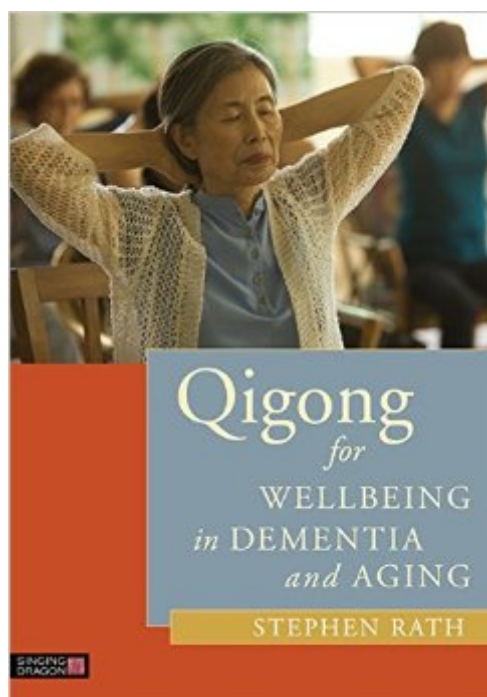


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# Qigong For Wellbeing In Dementia And Aging



## Synopsis

Qigong is the centuries-old practice of moving vital energy (Qi) through the channels of the body, known as meridians, to promote vitality and health. Stephen Rath details current research and Traditional Chinese Medicine theory to show how Qigong practice can support cognitive functioning, as well as emotional and physical wellbeing, in people with dementia. *Qigong for Wellbeing in Dementia and Aging* presents a set of accessible Qigong exercises and breathing techniques adapted specifically for older people who may be frail or have limited mobility, which address specific symptoms associated with dementia. These include exercises for the hands and feet, exercises for releasing emotions through the Five Animal Sounds, seated exercises, and facial exercises. The exercises, contributed by the Natural Healing Research Foundation from their Senior Exercise Class in Hawaii, are presented with clear explanatory illustrations. The final part of the book describes the Chinese understanding of nutrition as an essential underpinning of good health into old age, and provides health-giving food and drink recipes for people with dementia based on these principles. There is also a helpful chapter on practicing Qigong to protect against caregiver burnout. This will be an invaluable book for care professionals, nurses, activity coordinators, and physical therapists, as well as people with dementia and their families.

## Book Information

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Ailments > Alzheimer's Disease

## Customer Reviews

Easy concise must read for anyone caring for a loved one or improving one's own health and wellbeing. Simple to understand with time proven methods. The authors Stephen and Marcia have

both experienced the suffering associated with dementia. As you read through it is very evident that this book was a labor of love. Anyone can benefit from the knowledge and instruction contained within.

Very good exercises for good posture, good sleep, and creating new brain pathways. Very easy and fun to do.

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Qigong for Wellbeing in Dementia and Aging Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1) Healing Arts Therapies and Person-Centred Dementia Care (Bradford Dementia Group Good Practice Guides) Thoughtful Dementia Care: Understanding the Dementia Experience Superfoods Super Quick: 21 Days of Super Fabulous Superfoods Meal Plans - Free Bonus 100 Paleo Recipes (Ultimate Health and Wellbeing) Improving Inter-professional Collaborations: Multi-Agency Working for Children's Wellbeing (Improving Learning) Understanding Dementia and Caregiving For Your Aging Parents From A to Z Lean for Long-Term Care and Aging Services: Lean for Long-Term Care and Aging Services Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) Global Aging: Comparative Perspectives on Aging and the Life Course Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Master Key: Qigong Secrets for Vitality, Love, and Wisdom

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