

"All the results showed some structural changes of the test solutions treated by external Qi, as indicated by their Raman spectra."

Qi significantly affected the processes of nucleotide polymerization, protein crystallization, and enzyme activity

"These data indicate that Qi emission is detectable using biochemical techniques and that the effects are not necessarily uniform. This suggests that the nature of Qi is more akin to particles or information than a homogenous energy field."

Qi increased the ultraviolet absorption of nucleic acids

"The UV absorption spectra of calf thymus DNA sample placed in a closed lead bottle with a change of 12%."

"The observed hyperchromic effect could only be caused by the external Qi, which has provided certain basis of the objectivity of Qigong healing."

Qi caused the bromination in solution of n-hexane and bromine

"It is well known that chemical reactions play a significant role in life processes. The study of the influence of external Qi on certain organic chemical systems will provide useful information about the mechanisms of Qigong healing since the nature of Qigong and Qigong healing is highly related to life processes."

"The preliminary results revealed that the external Qi of Qigong not only caused a bromination in a n-hexane/bromine mixture, but also this effect was produced from remote distances."

Qi changed the Radioactive decay rate of ²⁴¹Am

"Based on the success of the external Qi experiments at the molecular level, an experiment at a deeper level, namely, the atomic and nuclear level was designed. Radio active decay rate was chosen as an experimental object."

"The decay rate of a radioactive source is usually extremely stable and cannot be altered by such physical or chemical processes as high temperature, high pressure, high electromagnetic field, strong acid, etc."

"During the experiments in the laboratory, the changes of decay rate were detected much beyond the experimental uncertainty."

"While maintaining the same configuration and procedure, the experiment was conducted in six rounds. During four of the six, Qi was emitted from outside Beijing, specifically at the cities of Kunming, Shenzhen, Guangzhou, and Chengdu, 1,500 to 3,000 kilometers away from the laboratory where the sample was kept. The coordination of Qi emission was done via telephone. The results also showed significant changes on ²⁴¹Am radioactive decay rate obtained when Qi was emitted from ultra-long distances."

Additional Medical Applications

To follow are excerpts from an article that appeared in the *American Journal of Acupuncture*, Vol. 19, No. 4, titled, "Medical Applications of Qigong and Emitted Qi on Humans, Animals, Cell Cultures, and Plants: Review of Selected Scientific Research." The article was written by Kenneth M. Sancier, Ph.D., and Bingkun Hu, Ph.D.

"Abstract: In the past few years, many studies have been conducted to investigate the

scientific basis of Chinese Qigong and emitted Qi and to document their medical benefits. Most of this information has been generated in China and published in Chinese. For the benefit of Western scientists and medical practitioners, we discuss selected scientific reports pertaining to the effects of Qigong exercise and emitted Qi that were presented at two international conferences held in 1990. The reports document the medical benefits of Qigong exercise and some of the significant changes produced when Qigong practitioners or "masters" emit Qi to living systems: humans, animals, cell cultures, and plants."

One mechanism by which Qigong practice can cure disease

A study of the effects of Qigong exercise on changes in blood chemistry and mortality of patients with hypertension. "Commentary: The researchers concluded that Qigong played a major role in improving the self-regulation and relaxation of the multiple cerebro-cardiovascular risk factors. Further, they suggest that this may be a mechanism by which to prevent stroke. The study shows the benefits of Qigong in combination with Western medicinal practice."

A study of the effect of Qigong exercise on the blood chemistry of human subjects. "Commentary: The researchers concluded that Qigong exercise had stimulated the increased activity of the enzyme, SOD, which in turn resulted in better control of the aging process by decreasing the estrogen level for men and increasing it for women. ... We believe that these results suggest one mechanism by which Qigong exercise can promote health, improve the condition of the aged, and cure disease."

A study of the effect of Qigong state on the nervous system. "Commentary: The researcher suggests that Qigong meditation may bring about excitatory or inhibitory effects of the central nervous system, thereby unmasking or enhancing the functions that are not part of the normal repertoire of the nervous system."

A study of the effects of Qi processes related to healing on body energy of human subjects. "Commentary: In Chinese medicine, healing is achieved by balancing the body energy, i.e., by dispersing or tonifying the energy along certain meridians. Such balancing is often achieved by using external or internal Qigong. The present study indicates that the Qigong Master's intent, which affects his external Qi, and subject's visualization, which affects his internal Qi, can be potent forces in affecting muscle strength and balance of body energy. The results affirm the often stated belief that visualization and positive thinking are an essential part of the healing process."

Tumors reduced or eliminated

A study of Qi on tumours implanted in rats. "Commentary: The researchers suggest that emitted Qi damages tumor cells, inhibits their growth, promotes the regenerative function of the lymph system, and increase anti-tumorigenic function in rats. ... Therefore, such studies provide support for the numerous claims that emitted Qi and personal Qigong exercise can cure or inhibit cancer growth in humans."

Qi affects cell cultures

A study of the effects of a Qigong master's intent on biochemical reactions of cell cultures in vitro. "Commentary: ... We believe that this in vitro study provides strong support for the reality of emitted Qi and its potential for changing the

metabolism of living cells. The dependence of the outcome on the intent of the Qigong master has profound implications for medical Qigong in clinical applications. Similar studies with tumor cells are in progress in the United States."

A study on pulmonary cancers cells in a cell culture. "Commentary: The researchers conclude that Qi-treated lung cancer cells tend to lose their neoplastic character, but they exhibited less of this tendency than liver cancer cells, which they also studied."

A study of human peripheral blood lymphocytes and natural killer cells. "Commentary: ... We observe that the emitted Qi affected all the functions of cell-mediated immune systems that were measured, not just one part of the system. Thus, the study offers a mechanism by which Qigong helps cure disease and promote health in a holistic way. This study provides scientific support for the popular assertion that emitted Qi can significantly change the biochemistry associated with the immune system of humans and animals."

Qi even benefits plants

A study of the germination rate of rice seeds. "The results of germination rates for three batches of seeds treated by a given Qigong master in a given 30-minute period of time were averaged. ... The results show that the percentages of seeds that germinated were generally greater for the Qi-treated seeds."

Qigong and AIDS

In the article "Meditation, T-Cells, Anxiety, Depression, and HIV infection," William Koar, Ph.D. wrote, the practice of meditation, specifically Qigong, was hypothesized as being helpful to HIV-infected individuals. The intervention was assumed to be stress-reducing. Anxiety, depression and T-cell counts were measured. A statistically significant increase in T-cells and a statistically significant decrease in anxiety and depression were found. A control group was not included in this study.

Complex Regional Pain Syndrome

Wen-hsien Wu, M.D. is professor of anesthesiology/pain medicine and the director of the Pain Management Center in Newark, New Jersey. The article, "The Effects of Qigong on Late-stage Complex Regional Pain Syndrome," was published in *Alternative Therapies* in January 1999.

Dr. Wu studied patients who were taught to practice Qigong and patients who were taught an exercise that resembled Qigong (the control group). After ten weeks, "91% of the Qigong patients reported a transient drop in pain compared to only 36% of the controls. A long-term reduction in anxiety in patients suffering from treatment-resistant CRPS-I was found."



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