



JOHN FARRELL
& PETER FARRELL

UNDERSTANDING CHI KUNG

A NO NONSENSE GUIDE THAT DISPELS
THE MYSTICISM OF CHI KUNG

Understanding Chi Kung John Farrell

Anthony S. Fauci



Understanding Chi Kung John Farrell:

Understanding Chi Kung MR John Farrell, Peter Farrell, 2015-12-01 With a plethora of information on the market which describe the exercises and effects of practicing Chi Kung there is little information about the deeper processes involved Presented here is a clear description of the interaction of the many organs and bodily functions which act in unison with breathing to promote and regulate the flow of internal bio electricity Chi and its subsequent effect on the health of the body as a whole The book contains simple exercises suggested as a prelude to beginning the holistic practice of Chi Kung Exercise

Understanding Chi Kung Peter Farrell, John Farrell, 2020-09-14 This third edition is now in three distinct parts for ease of use and greater clarity The first section A Theoretical Approach summarises the Chinese physiological theory of vital energy that underlies Chi Kung and then goes on to provide a Western physiological understanding of its mechanisms and how it benefits health To counter the mystique which often surrounds this ancient practice the authors avoid the heavily esoteric or pseudo scientific approach of some current explanations The second section A Practical Approach offers some basic Chi Kung warm up exercises suitable to highlight the previous theory in a practical way The simple exercises can provide a short but useful daily routine Section three A Scientific Evidence Based Approach examines the traditional understanding of Chi Kung and its benefits in light of analysis of scientific research into the theory and efficacy of Chi Kung The text provides a useful reference for beginners and experienced practitioners of Chi Kung teachers and health professionals

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