Medical professionals research article links resource regarding the benefits of correctly taught medical Qi-Gong applied to a range of health conditions

Sancier K M, Hu B. Medical Applications of Qigong and Emitted Qi on Humans, Animals, Cell Cultures, and Plants: Review of Selected Scientific Studies. Am J Acupuncture.1991:19 (4) 367-377.

Sancier KM, Chow EPY. Healing with qigong and quantitative effects of qigong. J. American College of Trad. Chinese Medicine. 1989: 7(3):13-19.

Sancier KM. The effect of qigong on therapeutic balancing measured by electroacupuncture according to Voll (EAV): a preliminary study. Acupuncture & Electro-Therapy Res Int J.:1995;19:119-127.

Kuang Ankun, Wang Chongxing, Xu Dinghai, Qian Yuesheng. Research on the anti-aging effect of gigong. J. Traditional Chinese Medicine. 1991:11 (2) 153-158.

Wu Renzhao, Liu Zhewei. Study of qigong on hypertension and reduction of hypotension. Proceedings, Second World Conference for Academic Exchange of Medical Qigong, Beijing, China. 1993: 125.

Bornoroni Corrado, et. al. Treatment of 30 cases of primary hypertension by qigong techniques. Proceedings, Second World Conference for Academic Exchange of Medical

Xu, Hefen; Xue, Huining; Bian, Meiguang; Zhang, Chengming; Zhou, Shuying. Clinical study of the anti-aging effect of qigong. Proceedings, Second World Conference for Academic Exchange of Medical Qigong. Beijing, China. 1993: 137.

Chu Weizong, et. al. Changes of blood viscosity and RCG in 44 cases with cardiovascular diseases after qigong exercises. Proceedings, First World Conference for Academic Exchange of Medical Qigong, Beijing, China. 1988: 57-58.

Jing Guinian. Observations on the curative effects of qigong self adjustment therapy in hypertension Proceedings, Proceedings, First World Conference for Academic Exchange of Medical Qigong, Beijing, China. 1988: 115-117.

Wang Chongxing, et. al. Beneficial effect of qigong on improving the heart function and relieving multiple cardiovascular risk factors. Proceedings ,Third International Symposium on Qigong. Shanghai, China. 1990: 42 (in Chinese).