**Background**
- Homeopathy is a form of complementary medicine that uses highly diluted drugs or “remedies” to promote health. The remedy may be made of natural substances like table salt, plant extracts, or other natural ingredients. The theory of homeopathy is that these remedies stimulate the body’s natural disease-fighting mechanisms.

**Benefits**
- Homeopathy emphasizes a holistic or “whole person” approach that treats the body and mind. It may be used along with modern medicine to treat a wide range of diseases.

**Considerations**
- Because the preparations are diluted to such extremely low concentration (typically ranging from one part per billion or trillion), there is little risk of an adverse reaction.

**Resources**

https://nccih.nih.gov/health/homeopathy
Homeopathic First Aid Kit

Natural First Aid Kit right at your Finger tips. In your Kitchen and around the house, remedies to have handy for lives ups and downs. Not for use in a medical emergency.

Digestion
1. Ginger Root:
   a. Fresh (store in Freezer): Peeled and grated. Make into tea or cook with it (great in Asian dishes)
   b. Dried and candied = chewy treat
2. Pineapple and Papaya: both digestive enzymes. Eat fresh or dried.

Ear aches
1. Garlic Clove: peel one “toe” of garlic and boil in a small pot of water until tender (not mushy). Cool and place on affected ear (do NOT force into ear canal), cover with clean cotton. Change daily. Garlic will draw out the infection.

Immune Boosters (preventative or during infection)
1. Garlic and Onions especially in soups.
2. Avoid sugar. Sugar depresses the immune system.

Headache
1. Water: drink lots in between meals (avoid drinking while eating).
2. Rest and Relaxation: stress and lack of sleep are major causes of headaches
3. Rosemary: Increases circulation
Sore Throats
1. Lemon and Honey Tea: Boil water and squeeze in fresh lemon and honey. Drink hot/warm.
2. Salt water Gargle

Sore Muscles and Bruises
1. Arnica: salve slathered on affected area.
2. Vitamin C for bruising (citrus and all fruits, broccoli, carrots, etc.)
3. Magnesium (Mg) for muscle cramps (Almonds, beans, bananas, carrot, chard, raisins, etc.)

Stuffy Nose (allergies, sinus blockage, colds, etc.)
1. AVOID all dairy products: milk, cheese, yogurt, cream cheese, sour cream, etc. Dairy promotes mucus production

Warts
1. Vitamin E oil: apply topically to wart until gone.

Resources
https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system
Jin Shin Jyutsu

Background
- Jin Shin Jyutsu is a form of energy therapy that uses acupressure to restore balance and harmony in the body. Jin Shin Jyutsu describes 26 energy points, or “locks,” along the body which may become blocked or otherwise disrupted. Practitioners seek to unblock these points and restore the flow of energy by using light pressure applied with the fingertips.

Benefits
- Jin Shin Jyutsu may help relieve stress and anxiety and bring a sense of calm to the patient.

Considerations
- There are no widely reported physical risks associated with Jin Shin Jyutsu, since only gentle touch is used. Choose an instructor who you feel comfortable with.

Resources
http://balanceflow.com/BAljinshinjyutsu/
Laughter Yoga

Background
- Laughter yoga is an exercise that combines unconditional laughter ("fake" laughter without humor, jokes, or comedy) with body movement in order to improve one’s mood and promote inner peace. Some scientific studies have shown that the body is unable to distinguish between so called “fake” laughter and real laughter, and that both have similar positive effects. As they say in laughter yoga, “Fake it till you make it!”

Benefits
- Laughter yoga can decrease stress and lower blood pressure. It may also be helpful in warding off depression.

Considerations
- Many laughter yoga clubs are run by volunteer instructors. Meetings are typically free and available for anyone to join.
**Laughter Yoga**

Are you stressed, sad and depressed? Do you want to bring more laughter and joy to your life? Here are five benefits that Laughter Yoga offers for your health and wellness:

1. **Good Mood and More Laughter:**
   Whether it is your personal life, business life or social life everything you do depends upon your mood state. If your mood is good, you can do things much better. Laughter Yoga helps to change the mood within minutes by releasing certain chemicals from your brain cells called endorphins. You will remain cheerful and in a good mood throughout the day and will laugh more than you normally do.

2. **Healthy Exercise to Beat Stress:**
   Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain which makes one feel more healthy and energetic. Laughter Yoga is a single exercise routine which reduces physical, mental and emotional stress simultaneously.

3. **Health Benefits:**
   You can’t enjoy life if you are sick. Laughter Yoga strengthens the immune system which not only prevents you from falling sick, but also helps to heal a variety of illnesses like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others.

4. **Quality of Life:**
   Quality of life depends upon quality of good friends we have with whom we have a caring and sharing relationship. Laughter is a positive energy which helps to connect with people quickly and improves relationships. If you laugh more, you will attract many friends.
5. Positive Attitude in Challenging Times:
Everyone can laugh when the time is good, but how does one laugh when faced with challenges? Laughter helps to create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

Laughter Yoga Exercises For Children

Baby Laughter: one person must demonstrate how a baby laughs (take turns!). Everybody else must then do the same things.

Favorite Animal Laughter: laugh and behave the way your favorite animal or pet would behave if it was very happy to see you.

Chicken Laughter: Imagine you are a chicken. First lay 3 eggs in 3 laughs, and then laugh with lots of excitement in your voice as you go tell the world about it.

Jumping Frog: squat down, hands on the floor between your knees. Jump once saying “ha”, then a second time saying “ha ha”, a third time saying “ha ha ha”, then jump in fast succession laughing a lot.

Laughter Vowels: let’s learn the laughter vowels! Let’s start with “A“ as in “hat”: Aaaaa ha ha ha ha”. Next is “E” as in “hen”: Eeeee he he he he. Next is “I” a in “hiccup”: iiii hi hi hi hi. Next is “O” as in “Otto”: Ooooo ho ho ho ho ho. Last is “U” as in “soup”: Uuuuu hu hu hu hu.
Resources

https://laughteryoga.org/

http://lyinstitute.org/

Laughter Yoga Clubs

Laughter Yoga Clubs were started by Indian physician, Dr. Madan Kataria in 1995 with just five people. Today, the Laughter Movement is widely accepted and has become a global phenomenon with over 6000 clubs in 60 countries. Realizing the tremendous power of laughter and its efficacy as the best prescription for wellness, Laughter Clubs have brought smiles and laughter in the lives of many people suffering from physical and mental and emotional upsets.
 Massage Therapy

Background

Massage therapy is a therapeutic method of manipulating the muscles and connective tissues (i.e. tendons and ligaments) of the body. There are several different forms of massage, including Swedish, deep-tissue, and myofascial release, to name a few.

Benefits

Massage can improve circulation while creating a relaxed state that relieves stress, depression and anxiety. It alleviates chronic pain and may also be beneficial during the healing process.

Considerations

Most states have state licenses for massage therapists who wish to practice in the field.

Resources

https://www.amtamassage.org/index.html
Meditation

Background
Meditation refers to altering one’s state of consciousness through focus, relaxation, and in some cases the use of a mantra or “catchphrase.” Meditation is part of many religions and can be a component of prayer, enlightenment, or reflection. It can also be practiced in a secular fashion, with no specific religious or spiritual connotations.

Benefits
Meditation has been studied extensively and it is believed to have numerous health benefits. It can relieve stress, activate different areas of the brain, and even alleviate pain. Some use meditation as a method for introspection and creating inner peace.

Considerations
There are dozens of meditation practices and techniques, some of which may be associated with certain religions or belief systems. You may decide to adopt a whole meditation system, or pick and choose specific techniques for yourself.

Resources
http://how-to-meditate.org/
The Child-Meditation Miracle
by Gwynne Watkins

You could say that Amdo, a sweet, calm, and curious boy who lives in Brooklyn with his mother Jae, has been meditating since before he learned to walk.

As a toddler, he was fascinated by his mother’s meditation practice, and began to crawl into her lap and sit with her when she meditated in the mornings. Jae, a book conservator who’s been practicing Soto Zen meditation as a discipline for four years, soon began giving Amdo gentle guidance on the principles of meditation, which he’s already applying to his life. “I tell him, ’Feel what it feels like to feel a tingle in your fingertips,’” says Jae. “It’s not a technique, but you have to be really still (to do it). There was one time when I was really agitated, and spontaneously Amdo was like, ’Mom, feel your fingertips!’”

One psychologist says that while “not all kids will be able to do meditation,” she’s found that “many kids” can “learn meditative breathing techniques that will help them regulate and not lose control.”

Merriam-Webster defines the act of meditating as “to focus one’s thoughts on, reflect on, or ponder over.” Which means that the definition of the opposite of meditation might be: “to be a toddler.” But some parents are embracing the idea that meditation can calm their rambunctious young children. For holistically minded moms and dads, it’s like a dose of spiritual Ritalin.
Not everyone buys it. Deepak Chopra, the household name in gurus, writes on his website that “there’s no hard and fast rule” for meditation readiness, but names “8 or 10 years of age” as the earliest conceivable moment. Youngsters have limited capacity for extreme concentration, body awareness, or understanding the abstract concepts (visualization, loving-kindness) associated with some meditation practices.

Parents apparently have a different visualization: serene, sedate children who learn to love an activity that keeps them quiet and still for long stretches of time. As such, many meditation centers have begun offering programs for children as young as 7, and meditation instructors tell The Daily Beast that there’s an increasing demand for courses aimed at the pre-K set.

And, perhaps surprisingly, experts say there are indeed elements of meditation that apply directly to the type of frustration that very young children are inclined to feel. “From 2 to 6, children undergo many changes and have little control over their environments,” says Dr. Jennifer L. Hartstein, a child and family psychologist. “Sometimes, their problematic behaviors are directly linked to that.” Although Hartstein says flat-out that “not all kids will be able to do meditation,” she’s found that “many kids” can “learn meditative breathing techniques that will help them regulate and not lose control.”

Even if your child doesn’t aspire to join a monastery someday, they can still appreciate the principles of mediation—or at least, you as a parent can. Renee Skuba’s son Lucien, who turns 4 in a few months, is what Renee diplomatically describes as “very active.”
“Maybe it’s because he’s a boy, or because we don’t have outdoor space,” she says of Lucien’s bouncing-off-the-walls energy level. “A city kid is different from a suburban kid.” To help Lucien cope, Skuba, a yoga instructor and musician, began doing breathing exercises and chants with him. “At nighttime, when he’s really active and not calming down, we’ll do sounds,” she explains, illustrating with hand motions. “Take a deep breath, fill up like a balloon—now buzz like a bee.” Skuba goes through a small litany of sounds—bzzz, hisss, sssh, mmm—raising her arms with the breath, and then lowering them with the sound. “When the breath is really short, the mind is really active,” she says, echoing closely what meditation gurus also recommend for adults. “This slows their breath.” She’ll sometimes pull Lucien aside to take some deep breaths when play dates turn into wrestling matches, “and he’ll be ready to come back and enter from a more peaceful state.” Skuba and Lucien also do a yogic chant—the prayer of peace, love, and light, available on Renee’s CD—in lieu of a lullaby. The chanting, she says, makes bedtime a breeze by triggering a peaceful, sleepy state. “It’s like Pavlov’s dog.”

But what if you’re the type of parent who’s more inclined to relax with coffee and Mad Men than deep-breathing and mindfulness? Can you still teach your toddler to meditate in good conscience? Yes, says Anne Kenan, who teaches a meditation class for 3- to 6-year-olds at New York City’s Shambhala Center—but it probably won’t take unless you do it with them. “You don’t have to be a seasoned professional. You can start anytime,” she says. And there’s no need to be too disciplined or structured about meditation when it comes to children. Her own son Rhese, 3, will only sit “for a minute or two,” but, she says, that’s enough.
“It’s more getting [your children] familiar with the practice of it. And practicing being still and being quiet,” she says. “They’re not meditating in the sense that they’re following their breath or using a technique. They’re just sitting there. Which is great—that’s how you start.”

Indeed, any parent can tell you that getting a small child to sit still is an accomplishment in itself. Kenan even knows a meditation teacher who bribed her children with sweets to meditate for half an hour. “She’d say, ‘If you sit here for 30 minutes, I’ll buy you a piece of candy,’” Kenan laughs. “It got them to stay there and sit, and now all five children are really amazing meditators.”

Since children under 8 can’t grasp advanced principles of meditation, they make ideal partners for parents who are rank beginners. With this in mind, I decided to try meditation with my own 2-year-old (who, when he’s not meditating, is somewhat of a human tornado). For my first attempt, I used a basic technique recommended for children on the popular website AnmolMehta.com. While preparing my son for bed, I asked him to cross his legs and put his palms together. We took a few deep breaths, and then I instructed him to close his eyes and chant “ohmmmm.” He did it—and then immediately burst into giggles and collapsed in my lap. We did this four or five more times with exactly the same effect, after which he leapt up and starting running in a circle while shouting, “Bang! Bang! Bang!”
However, after speaking to Renee, I decided to give her "animal sounds" technique a try. The next day, while my son was dancing on the couch and working himself into that hyperactive state that suggests he’s about to fracture a rib, I asked him to pause, take some deep breaths, and make sounds with me. Sure enough, the hand motions and the challenge of making the noises kept him focused—and when I finished going through the ones I knew, he sweetly requested, “More?” After we were done, I’m sad to report that he didn’t sit very still and contemplate the nature of existence. He did, however, stop leaping from the furniture.

And the more I do it, the more effective it’s likely to be. Young children love ritual and repetition—hence “circle time” at the beginning of preschool, or the fact that Sesame Street always ends with 15 minutes of Elmo. The value of meditation is getting children familiar with the feeling of being still and quiet, if even for a moment, until it becomes a habit. As Renee told me: “Children don’t need to have a meditation practice. They’re already in that ‘present state’ that we work so hard for. They’re there—they just need to be guided.”
Music Therapy

Background
- Music therapy involves the use of live or recorded music to address physical, emotional, cognitive, or social needs of people and can be used specifically during times of illness or disability. Modern practices stem from World War I and World War II when veterans’ hospitals began to hire musicians for their patients.

Benefits
- Some of the benefits of music therapy include relaxation and pain relief, improved sleep, and positive mood changes. It may also help the elderly maintain cognitive abilities later in life.

Considerations
- Music therapists should carry the music therapist-board certified credentials (MT-BC). Your therapist will tailor a program to your specific needs and typically no two music sessions are the same.

Resources
https://www.musictherapy.org/
Background

The modern practice of naturopathy has its roots in the Nature Cure movement of Europe during the 19th century. Naturopathic medicine is based on the belief that the human body has an innate healing ability. Naturopathic doctors (NDs) identify and treat causes by teaching their patients to use diet, exercise, lifestyle changes and cutting edge therapies to ward off and combat disease.

Benefits

Naturopathic doctors view the patient as a complex interrelated system (a whole person). NDs craft comprehensive treatment plans that blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health. Naturopathy favors a holistic approach and use of treatment approaches considered to be the most natural and least invasive.
Considerations

Naturopathy is subject to different standards of regulation and levels of acceptance. The scope of practice varies widely between jurisdictions where some standards are very high—4 or more years of education and rigorous examinations—while naturopaths in unregulated jurisdictions may use ‘Naturopathic Doctor’ as a title with little formal training. It is important to check the level of education and the training background of your prospective provider.

Resources

http://www.naturopathic.org
Nonviolent Communication

Background

Nonviolent Communication (NVC) is sometimes referred to as compassionate communication. Its purpose is to create human connections that empower compassionate giving and receiving. NVC often functions as a conflict resolution process.

Benefits

The process of NVC encourages us to focus on what we and others are observing separate from our interpretations and judgments; to connect our thoughts and feelings to underlying human needs/values (e.g. protection, support, love); to be clear about what we would like towards meeting those needs. NVC involves both communication skills and using power with others to work together to meet the needs of all concerned. These skills give the ability to translate from a language of criticism, blame, and demand into a language of human needs – a language of life that consciously connects us to the universal qualities “alive in us” that sustain and enrich our well being, and focuses our attention on what actions we could take to manifest these qualities.
Considerations

NVC is ostensibly taught as a process of communication designed to improve compassionate connection to others, it has also been interpreted as a spiritual practice, a set of values, a parenting technique, and educational method and world view. Anecdotal reporting of the usefulness of NVC is voluminous, but there are few published research studies.

Resources

http://www.cnvc.org
10 THINGS YOU CAN DO TO CONTRIBUTE TO INTERNAL, INTERPERSONAL, AND ORGANIZATIONAL PEACE

1. Spend some time each day quietly reflecting on how you would like to relate to yourself and others.
2. Remember that all human beings have the same needs.
3. Check your intention to see if you are as interested in others getting their needs met as your own.
4. When asking someone to do something, check first to see if you are making a request or a demand.
5. Instead of saying what you DON’T want someone to do, say what you DO want the person to do.
6. Instead of saying what you want someone to BE, say what action you’d like the person to take that you hope will help the person be that way.
7. Before agreeing or disagreeing with anyone’s opinions, try to tune in to what the person is feeling and needing.
8. Instead of saying No, say what need of yours prevents you from saying Yes.
9. If you are feeling upset, think about what need of yours is not being met, and what you could do to meet it, instead of thinking about what’s wrong with others or yourself.
10. Instead of praising someone who did something you like, express your gratitude by telling the person what need of yours that action met.

The Center for Nonviolent Communication (CNVC) would like there to be a critical mass of people using Nonviolent CommunicationMS so all people will get their needs met and resolve their conflicts peacefully. For further information about Nonviolent CommunicationMS, please visit CNVC’s web site: www.cnvc.org
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Osteopathy

Background

- Osteopathy emphasizes the interrelationship between structure and function and the body’s ability to heal itself. Osteopaths (DOs) work to facilitate the body’s self-healing through osteopathic manipulative treatment to improve physiological functioning and support homeostasis. During treatment, osteopaths look for impaired or altered function of somatic (body framework) system: skeletal, arthrodial (joint) and myofascial (muscle) structures and their related vascular, lymphatic and neural elements.

Benefits

- During a session, osteopaths generally check a patient’s posture, spine, balance, joints, muscles, tendons, and ligaments. They may also use their hands to manipulate the back, legs, or arms. Tissues that are found to have a problem may be treated “indirectly,” by having the patient contract or relax specific muscles, or “directly,” with the osteopath performing manipulations on the patient. Osteopathy can be used for a wide variety of conditions.

Considerations

- Osteopaths may be “full scope of medical practice physicians” or “restricted-scope manual therapists.”
Personal Coaching

Background

Coaching is the practice of supporting an individual through the process of achieving a specific personal or professional result using a variety of tools and techniques. Personal coaching is a process that is designed and defined in a relationship agreement between a coach and a client. It is based on the client’s expressed interests, goals and objectives.

Benefits

A personal coach helps clients identify personal, business and/or relationship goals, improve productivity or achieve a better life balance, and develop specific action plans intended to achieve those goals. The client takes action and the coach may assist, but never leads or does more than the client.

Considerations

Since the mid-1990s, coaching has developed into a more independent discipline and professional associations, such as the International Coach Federation, have helped develop a set of training standards. In the US, there is no official accreditation for professional coaches, but many certificates and credential designations are available within the industry.
Play Therapy

Background

Play therapy is a technique whereby the child’s natural means of expression, namely play, is used as a therapeutic method to assist him/her in coping with emotional stress or trauma and as a medium for understanding and communicating with the child.

Benefits

This method allows the child to manipulate the world on a smaller scale, something that cannot be done in the child’s everyday environment. By playing with specially selected materials, and with the guidance of a person who reacts in a designated manner, the child plays out his feelings, bringing these hidden emotions to the surface where he can face them and cope with them in an atmosphere in which the child knows that he can express himself in a non-punitive environment. The aim of play therapy is to decrease those behavioral and emotional difficulties that interfere significantly with a child’s normal functioning. Inherent in this aim is improved communication and understanding between the child and his parents.
Considerations

- Play therapy has been used effectively with children who have an understanding level of a three to eight year old. Children who are distraught due to family problems (e.g., parental divorce, sibling rivalry), biting their nails, wetting their beds, aggressive, socially underdeveloped, or victims of child abuse may benefit.

Resources

http://www.a4pt.org
Psychodrama

Background
Psychodrama is a therapeutic discipline that uses action methods, sociometry, role training, and group dynamics to facilitate constructive change in the lives of participants. Based on the theories and methodology of Jacob L. Moreno, M. D. (1889-1974), psychodrama can be found in mental health programs, business, and education.

Benefits
By closely approximating life situations in a structured environment, the participant is able to recreate and enact scenes in a way that allows both insight and an opportunity to practice new life skills. In psychodrama, the client (or protagonist) focuses on a specific situation to be enacted. Other members of the group act as auxiliaries supporting the protagonist in his or her work by taking the parts or roles of significant others in the scene. This encourages the group as a whole to partake in the therapeutic power of the drama. The trained director helps the psychodrama then become an opportunity to practice new, more appropriate behaviors, and evaluate its effectiveness within the supportive atmosphere of the group.
Considerations

Because the dimension of action is present, psychodrama can be empowering in a way that exceeds the more traditional verbal therapies.

Resources

"The American Society of Group Psychotherapy and Psychodrama"

ACTION METHODS AND SOCIODRAMA

by Kathy Norgard, PhD, TEP

Genius resides in seeing the obvious and simple in a new way.

In order to fully understand the other, we must put ourselves in the other’s shoes and try and understand their subjective experience of the world. Jacob Moreno, MD, originated psychodrama and sociodrama and believed that the only way to understand one another is in action.

Sociodrama is a group action method in which participants act out agreed upon social situations spontaneously. It is a group learning process focused on providing practice in solving problems of human relations. It can also help clarify values and feelings and a stage to practice new behaviors. It illuminates the thoughts, feelings and hopes of those who participate. It is a nonthreatening, nonjudgmental method of exploring and experiencing problem solving. Sociodrama works because it taps into the truth about humanity – we are more alike than different. The drama is never scripted but arises spontaneously from the actors.
Sociodrama is more effective when there is a shared area of central concern. Central concern is the theme common to most members of any certain group.

The goal of sociodrama is catharsis (expression of feelings), insight (new perception) and role training (behavioral rehearsal). Talking is rarely sufficient to enable us to change our thoughts, feelings, or actions/behavior. What is learned in action, must be relearned in action as well.

Moreno viewed the human being as a composite of the roles s/he plays. Each role has a private and a collective component (those shared in common with others).

During a sociodramatic enactment, group members will have the opportunity to explore and expand or alter roles. Humans are always engaged in role behavior – satisfying ones, uncomfortable ones, or neutral ones. Life is dynamic, never static. We may have role conflict, role fatigue (parenting!), or role confusion, which can be clarified and changed through a sociodrama experience. The more roles a person can successfully play, the more varied experiences are possible and perhaps the more mentally healthy the individual. The more people one can associate with comfortably, more opportunity for a happy, invigorating life. Sociodrama always builds on strengths versus highlighting weakness.

Learning can and should be fun. Spontaneity and creativity are cornerstones to Moreno’s sociodrama methods. They are necessary to transform the world within and around us.
Psycho Action Therapy

Background
- Psychotherapy is a general term for addressing mental health concerns by talking with a psychologist or other mental health provider. During a psychotherapy session, a patient learns about his or her condition, moods, feelings, thoughts and behaviors.

Benefits
- Psychotherapy can help in learning how to take control of one’s life and respond to challenging situations with healthy coping skills. Psychotherapy can be helpful in a variety of areas, including resolving conflicts, relieving anxiety or stress, coping with major life changes, learning to manage unhealthy behaviors, coming to terms with a chronic or serious physical health problem, and improving sleep.

Considerations
- Psychotherapy may be performed by practitioners with a number of different qualifications including clinical and counseling psychology, psychiatry, clinical social work, mental health counseling, music/art/drama/movement/occupational therapies, and psychiatric nursing.

1 Mayo Clinic
Qigong

Background
- Qigong or chi kung (pronounced kee-GONG), is the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health, as well as the development of human potential. Qigong is self-initiated moving, consisting of a combination of movement, self-massage, meditation and breathing. Qigong practice puts the body into the relaxation/regeneration state (the relaxation response) where the autonomic nervous system is predominately in the parasympathetic mode.

Benefits
- Qigong can be done anywhere, anytime. It is excellent for stress reduction, prevention of illness, dealing with chronic illness, healthy and active aging, and longevity. Practicing Qigong is as simple as doing the three intentional corrections (adjust the posture, breath, and mind). Qigong is useful for general health maintenance, physical rehabilitation, stress management and associated ailments such as hypertension, bone density and balance, arthritis, and back pain.

Considerations
- There is little controversy in the benefit of qigong when the definition is limited to a series of relaxation exercises. There is sometimes conflict between western views and Qigong systems when the claims of Qigong practice exceed the capabilities and understanding of traditional science.