

What is Guo Lin Qigong?

Also known as "Walking Qigong", was invented by Guo Lin (1909-1984).

Guo Lin was diagnosed with cancer in the 1940s and underwent extensive surgery. Using the traditional Qi Gong her grandfather had taught her and her knowledge of TCM, she developed a new form to aid in her recovery now known as Guo Lin Qi Gong. After a full recovery she began to teach to the public.

Following the success enjoyed by many other patients, in 1977 she approached the National Health Department to advocate a new approach to cancer combining the strengths of western medicine, traditional Chinese medicine and Guo Lin Qi Gong.

In 1982, with government support, she built a new hospital to carry her work further which has assisted thousands of cancer patients. Guo Lin died in 1984 of a sudden stroke.



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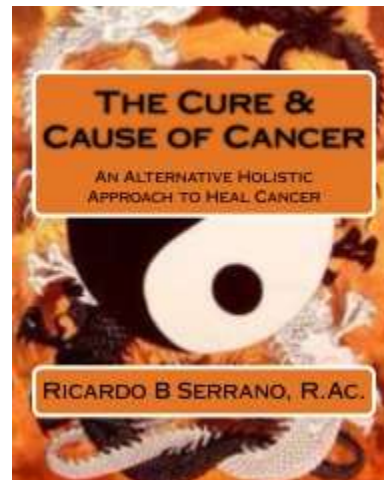
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How Guo Lin Qigong works

Guo Lin Qi Gong works by keeping the energy strong to help the immune system, maximising our own organs' powerful ability to help deal with illness and cancers.

1. Breathing and walking – two breaths in, one breath out maximises the body's ability to carry oxygen to kill cancer cells

2. Adjusting the channels to tonify (enrich) the blood and energy for a stronger immune system. Guo Lin Qi Gong adjusts the bio-electric current to help kill the cancer cells

3. Guo Lin Qi Gong is like a walking meditation, helping to relax, reduce anxiety and maintain a positive and balanced inner environment

Guo Lin Qi Gong helps ease the side effects of medical treatment and promotes better sleep and a healthier appetite.