



Pain-Free Joints: 46 Simple Qigong Movements for Arthritis Healing and Prevention

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Pain-Free Joints offers hope for more than just pain management. Sufferers may see improvement, or even a reversal of their condition.

Pain-Free Joints: 46 Simple Qigong Movements for Arthritis Health and Prevention by Dr. Yang, Jwing-Ming offers information and exercises to help treat arthritis. The book acknowledges that both Western medicine and Eastern medicine can be helpful, and suggests practical, clear, symptom-relieving steps for anyone suffering from arthritis pain.

The book is brief, well organized, and very clear, featuring exercises that almost anyone can do. Yang discusses massage, acupuncture, and cavity presses, and explains how each can be used to improve the flow of qi, the natural energy that circulates throughout the universe and also through the body. The book includes an informative and interesting comparison of Western and Eastern healing philosophy, focusing on treatment versus prevention. It does not assume that one is right while the other is wrong, but instead suggests that both can be used together to achieve overall good health.

Though the concepts being explained are quite complex, the book is very easy to understand. Qigong, or the study of qi, is central to the lessons, as is learning to affect how qi moves through the body. The author explains that “traditional Chinese physicians believe that since the body’s cells are alive, as long as there is a proper supply of qi, the physical damage can be repaired or even completely rebuilt.” The book emphasizes the importance of understanding the theory behind the suggested exercises and the need to make them part of a lifelong practice. There is just enough basic information to get started exploring this path to healing. There are also references for further study, and the book concludes with a very helpful glossary of Chinese terms.

Abundant photographs demonstrate the recommended exercises, depicting a model performing each one. Despite being still, black-and-white forms, these images do a remarkable job of illustrating how to move through each activity. The accompanying descriptions are clear and easy to follow, with instructions on how to move the body through the exercise, how to breathe with the movement, and recommendations for the number of repetitions needed to be effective.

Those who suffer from arthritis know that it can feel like an endless cycle of pain with little hope for improvement. What is perhaps most remarkable about *Pain-Free Joints* is that it offers hope for more than just pain management. Though the author warns that these exercises will take diligence and patience, with continued practice sufferers may see improvement, or even a reversal of their condition.

CATHERINE THURESON (June 12, 2017)

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