

Got Stress?

Health Consequences of Unmanaged Stress

- R**apid heartbeat & breathing
- R**ecurrent headaches
- P**ersistent neck, shoulder, & back pain
- U**pset stomach, nausea, & indigestion
- D**epressed immune system
- H**igh blood pressure, blood clots, atherosclerosis, heart attack, coronary heart disease
- P**eptic ulcer disease, irritable bowel syndrome
- D**ecreased fertility & erectile dysfunction
- A**sthma, chronic obstructive pulmonary disease
- A**cne, psoriasis, rashes, itching
- P**anic attacks

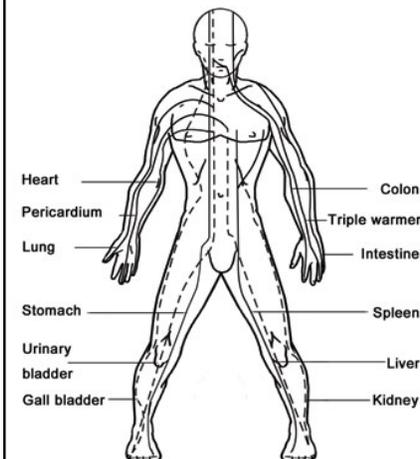


Qigong (Chi Kung) is practiced by millions of people around the world both old and young. Research has demonstrated that it induces a state of deep tranquility and facilitates the release of natural body chemicals and hormones that are important in stress management, controlling pain, and eliminating depression and various forms of disease (disease).



Seifu A. S. Umar Sharif, MA
 Medical Sociologist
 Master Qigong Teacher &
 Wellness Coach
 Seifu-Sharif.com
 Seifu-Sharif@earthlink.net

P.O. Box 51282
 Phoenix, AZ 85076-1282



Your vital energy (or Qi) flows through energy channels called meridians

Qigong for Wellness & Stress Management

Practiced for thousands of years to maintain Health and Vitality



Q&A

What is Qigong? Qigong is a natural, ancient, and simple system of breathing exercises, mental disciplines, and physical postures and body movements that act together to help you achieve a state of maximum wellness.

How do you define wellness? Wellness can be defined as the complete state of mental, physical, social, and spiritual wellbeing.

Mental Wellbeing – feeling calm, focused, peaceful, creative, intuitive, relaxed, motivated, and disciplined.

Physical Wellbeing – feeling ease, flexibility, and grace of movement; feeling healthy, strong, energetic, and vitality in physical performance (work, athletics, play, etc.)

Social Wellbeing – feeling a close and positive connection to the people, places, and things from which you derive the joys and pleasures of your life.

Spiritual Wellbeing – feeling a positive connection to the earth, its natural environments and creatures, and to the larger universe of creation.

Who can practice of Qigong? There are hundreds of systems of Qigong, one suitable for virtually everyone regardless of current health status.

Qigong for Health & Healing

Three Principles of Qigong Practice

- (1) Focus the Mind
- (2) Regulate the Breathing (slow, deep, rhythmic)
- (3) Perfect Posture and Body Movement



Benefits of Regular Qigong Practice

The National Institute of Health (NIH) and other credible international medical research organizations have conducted extensive research into the benefits of Qigong.

- Improves respiratory health
- Increases aerobic capacity
- Increases the efficiency of energy metabolism
- Provides a deep internal massage to organs
- Promotes enhanced gastrointestinal peristalsis
- Improves digestion, absorption, & regularity
- Increased body awareness & coordination
- Improves balance and timing
- Increases Qi (life force, vital energy)
- Increases mental alertness & performance
- Creates a calmer more relaxed disposition
- Strengthens the immune system
- Tones the muscles
- Increases flexibility
- Repairs and revitalizes body tissues
- Improves stamina