

# Tai Chi for Diabetes

(Dr Paul Lam, Medical and Tai Chi experts)



1. **Commencing movement**
2. Opening & closing hands
3. **Waving hands in the clouds (Yang) (L) 3X**
4. Opening & closing hands
5. **Fair lady working the shuttle (L/R)**
6. Opening & closing hands
7. **Toe kick (L) and (R)**
8. Opening & closing hands
9. **Waving hands in the clouds (Yang) (R) 3X**
10. Opening & closing hands
11. **Waving hands in the clouds (Yang) (L) 3X**
12. Opening & closing hands
13. **Stroke bird's tail (L)**
14. Opening & closing hands
15. **Stroke bird's tail (R)**
16. Opening & closing hands
17. **Waving hands in the clouds (Yang) (R) 3X**
18. Opening & closing hands
19. **Closing movement**

# Qigong for Diabetes

1. Commencing movement
2. Opening & closing hands (Breathe – Exhale)
3. **Parry, Parry** - Right hand out in front palms facing down; left hand in front of solar plexus palm facing up; step forward right foot and parry (pull right hand back and push left hand forward going under the right, while shifting weight to right foot); Flip both hands over, step forward left foot and parry; repeat this walk forward 3X.
4. Opening & closing hands
5. Closing movement

## Diabetes in Qigong Theory

Qigong is very effective against many chronic and degenerative problems. It uses an approach completely different from that of Western medicine. According to traditional Chinese medical theory, diabetes arises due to a weakness in the yin qi for the liver, kidney and spleen meridians which are located on your legs.

The most common Western treatments are: diet management (controlling the intake of sugar), insulin injection and oral medication. The main goal of these approaches is to keep blood sugar levels within the normal range. However, this is not the root of the problem. These treatments, especially the sugar intake control treatment, not only further weaken the yin qi in the liver, kidney and spleen meridians, but they weaken the yang qi in the long run. Weaknesses in both the yang and yin qi will result in very poor blood circulation because blood flow follows qi flow. This will cause many problems. A crippling effect will result if qi ceases to flow along the meridians in the legs. Blindness will result if qi ceases to flow to the eyes. The inability of qi to flow to the kidneys leads to kidney failures, which weakens qi overall, resulting in death. (Chinese doctors have a definition for kidney that is different from the definition adopted by Western medicine practitioners, which I will explain further in a future newsletter).

The cause of diabetes according to Chinese medical theories is yin qi weakness. Thus, qigong and some Chinese herb medicines work by simply strengthening yin qi. Typical symptoms of diabetes such as dry mouth, frequent urination, fatigue and excessive hunger will start to disappear with qigong and Chinese medicine. However, sugar levels in the blood may still remain relatively high. This is because these approaches do not target blood sugar level. The level of sugar in the blood will return back to normal with the strengthening of yin qi. This may take a few months or a few years to achieve depending on the severity of the problem.



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