

# Qi Gong and Autoimmune Disorders

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Jane shows up in my office, recently diagnosed with Lupus. She's in her mid-thirties, two children, a busy career, and no idea what to do. We talk for a while, I ask her lots of questions about her health and lifestyle. The picture starts to reveal itself as it usually does.

There is a civil war going on inside Jane (by the way, Jane is not a particular person but a summary of many different patients of mine). I've come to expect this with autoimmune problems like lupus, MS, fibromyalgia, chronic fatigue syndrome and a list of others. On the surface these individuals look very capable and typically are, or used to be, go-getters with a lot of responsibility. Inside, they are fighting a battle that may have started when they were small children themselves.

There are usually two opposing factions in this war, two beliefs unique to the individual that are held sacred and diametrically opposed. For instance, Athis relationship is crushing the life out of me@ and AI will die if I loose this relationship@. It could be a job, career, family member, even a house that you live in instead of a relationship, but the commonality is the two opposing strongly held beliefs. Each cell in Jane's body is backing one or the other of these two thoughts and it's a civil war, brother against brother and cell against cell. There is no middle ground between these two camps; the other must be crushed.

I always explain this at the beginning of treatment. Most people get it right away and they can tell me their two conflicting thoughts, others have to do some soul searching to even let the conflict reveal it's existence. Either way the process is the same and very profound, Jane has to change everything in her life: thinking, diet, exercise, work, and home life. It

doesn't mean that she has to scrap everything she has; she has to change her relationship with all of these things.

Qi Gong is the path that I use to help people make these changes. I use Qi Gong healing treatments to create some forward momentum and teach each person Qi Gong exercises and diet changes that will retrain their body to be healthy. Autoimmune disorders often involve energy imbalances in the Spleen system, though other problems can occur as well.

There are some simple diet suggestions that help the Spleen do its job better and reduce congestion and inflammation in the body. Avoid cold food. Avoid raw fruits and vegetables. Eat more protein: meat, fish, beans, tofu, but not milk products. Eat more foods that are yellow or orange such as winter squash and sweet potatoes. Finally, while eating don't do anything else, no TV, no reading, no heavy discussions or work.

## Spleen Sound

A simple Qi Gong exercise for the Spleen would be as follows. Sit comfortably and place your hands on your lap with the palms up. Slowly bring your hands up to your abdomen and place the fingers a few inches to the left of center below where the ribs end. Press gently while imagining worry leaving your spleen and stomach. At the same time you are pressing, exhale making the following sound, "Cwhoo." This sound is a guttural spitting sound at the back of your throat. The sound is something like a cappuccino machine or the sound you make just before spitting. The lips are closed slightly and you should feel the sound vibrate your whole mouth. It is the vibration that is important so don't be concerned about getting the sound just right. After you make the sound, relax and let your hands return to your lap palms up. Imagine yellow light filling your spleen and stomach and think about openness filling up this area. Repeat as many times in a row as feels good and do this exercise two to three times a day.



Spleen Sound  
"Cwhoo"  
Worry => Openness  
(Yellow)

Over a period of months, Jane made all the changes I suggested, did the exercises, changed some things at work, asked her family to pull some of the weight, and worked with her counselor to address her inner conflict. After a lot of consistent effort, she is now symptom free.

Chinese Medicine works to bring balance to the body so that health can flourish. Qi Gong, as part of Traditional Chinese Medicine, allows each person to decipher what their body is trying to tell them and to gain control over their own healing process.