):7447- 7456. doi: 10.1002/cam4.4273. Epub 2021 Sep 17.PMID:

34533284



We believe that  
qigong and taiji  
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benefits.



### Study 3

Cheung, et al, analyzed twenty-one studies involving a total of 1758 subjects. The most common type of qigong therapy provided was tai chi. There was significant evidence that qigong improved sleep and fatigue in cancer patients post-intervention. Qigong's effect on sleep influenced its effect on fatigue. The effect decreased over time, becoming non-significant after three months. There was not enough evidence of an impact on depressive symptoms.

*Effect of qigong for sleep disturbance-related symptom clusters in cancer: a systematic review and meta-analysis.*

Cheung DST, Takemura N, Smith R, Yeung WF, Xu X, Ng AYM, Lee SF, Lin CC.

*Sleep Med.* 2021 Sep;85:108- 122. doi: 10.1016/j.sleep.2021.06.036. Epub 2021 Jun 29.PMID: 34303913

### Study 4

Ni, et al, focused specifically on tai chi, reviewing 22 studies with a total of 1410 participants. They found evidence that tai chi improves quality of life, sleep quality as well as reducing the levels of cortisol, improving limb function and decreasing fatigue.

*The effects of Tai Chi on quality of life of cancer survivors: a systematic review and meta-analysis.*

Ni X, Chan RJ, Yates P, Hu W, Huang X, Lou Y.

*Support Care Cancer.* 2019 Oct;27(10):3701-3716. doi: 10.1007/s00520- 019-04911-0. Epub 2019 Jun 24.PMID: 31236699

### Study 5

Zeng, et al, reviewed twelve articles with 915 participants with cancer and found statistically significant and clinically meaningful positive results for tai chi and qigong for symptoms of fatigue and sleep quality. They noted that there were also positive trends for anxiety, stress, depressive symptoms and overall quality of life. They stated that tai chi and qigong shows great promise in cancer care for many cancer-related symptoms.

*Qigong or Tai Chi in Cancer Care: an Updated Systematic Review and Meta analysis.*

Zeng Y, Xie X, Cheng ASK.

*Curr Oncol Rep.* 2019 Apr 6;21(6):48. doi: 10.1007/s11912-019-0786-2.PMID: 30955106

### Study 6

Meng, et al, reviewed 17 trials with 1236 participants who had breast cancer. The results showed significant effectiveness of qigong on quality of life, depression and anxiety. There were also studies on fatigue and sleep disturbance relief, but there did not appear to be a significantly different result than the control group. They concluded that qigong is beneficial for improving quality of life and relieving depression and anxiety; thus, qigong should be encouraged in women with breast cancer.

*Qigong for women with breast cancer: An updated systematic review and meta-analysis.*

Meng T, Hu SF, Cheng YQ, Ye MN, Wang B, Wu JJ, Chen HF.

*Complement Ther Med.* 2021 Aug;60:102743. doi: 10.1016/j.ctim.2021.102743. Epub 2021 May 28.PMID: 34058368

### Study 7

Kou, et al, on the other hand, found in the fourteen articles they reviewed that fatigue, quality of life and sleep quality were all improved by qigong, specifically baduanjin (also known as the Eight-Brocades).

*Clinical Effects of Baduanjin Qigong Exercise on Cancer Patients: A Systematic Review and Meta-Analysis on Randomized Controlled Trials.*

Kuo CC, Wang CC, Chang WL, Liao TC, Chen PE, Tung TH.

*Evid Based Complement Alternat Med.* 2021 Apr 8;2021:6651238. doi: 10.1155/2021/6651238. eCollection 2021.PMID: 33880125

### **Study 8**

Luo, et al, and Liu, et al, also reviewed studies on tai chi and qigong and found effective positive benefits. Lou, et al, reviewed fifteen articles with 885 participants and concluded that tai chi and qigong appeared to be effective on quality of life, increased shoulder function, improved pain relief, arm strength, and anxiety.

[Effect of Tai Chi Chuan in Breast Cancer Patients: A Systematic Review and Meta-Analysis.](#)

Luo XC, Liu J, Fu J, Yin HY, Shen L, Liu ML, Lan L, Ying J, Qiao XL, Tang CZ, Tang Y.

Front Oncol. 2020 Apr 23;10:607. doi: 10.3389/fonc.2020.00607. eCollection 2020.PMID: 32391277

### **Study 9**

Liu, et al, reviewed sixteen studies with 1268 participants and found that overall quality of life improved when compared to conventional therapy alone. They also found that tai chi was about the same as conventional therapies for mitigating fatigue when used alone, but significantly effective when used as an adjunct to conventional therapy.

[The effectiveness of tai chi in breast cancer patients: A systematic review and meta-analysis.](#)

Liu L, Tan H, Yu S, Yin H, Baxter GD.

Complement Ther Clin Pract. 2020 Feb;38:101078. doi: 10.1016/j.ctcp.2019.101078. Epub 2019 Dec 13.PMID: 32056814

### **Study 10**

Lynch, et al, reviewed 20 studies with 749 predominantly male participants aged 48-63 with head and neck cancer. Seventy-five percent of the studies reported a significant improvement in either objective or patient-reported outcomes. They studied all forms of physical activity, but found that activities such as yoga and tai chi interventions demonstrated improved objective and patient-reported outcomes. The most common improvement was aerobic capacity and fatigue.

[Effectiveness of physical activity interventions in improving objective and patient-reported outcomes in head and neck cancer survivors: A systematic review.](#)

Lynch PT, Horani S, Lee R, Sumer BD, Lee SC, Mayo HG, Rethorst C, Day AT.

Oral Oncol. 2021 Jun;117:105253. doi: 10.1016/j.oraloncology.2021.105253. Epub 2021 Apr 23.PMID: 33901767

### **Study 11**

Arring, et al, did a review of 30 articles each with between 50 and 376 participants with cancer related fatigue for many types of integrative therapies such as cognitive behavioral therapy, hypnosis, American ginseng, acupuncture, as well as tai chi and qigong. They found that qigong was effective after treatment for helping with fatigue.

[Integrative Therapies for Cancer-Related Fatigue.](#)

Arring NM, Barton DL, Brooks T, Zick SM.

Cancer J. 2019 Sep/Oct;25(5):349-356. Doi: 10.1097/PPO.0000000000000396. PMID: 31567463

### **Study 12**

Lin, et al, also focused on many different integrative medicine therapies for cancer patients to see which, if any, helped with quality of life. They reviewed 34 studies with a total of 3010 patients and rank-ordered the therapies with qigong plus mindfulness ending up as the top rated therapy.

[Efficacy of complementary and integrative medicine on health-related quality of life in cancer patients: a systematic review and meta-analysis.](#)

Lin WF, Zhong MF, Zhou QH, Zhang YR, Wang H, Zhao ZH, Cheng BB, Ling CQ.

Cancer Manag Res. 2019 Jul 22;11:6663-6680. doi: 10.2147/CMAR.S195935. eCollection 2019.PMID: 31413628