

[IMAGE]

An Ancient Therapy That Works

Ancient traditions can help many people overcome health issues. When it comes to the practice of QiGong, the slow, meditative exercise this is very true. Qigong has been known to help people overcome anxiety, depression and overall fatigue. And, there are studies to prove it.

In the most recent study published online, Qigong was noted for helping prostate cancer survivors beat extreme fatigue following their treatment after diagnosis, according to a small new study in the Journal of Cancer Survivorship.

Numerous outlets reported that researchers from the University of New Mexico Cancer Center and the University of North Carolina at Chapel Hill found that 12 weeks of Qigong decreased fatigue and distress among prostate cancer survivors, compared with stretching classes.

In the study, all of the people were survivors of prostate cancer, and were considered fatigued and sedentary (meaning they got fewer than 150 minutes of moderate exercise each week). Researchers examined the class attendance rates and retention, as well as fatigue, of the study participants after taking the classes, along with their levels of distress.

Interestingly, the Qigong classes had better attendance rates than the stretching classes did. The participants in the Qigong classes also had greater improvements in fatigue and distress, compared with participants in the stretching classes.

Other studies have shown women undergoing breast cancer treatment had decreased depression and increased quality of life when they practiced the meditative exercise. This ancient tradition is one therapy that really works.

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