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I have recently received many emails from students asking if there is any particular Qigong they can do to protect themselves amid the current coronavirus epidemic. According to Traditional Chinese Medicine (TCM), your best weapon against this kind of outbreak is your own immunity. There is no need to panic. Stress will only decrease your resistance. If you have subscribed to my newsletter long enough, you should remember I introduced a qigong practice to strengthen your immunity. Here is the link again: <http://youtu.be/ROCyfHthxI>

Let's look at the statistics coming from China, so we can understand how important it is to have a strong immunity. Most of those who died from this virus were over 60 and/or had pre-existing conditions which compromised health. One's immunity often decreases with age and older people are more likely to have health issues. The mortality rate for those who had cardiovascular disease is about 20%, the highest among all pre-conditions. If you have cardiovascular disease, besides the qigong for immunity exercise, you should also practice the techniques from the [Tai Chi & Qigong for Heart Program](#). Some people who are infected with the virus show no or very mild symptoms, and don't get sick. Their body's immune systems successfully deal with the virus. In addition, data shows that recovery rates improved after TCM doctors were invited to participate in healing, where previously they had only relied on Western medicine to treat COVID-19.

TCM focuses on prevention. In terms of treatment, one of its major emphasis is to create the proper environment for the body to boost its own immunity, so that the patients can heal themselves naturally. This approach has been successful in healing even serious conditions such as cancer. Thus, you should maintain a good immune system even when the current epidemic is over. Especially since these epidemics are happening more and more often: SARS in 2002 (10% mortality rate), H1N1 in 2009 which may have killed half a million people worldwide, MERS in 2012, and now the COVID-19.

In terms of Tai Chi and Qigong, besides the immunity, we also talk about Wei Qi. 'Wei' means protection. Wei Qi travels on our skin, surrounding our physical body like a protective shield, and flows into the body. It is our first defence against pathogens, toxins, and harmful conditions. When our Wei Qi becomes weak, these 'bad' things can penetrate our body causing imbalance or disease. Once the shield is breached, our immune system takes over the battle.

If you look at the case of the Diamond Princess Cruise, you will understand what I mean. Initially, only a few passengers of this cruise were infected by the COVID-19 virus, so the Japanese government quarantined the ship. Thousands of passengers and staff were confined onboard for 2 weeks, which resulted in with more than 700 getting infected. The videos showed they were not really quarantined properly, many of them were able to walk freely around the cruise and interact with each other. Many more should have contracted the virus. Yet not everyone was infected. There were even cases where those who shared the same tiny room with the infected ones for 2 weeks, tested negative. Why? What's their difference? Obviously, it's their Wei qi and immunity.

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