

Creating Healthy Work Environments 2019

Bigu Qigong: Weight Loss and Maintenance for Staff and Clients Using a Web-Based Platform

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Bigu Qigong is a Traditional Chinese Medicine (TCM) approach to effective weight loss and maintenance. Qigong is a powerful form of healing that has been practiced for thousands of years in China. An integral part of Traditional Chinese Medicine, Qigong is using mind, body movement and breath to enhance the flow of Qi (energy) in the body. Bigu Qigong as developed by Dr. Qizhi Gao is a specialized practice of Qigong. It has been shown to promote weight loss by using simple breathing and energy gathering techniques. Bigu translates as “avoid” (bi) “the grain” (gu) as evidenced by a decrease in hunger. (Gao, 2016)

The two (2) week introduction to Bigu QiGong includes a breathing /mindfulness technique for 15 minutes before meals. There are only two rules associated with the breathing/mindfulness exercise: Eat only when hungry and Drink only when thirsty. Participants are asked to discuss any health issues such as diabetes with their healthcare provider before beginning program.

Dr. Gao (1997, 2016) has anecdotal evidence from several hundred clients using this approach in face to face classes. Participant's appetite, fatigue, and mood are assessed during the program. Bigu Qigong does not rely on counting calories, strenuous exercise or meal replacements to force weight loss. Instead, the Bigu Qigong participants increase the flow of Qi (energy) and draw sustenance from the Qi itself. (Gao, 1997, 2016) Dr. Forlaw's pilot study with school teachers and program with faculty supported the efficacy of this approach as a weight loss program. Participants exhibited immediate improvement in mood and fatigue and focus (Mindfulness) in support of their weight loss. This presentation will share the Bigu Qigong theory and approach to weight loss and maintenance. The online approach to Bigu Qigong as a weight loss strategy and the effectiveness of the web-based approach to this program will be presented.

Title:

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Keywords:

Web-based Bigu Qigong, Mindfulness and Weight Loss and Maintenance

References:

Carrière K, Khoury B, Günak MM, Knäuper B. (2018) Mindfulness-based interventions for weight loss: a systematic review and meta-analysis. *Obes Rev*19:164–77.

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Salvo V, Kristeller J, Marin JM, Sanudo A, Lourenço BH et al. (2018) Mindfulness as a complementary intervention in the treatment of overweight and obesity in primary health care: study protocol for a randomized controlled trial. *Trials*. May 11;19(1):277. doi: 10.1186/s13063-018-2639-y.

Abstract Summary:

Lose weight and maintain that loss and help your clients do the same with a simple Traditional Chinese Medicine approach to breathing. Surely you jest. No really it works. Come learn about Bigu QiGong as a lifelong weight loss and maintenance approach for staff and clients.

Content Outline:

Bigu QiGong Weight Loss and Maintenance for Staff and Clients Using a Web-Based Platform

1. Introduction to Traditional Chinese Medicine and Qigong
2. A. Basic Concepts
3. B. Qigong and Health Studies

2. Bigu QiGong Concepts
3. A. Theory
4. B. Effectiveness as a Weight Loss and Maintenance Program
5. C. Short Term vs Lifelong Practice

3. Bigu QiGong Program
4. A. Program Approach
5. B. Demonstration

4. Strategies for Staff and Client Programs

5. Summary

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Professional Experience: Dr. Loretta Forlaw, PhD, RN, FACHE is the President of HealthSpeaks. Dr. Forlaw earned her PhD in nursing at The Catholic University of America, a Master of Nursing Science Degree from the University of California, San Francisco, and a Bachelor of Science Degree from Pacific Lutheran University. She is a retired Army Nurse and former assistant professor in the College of Nursing at the University of Central Florida. She has maintained a clinical and leadership focus throughout her career. Dr. Forlaw is a founding and current member of the American Society of Parenteral and Enteral Nutrition (ASPEN) and a Fellow in the American Association of HealthCare Executives (FACHE). She is a contributing member of ANA, Sigma and several other nursing and healthcare organizations. She is a Business Coach and a Feng Shui and Qigong Bigu practitioner. You can follow her on Twitter @nursespeaks

Author Summary: Dr. Forlaw is a retired Army Nurse and a nurse educator, and entrepreneur. She is an early recognizer and early adopter of future trends. She is an early adopter of the Wildatarian approach to healthy eating and as well as Bigu QiGong for weight loss before Mindfulness became a household word. Dr. Forlaw's teaching, coaching, mentoring and leadership skills are foundational to her entrepreneurial and academic work.

