



Bigu Qigong for Weight Management: A Web-Based Approach

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Disclosure Slide

- ✓ Dr. Loretta Forlaw has no Conflict of Interest, sponsorship, or commercial Support for this presentation



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▼ What is Qigong?

- Qi – Vital Energy
- Gong – Kung Fu – Practice makes perfect
- Qigong means vital energy practice provides a perfect health state.



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✓ What is the meaning of Bigu?

- Bi - Avoid
- Gu - Grain
- Bigu is a Qigong phenomena, which means the Qigong practitioner can live a period time without food to reach a higher energy level.



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▼ Origin

- History
 - Breatherian
- The experience of Qigong practitioners
- Personal practice and teaching experience



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- ✓ Dr. Gao's personal experiment
 - Lost 15 lb in a two week period
- ✓ First group experiment
 - 12 participants average weight lose 11.5 lb over a two week period in 1996
- ✓ To date, thousands of people have learned the exercise and joined the experiment
 - The minimum average weight lose is 6 lbs for a group over the two week period



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Face to Face Class Study:

Subjects

▼ Lost 3-11 lbs

Mean Difference 5.7 lbs

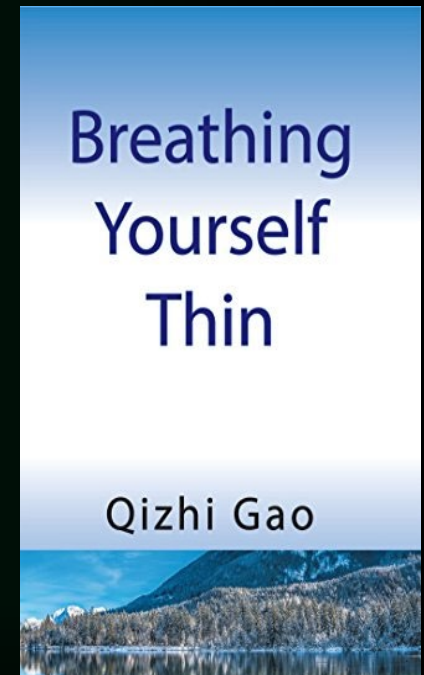
Change for both hunger and fatigue at 14
days $p < .005$


Mood change at Day 14 $p < .01$



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- ✦ Online Class -2018
- ✦ Book Published 2018





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- ▼ Bigu Qigong for Weight Management includes two exercises:
 1. Appetite control
 2. Increase energy



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Internal Organ Effect:

- ✦ Stomach/Small Intestine/Large Intestine – Sluggish
- ✦ Heart/Kidney – More Supply needed



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Appetite Control Exercise:

- ✓ Preparation
- ✓ Inhale expanding your upper chest and compressing your lower abdominal area until you reach 40% capacity of your normal inhalation. Hold while thinking a single positive word. Continue upper chest inhalation until you reach 70% capacity of your normal breath.
- ✓ Exhale expanding the lower abdominal area and compressing your upper chest area until all air is expelled.
- ✓ Closure



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Energy Exercise –Lotus Sitting

- Preparation:
- Inhale. Imagine the sun penetrating the body from the crown of the head (Baihui point) flowing to the area just below the navel (Dantian point).
- Exhale. Expand the sun's heat from the Dantian point throughout the entire body. Repeat this process ten to thirty minutes, one to three times daily based on your need. If fatigued, exercise three times daily.
- Closure



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Lotus Sitting





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Rules

- ✓ Eat only when hungry
- ✓ Drink only when thirsty



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Summary:

- ▼ Controls Hunger
- ▼ Increases energy
- ▼ Improves the function of internal organs
- ▼ Behavior modification component



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Advantages of Web-Based Approach

- ✔ Can watch Video sessions when convenient
- ✔ Daily coaching available
- ✔ Easy to learn and see results quickly
- ✔ No physical limitations (as long as you can sit or lie down comfortably)



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Advantages of Web- Based Approach:

- ✔ Continue same dietary regimen
- ✔ No shakes, supplements, or drugs required
- ✔ No strenuous exercise – Can continue current exercise



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Q&A

Questions/ Comments



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Where to get more information?

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Thank You for attending this session!