

2<sup>nd</sup> International Conference and Expo on  
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**Ancient healing, modern ways: Qigong and treatment of cancer and chronic disease**

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**Q**igong (qi denotes vital energy and gong means skill or practice) may be a new phenomenon in the United States but has roots that span over 10,000 years in China. This ancient healing art is not well understood in Western culture. New research has demonstrated that it can be extremely effective in treating chronic diseases including cancer. This presentation will explore the historical and cultural context of qigong; the five major types of qigong and relevance of each; effects on epigenetics and other biomarkers used to prove efficacy of qi gong; and the safest, most effective ways to support patients learning and practicing qigong. The safety aspect is extremely important as practicing qigong improperly can cause more harm than benefit. In addition, this presentation will clearly discuss how to minimize harm and provide information to the practitioner that will foster a deeper level of understanding to the therapeutic benefit of this healing modality.

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