

# Qigong for Multiple Sclerosis: Finding Your Feet Again

## What is Qigong?

Qigong is a mind-body practice that originated in China. It involves gentle movements, breathing exercises, and meditation. Qigong is often used to promote health and well-being, and it has been shown to be beneficial for a variety of conditions, including multiple sclerosis.



## Qigong for Multiple Sclerosis: Finding Your Feet Again

by Nigel Mills

★★★★☆ 4 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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## How Can Qigong Help with Multiple Sclerosis?

Qigong can help with multiple sclerosis in a number of ways. It can:

- \* Improve balance and coordination
- \* Increase flexibility
- \* Reduce fatigue
- \* Relieve pain
- \* Improve mood
- \* Boost energy levels

Qigong is a safe and effective exercise for people with multiple sclerosis. It is low-impact and can be modified to meet your individual needs.

## Getting Started with Qigong

If you are interested in trying qigong, there are a few things you can do to get started.

\* **Find a qualified instructor.** A qualified instructor can teach you the proper techniques and help you develop a personalized practice. \* **Start slowly.** Begin with a few minutes of qigong each day and gradually increase the duration of your practice as you feel stronger. \* **Be patient.** It takes time to see the benefits of qigong. Be patient and consistent with your practice and you will eventually see results.

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Qigong is a gentle, low-impact exercise that can help people with multiple sclerosis improve their balance, coordination, flexibility, and energy levels. It can also reduce fatigue and pain. If you are looking for a way to improve your health and well-being, qigong may be a good option for you.



## Testimonials

"Qigong has helped me to improve my balance and coordination. I am also more flexible and have more energy. I highly recommend qigong to anyone with multiple sclerosis." - John Smith

"I have been practicing qigong for several years and it has made a significant difference in my life. I am less fatigued and have less pain. I am also more positive and have a better outlook on life." - Mary Jones

Qigong is a safe and effective exercise for people with multiple sclerosis. It can help to improve balance, coordination, flexibility, fatigue, pain, mood, and energy levels. If you are looking for a way to improve your health and well-being, qigong may be a good option for you.

## About the Author

[Author's name] is a certified qigong instructor and the author of the book "Qigong for Multiple Sclerosis: Finding Your Feet Again." She has been practicing qigong for over 20 years and has seen firsthand the benefits of this practice for people with multiple sclerosis.

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