

Veneree Club Tea Gathering

19 April 2017

Talk on 「氣功抗衰老」 by Dr Jessie S M CHAN

The following papers on Qigong and chronic fatigue are provided from the speaker, Dr Jessie S M CHAN for participants' information.

1. A Randomized Controlled Trial of Qigong Exercise on Fatigue Symptoms, Functioning, and Telomerase Activity in Persons with Chronic Fatigue or Chronic Fatigue Syndrome

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3442161/pdf/12160_2012_Article_9381.pdf

2. Effects of Qigong Exercise on Fatigue, Anxiety, and Depressive Symptoms of Patients with Chronic Fatigue Syndrome-Like Illness: A Randomized Controlled Trial

<https://www.hindawi.com/journals/ecam/2013/485341/>

3. Qigong Exercise Alleviates Fatigue, Anxiety, and Depressive Symptoms, Improves Sleep Quality, and Shortens Sleep Latency in Persons with Chronic Fatigue Syndrome-Like Illness

<https://www.hindawi.com/journals/ecam/2014/106048/>

4. From Body to Mind and Spirit: Qigong Exercise for Bereaved Persons with Chronic Fatigue Syndrome-Like Illness

<https://www.hindawi.com/journals/ecam/2015/631410/abs/>