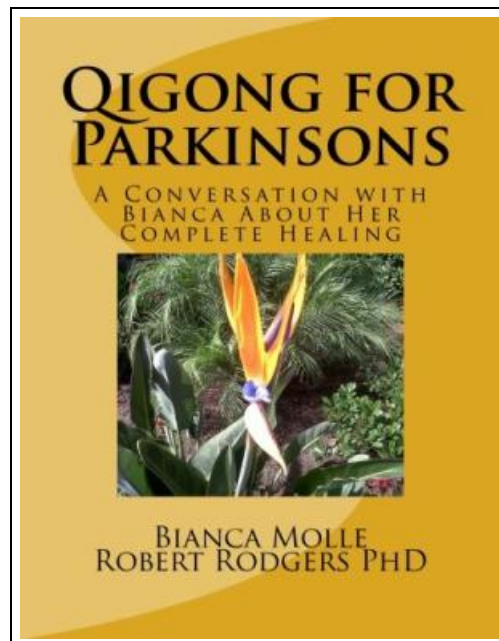


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Robert Rodgers, PhD from Parkinsons Recovery, interviews Bianca Molle who discusses how her Qigong practice has helped reverse her own Parkinson s symptoms. Qigong is the form of medical Qigong that matches ancient movements, meditation and sounds to facilitate the healing of modern medical conditions. Qigong is beneficial to Parkinson s for one primary reason. It reconnects the mind and the body. This connection helps the mind focus, the brain create new neural connections, the body move with ease and the heart discover inner joy and happiness. Studies have now mapped remarkable changes in the brain that result from practices like Qigong. Through her own research investigations Bianca learned about how Qigong had been reputed to help Parkinson s. In June, 2009, a little over a year since her Parkinson s disease diagnosis, Mingtong Gu of the Chi Center brought Zhineng Qigong to Marin County. Within her first few minutes of practice, she began to feel relief. Symptoms gradually abated. In September of 2010 she was declared symptom-free of the disease by the neurologist. She continues to feel better and stronger in all aspects of her life.



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