

Realization Of Healthy Aging By Integration Of Blood Purification And External Qigong

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Although neither mechanism for aging has been elucidated, nor reliable approach to healthy aging has been established yet, realization of healthy aging by integration of blood purification and external qigong is herein presented. Direct removal of LDL-cholesterol from blood was achieved by applying LDL-adsorption, a technique of blood purification. It, originally invented for familiar hypercholesterolemia, is presently applied for arteriosclerosis obliterans (ASO) in the lower limbs in Japan and brings remarkable clinical improvements. Clinical effects on mental disorders such as vascular dementia, initially not expected, were observed in some patients during the ASO treatment. Cleaning-up the vasculature is supposed to work for healthy aging. Not perfectly same, but very similar techniques to the external qigong have been utilized since long as a medical manipulation over the world under the names such as animal magnetism (Mesmerism), spiritual healing, Tekazashi, therapeutic touch, etc. Here is description on clinically effective cases. A 65 years-old male who had been on maintenance hemodialysis for over 20 years, suffering from ASO and destructive spinal arthropathy, came in our clinic with a cane, and left without it after the external qigong therapy. A 72 years-old female who had been suffering from severe forward-bending spinal position due to deformative osteoarthropathy showed marked improvement in a standing position after the external qigong therapy.

Description about the external qigong can be properly done only in a manner of the narrative-based medicine, but not the analytical science because it is still not scientifically understood and is non-scientific. Integration of a far-advanced medical technology with a traditional care will open a door to new medical therapy.