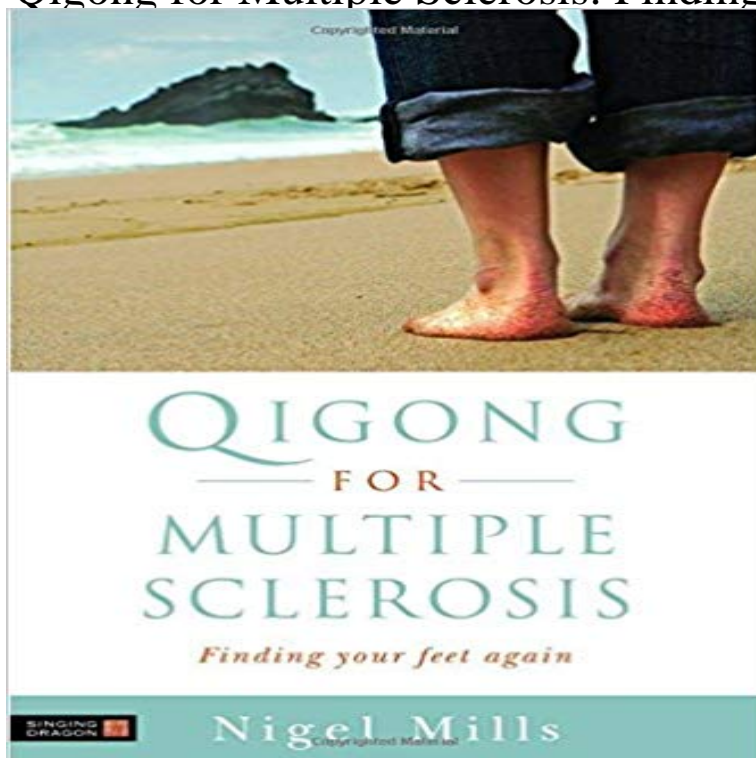


Qigong for Multiple Sclerosis: Finding Your Feet Again



Multiple Sclerosis (MS), a chronic disease which attacks the central nervous system, can cause numbness in the limbs, loss of vision and even paralysis. This book provides a practical guide to using Qigong as a means of improving the physical abilities of people with MS, such as balance and walking, thereby significantly improving the quality of life possible. A step-by-step guide to managing Multiple Sclerosis using Qigong, the book explores the concept of Qi (energy) and how this is relevant to the treatment of MS. The book contains a wealth of appropriate Qigong exercises, which are clearly explained with the aid of diagrams and photographs. Many can be done either seated or standing, and they are not complicated or painful. Advice on nutrition and a suggested daily activity schedule are also included. Based on scientific research, this practical book will help people with MS to improve their health and quality of life and will be a useful resource for teachers of Tai Chi and Qigong and alternative therapists working with people with MS.

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