

QIGONG & TAI CHI RESEARCH REFERENCES

By Roger Jahnke

Just a few years ago there were no references in the medical literature on Qigong and Tai Chi. Now there are dozens. In addition, it is important to note that alternative or complementary or integrative medicine research is not just focused on therapies like acupuncture and herbal medicine. A primary focus is the self-applied health enhancement methods which includes Qigong, Taiji, Yoga, meditation, etc. What becomes instantly obvious is that we will soon be seeing a huge increase in Qigong and Tai Chi research. The Qi wave is beginning to crash on the American shore!

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