

# Using Qigong and Yoga To Prevent Cold

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By the time I attended university in 1978, I had used too much antibiotic drugs. Continuous use of drugs caused server drug adverse reactions. My deteriorated liver and kidney functions forced me to explore healing methods outside the medical model.

Thar was why I started leaning Qigong by following instructions provided in a book by Qigong master Quolin. Quoulin was the developer of Quolin Cancer Prevention and Treatment Qigong. For years, I did not realize the importance of details in the instructions.

I have used Qigong as the primary means for managing cold and flu for nearly four decades. At a first blush, one could say Qigong is be too slow to work on the massive tissue damages that are normally caused by cold bacteria and flu virus. Qigong works at a time scale of a different magnitude. Qigoing is like grinding a piece of metal while cold bacteria destroys tissues like a explosion. Obviously for this reason, using Qi to manage acute symptoms is seldom mentioned in Chinese medical literature. When I read a story about using Qigong to cure a cold, I would have serious doubt. I know it will not work.

I use Qigong to manage cold from a prevention and recovery point of view. I found circulating Qi is largely useless if I use it when a cold or flu has fully developed. When the respiration system has suffered a maximum tissue damages, Qi in the lungs is extremely weak due to the damages caused by infection. At this point, I could not internally detect my lungs. Circulating Qi is very hard or impossible (except for professional martial artists who did it every day in their lifetime).

Despite the slow working speed, circulating Qi can change the prognosis of a cold or flu. It can significantly reduce risk of getting complications if the exercise is wisely used in a right time. I have found that it can have four great benefits.

First, regular circulating Qi in the lungs on a daily basis can dramatically reduce frequency of getting cold and flu. When the lungs and chest have plenty of Qi, the body can fight against virus and bacteria much better. This is exactly what Chinese Medicine predicts: when blood circulation is strong and Qi (which is sort of life energy) is ample, disease agent cannot get the person.

Second, if a person is exposed to a low temperature or an infection source, circulating Qi at the earliest time in the lungs may prevent the cold or flu from being fully developed. I have to circulate Qi for a sufficient time soon after the exposure in order to achieve this benefit.

Third, Qigong can help reduce the severity of cold. If I do not have a chance to stop an coming cold because I lack time, a cold or flu may fully develop, but the symptom will be milder, thereby reducing risk of causing complications.

Finally, circulating Qi can shorten time of recovery (when the lungs “come back”) and help me get rid of lingering symptoms faster. Before I leaned Qigong, getting rid of

lingering symptoms was often a challenge. Now, I never need to worry about lingering symptoms.

I used Qigong science 1980. In about the first decade, I mastered only a fraction of skills that a master could as the maximum potential. However, that was good enough to enable me to avoid antibiotic and prescription drugs completely. Since then, headache, fever etc. rarely happened. However, limited performance of my Qigong did not help me relieve severe allergies I suffered.

After I acquired ability to circulate Qi at will in 2001, I can sense the lung condition directly and “scan” the inner body. My ability to fight cold is in a different magnitude. Whenever I am losing Qi level in my lungs, I know I would be getting a cold. I would immediately spend a hour or so to strengthen my lungs (e.g. raise Qi or life energy in the lungs directly). This exercise most probably helps me prevent the coming cold from becoming a real cold. What I get is a symptom-less or very mild cold. Circulating Qi has become my routine remedies for preventing cold, pain, discomfort..... I believe that those who can circulate Qi would do the same.

I once practiced an entry-level Yoga for the purpose of understanding its teachings. Yoga and Qigong are a closely related twin. In evaluating their health benefits, I must consider five core healing components: deep breath, relaxation, induction, mind regulation and optional sound uttering. Two additional components are the scope of impact on the brain and the ability to burn calories. Yoga has very strong features in all except sound uttering (some of its forms might also use it). Its mind regulation is for the whole body. Based upon my own direct experience, I must say it is an excellent tool for preventing cold, provided one knows how to use it. Its limitation is that it is not a good remedy to deal with a fully developed cold or flu: grinding a rod will not do much when the rod is under an explosion). It must be an excellent in preventing cold, shortening cold prognosis, and eliminating lingering symptoms.

Recently, I experienced abundant medical miracles after I started using triple combination of practicing general Qigong, circulating Qi and doing ordinary exercises. However, my ordinary exercise is not the same as what ordinary people use. My running exercise is greatly stressed with five healing components: deep breathing, relaxation, mind-focusing, induction and sound-uttering. Due to the convenience to detect the inner body, I can figure out what is good or bad.

Exercise can be freely modified. Those five key healing components can be added to most exercises to deliver surprising wonder results. Other free-hand or flexible exercises can be easily modified to become powerful healing tools. One important thing is that hand or leg actions can impact brain neurons by different degrees. A proper deigned exercise can have a global impact on all neurons. Doing exercise is really training mind. This is the main concept one can reach from our diseases theory.

Our disease theories tell why exercises can hurt some people. I will give an example here. When a person bites teeth and contracts the whole body for hours in doing exercises, it retrains the brain. A year later, the exercise will turn his body into a steel rod. This steel rod comprises contracted nerves, muscles, and blood vessels. When blood vessels are contracted, blood flow is reduced in tissues and muscles and Qi level is depressed. The brain is retrained to keep this state. It is really bad. While I have found so many health benefits, it can hurt and ruin health if people fail to pay attention to the five healing components.

In about four decades, I experienced abundant medical miracles. My surprising

results are discussed on my website [igoosa.com](http://igoosa.com). I think similar results can happen to anyone, but they will not happen in a short time of exercise.

My personal miracles prompted me to study available medical miracles and medical discoveries. From our work, Dr. Ping Zha and I have developed a complete set of diseases theories and started our campaigns to end the era of incurable diseases. No disease is incurable.