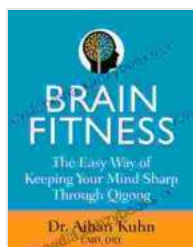


The Easy Way Of Keeping Your Mind Sharp Through Qigong

Qigong is a mind-body practice that has been shown to have a number of benefits for cognitive health, including improved memory, attention, and executive function. Qigong is a gentle, low-impact exercise that can be practiced by people of all ages and fitness levels. It involves slow, flowing movements that are combined with deep breathing and meditation.



Brain Fitness: The Easy Way of Keeping Your Mind Sharp Through Qigong by Aihan Kuhn

★★★★☆ 4 out of 5

Language : English
File size : 35475 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 161 pages



Qigong is thought to work by improving blood flow to the brain and by increasing the production of neurotransmitters, such as dopamine and serotonin. These neurotransmitters are essential for cognitive function. Dopamine is involved in attention, memory, and motivation. Serotonin is involved in mood, sleep, and appetite.

There is a growing body of research that supports the benefits of qigong for cognitive health. One study, published in the journal JAMA Internal

Medicine, found that qigong improved cognitive function in older adults with mild cognitive impairment. The study participants who practiced qigong for 12 weeks showed significant improvements in memory, attention, and executive function.

Another study, published in the journal *Frontiers in Aging Neuroscience*, found that qigong improved cognitive function in healthy older adults. The study participants who practiced qigong for 12 weeks showed improvements in memory, attention, and processing speed.

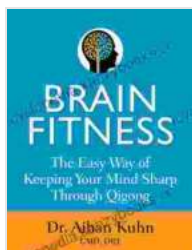
Qigong is a safe and effective way to improve cognitive health. It is a gentle, low-impact exercise that can be practiced by people of all ages and fitness levels. Qigong can be practiced in a group setting or on your own. If you are new to qigong, it is recommended to start with a beginner class.

Here is a simple qigong exercise that you can try to improve your own cognitive function:

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Relax your shoulders and let your arms hang by your sides.
3. Close your eyes and take a few deep breaths.
4. Bring your hands to your lower abdomen and place them on your dantian, which is located about two inches below your navel.
5. Breathe deeply into your dantian and feel the qi, or energy, flowing through your body.
6. Slowly raise your arms overhead, palms facing forward.

7. As you raise your arms, visualize the qi flowing up through your body and out of your hands.
8. Hold your arms overhead for a few seconds and then slowly lower them back to your sides.
9. Repeat this exercise for 10-15 minutes.

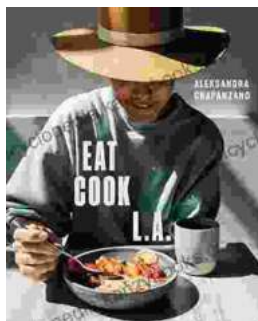
This exercise can be practiced once or twice a day. It is a simple and effective way to improve your cognitive function and overall health.



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