

# Headaches? Anxiety? Excess pounds?

Jill Christensen says the ancient healing art of qigong (chee kung) cured them all for her—and to her cardiologist's surprise, made a heart problem disappear, too!



"It sounds crazy, but qigong really worked for me!" says Jill with daughters Paige, right, and Brooke.

Ever had a health problem you wished there was a faster, easier way to solve? A way that didn't involve prescriptions or side effects or further treatment?

Jill Christensen did. And she found her trouble-free cure in the most unlikely place!

The Blaine, Minnesota, wife and mom of two was 35 when one day her heart started racing!

Probably nothing serious, Jill, a researcher for a medical technology company, told herself. But she hooked herself up to a heart monitor from her office anyway. And the print-out—an EKG strip with one skipped beat after another—made her rush to the ER.

The diagnosis: high blood pressure so extreme, it had caused thickening of the left side of her heart—a condition that, left unchecked, could cause heart failure!

"We have to get your blood pressure under control now!" the doctor said. So Jill took the med-

ication he prescribed religiously, but it made her so jittery, she had to take sleeping pills, too. And she still had palpitations.

Desperate, Jill remembered something a friend had told her about a year before: the ancient art of qigong.

Anyone could learn its postures and breathing to help circulate life energy, ease stress and boost health. But after years of study, masters could "read" energy blockages in others and unblock them to relieve pain and anxiety and, in some cases, to cure illness.

Yeah, right! Jill had scoffed at the time. But now she thought, what have I got to lose?

## "My cardiologist was stunned!"

The waiting room of Spring Forest Qigong was packed. After giving a brief medical history—mentioning only her palpitations, not her thickened heart wall—Jill met Medical Master

Chunyi Lin, who asked her to take a seat and close her eyes.

This is kooky, Jill thought. But then, she felt a painless squeezing in her chest...

"Qigong channels the energy in and around us and clears energy blockages that make us ill," Master Lin explained.

Then he said something really incredible... "I found energy blockages in your heart—and the left side was too big."

How could he have known that? Jill reeled.

And within three days, her heart palpitations had stopped! "I can't believe it!" Jill raved.

Neither could her cardiologist! "Your blood pressure is normal and the thickening in your heart is gone!" he said. Jill didn't need medication anymore!

And after a few more sessions, the migraines she'd once suffered from disappeared, too! And so did her cravings for comfort foods!

Today, thanks to qigong, Jill's healthy—and 30 pounds lighter!

"I was skeptical at first," she confesses. "But qigong really worked for me!"

—Deborah Bebb

**Did you know?**  
You can find qigong teachers worldwide at [www.qigonginstitute.org/listing/directory.php](http://www.qigonginstitute.org/listing/directory.php).

## Try this qigong move at home!

Use this pose from Master Chunyi Lin ([www.springforestqigong.com](http://www.springforestqigong.com)) to help heal yourself!



- **Stand** with feet slightly more than shoulder-width apart and gaze straight ahead. "Holding this stance awakens energy," says Gary Rebstock, co-author with Chunyi Lin of *Born a Healer*.
- **Drop your shoulders** and move your elbows out a little.
- **Open your hands** and spread your fingers.
- **Breathe deeply** through your nose.
- **Visualize** energy coming in and collecting in your belly.
- **Exhale** and imagine any pain or sickness exiting.
- **Continue** for at least two or three minutes.
- **Rub** your hands together and then massage your face, from your chin, up the sides of the nose, to the forehead, and back down the cheeks.



## Could you benefit from qigong?

You might, if you...

✔ **Get the blues.** Promising evidence reveals that qigong can help prevent depression.

✔ **Need to relax.** Qigong's soothing movements have been shown to relieve anxiety and stress.

✔ **Have aches and pains.** Research shows that qigong can help ease headaches, backaches and more.

✔ **Want to detox.** Addicted to sugar? Just stopped smoking? Want to clear up your skin? Studies suggest that qigong may help to cleanse the body of toxins.

✔ **Want to strengthen your heart.** People who've had heart failure or heart attacks have been shown to improve with help from qigong.

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