

## About the Authors/Editors

### ***Editor-in-Chief: Tianjun Liu, CMD,***

**Dr. Liu** is a professor and director of Qigong research laboratory in Beijing University of Chinese Medicine. He is also the secretary-general of the National Qigong Education and Study Association, a council member of China Academic Society of Medical Qigong, a council member of the World Academic Society of Medical Qigong, and the member of Medical Qigong Exam Committee of State Administration of TCM in China.

Prof. Liu has taught Qigong in Beijing University of Chinese Medicine for 20 years. He is the editor-in-chief of the “Qigong Study in Chinese Medicine,” the only official Qigong textbook used in the universities and colleges of TCM in China. Prof. Liu is considered the authority in academic qigong study, and has often been invited to go abroad to offer medical Qigong training courses. In recent years he has visited Japan, Russia, Poland, Germany, France, Italy, Austria, Switzerland, Singapore, and Malaysia to teach Qigong and Qigong studies. Prof. Liu has published several dozens of academic articles and books in Qigong study and related subjects. His book “The Gateway to Qigong State” was awarded the national book “Gold Key” certificate of merit in 1992.

### ***Associate Editor-in-Chief: Kevin W Chen, Ph.D. MPH***

**Dr. Chen** is an associate professor in the Center for Integrative Medicine and Department of Psychiatry at the University of Maryland School of Medicine. With a BA in philosophy, a master in social psychology (Peking University) and a Ph.D. in research psychology and statistics (Penn State University), Dr. Chen has had plenty of experience and training in blending Eastern-Western perspectives. As a long-term Qigong practitioner Dr. Chen is among the few scientists who have both hand-on knowledge of Qigong practice and active involvement in scientific Qigong research. He has been involved in a series of clinic trials to apply Qigong therapy in treatment of drug addiction, arthritis, cancer, fibromyalgia and other chronic pains. He is currently funded by NIH and foundations to conduct clinical studies to examine the feasibility and efficacy of applying qigong and meditative therapy for treating osteoarthritis, addiction, and anxiety disorders. Dr. Chen is one of the founders to the non-profit World Institute for Self Healing, Inc.(WISH), and the International Forum for Qigong Research (<http://groups.yahoo.com/group/qiresearch>) to actively promote education and research of qigong therapy and self-healing movement.

### ***Associate Editors (in alphabetic order)***

**Kenneth S. Cohen, M.A., M.S.th.** Director and principal instructor of the Qigong Research and Practice Center ([www.qigonghealing.com](http://www.qigonghealing.com)), is an internationally renowned health educator, China scholar, and qigong master with more than 35 years experience. He earned his teaching certificate in Taiji Quan from the William C.C. Chen School in 1974 and also trained with B.P. Chan, Madame Gao Fu, and Daoist Abbot Huang Gengshi. Professor Cohen is the author of the classic “The Way of Qigong”(Ballantine), best-selling audio-visual programs (Sounds True), and more than 200 journal articles, His work has been featured in *Newsweek*, *USA Today*, and on *National Public Radio*. Professor Cohen is the pioneer who helped introduce qigong to the West and establish qigong’s credibility in Western science. His lectures have been sponsored by the American Cancer Society, the American Academy of Medical Acupuncture, the Canadian Ministry of Health, and numerous medical schools and conferences. In 2003 he won the Elmer and Alyce Green Award for Innovation and Lifetime Achievement, the leading international award in complementary and alternative medicine.

**Linda Nadia Hole M.D.**, is a physician of nearly 25 years experience in integrative medicine; a graduate of Princeton, Duke, & Oneness Universities; & a contributing author to medical textbooks on complementary medicine. She teaches Qigong nationally, for medical conferences, community, & professional organizations; & works with people from all walks of life. She has served as past president of the California State Homeopathic Medical Society; as a Physician for Peace; & on the faculties of the World Congress on Qigong, International Academy Vibrational Medicine, American Holistic Medical Association, Traditional Chinese Medical College of Hawaii, & American Academy of Pain Management (AAPM). She currently serves also on the AAPM Education Committee. Dr Linda's post graduate training includes certification programs of: East West Academy of Healing Arts, China Healthways Institute, Jaffe Institute, & KHT Teacher's Training. She has studied closely with a number of "Master" Qi practitioners, & is ordained as a healer. One of Dr Linda's passions is bringing a more heart centered approach to medicine.

**Roger Jahnke, OMD**, is a contemporary multi-disciplinarian – a doctor of Chinese medicine (30 years), CEO of a innovative "new era" health care company; author, lecturer and researcher; health care historian and futurist; consultant and strategist to hospitals, agencies and corporations for the development of breakthrough programs in integrative medicine; master teacher of Qigong and Tai Chi; co-creator of a health and wellness coaching system – the Circle of Life; and co-founder of the Healer Within Foundation which focuses on preserving and integrating global medical traditions and delivers wellness coaching and mind-body practice to communities in the US and globally. Dr. Jahnke's work is a part of a dynamic international effort to understand the "naturally occurring, internal, self-healing resource" that the Chinese and Ayurvedic traditions have called Qi and Prana. The core principal of his work proposes that, "*the most profound medicine is produced within*" through a dynamic interaction of energy, consciousness and physiology. This breakthrough means that "*true health care is free*" when people are simply supported in understanding the magnitude of their own natural powers and capacities.

**Phoenix Liu, Ph.D.**, is the Director of the Language House Immersion Program at the University of Maryland, College Park. (<http://www.languages.umd.edu/lh/>) She received her bachelor's degree in Animal Science from the National Taiwan University, her master's degree in Music Education from the Musik Akademie der Stadt Kassel, Germany, and her doctorate degree in German Philology from the University of Maryland. Dr. Liu holds a black belt in Cuong Nhu karate, a blending type of hard and soft martial arts, and has been a Tai-Chi practitioner for over 15 years. She demonstrates her dedication to Tai-Chi and Qigong by her efforts of combining these two ancient healing arts with music. She has arranged several Tai-Chi forms to music, which have been performed around the metropolitan D.C. area. Dr. Liu has also presented "Chinese Values through Taichi and Qigong" to several conferences in the US, including the Mid-Atlantic Region Association for Asian Studies Conference and the National Consortium for Teaching about Asia.

**Lyn Lowry, Ph.D. L.Ac.** is an anthropologist (Ph.D., University of California, Berkeley), a licensed acupuncturist, and a writer and editor in the Center for Integrative Medicine at the University of Maryland. She has been a student of traditional Chinese medicine and Qigong for twelve years. She has a private practice outside Washington, D.C.

**Sharon Montes, M.D.** practiced and taught family medicine in medical schools for 17 years. She is committed to integrating science and world wisdom in her professional and personal life. In

her roles as medical director of various University clinics she applied this passion to teaching health care providers and patient care. She learned her first combination of Qigong exercises over 30 years ago and has practiced and taught meditation and acupuncture for the last 15 years. She is currently working in a community health center in eastern Maryland and looks for opportunities to bring the wisdom of Qigong to her daily practice.

**Gang Peng, CMD, Ph.D. L.Ac.** is a graduate of Beijing University of Chinese Medicine (CMD, 1982) and Wayne State University (Ph.D.). He is a well-trained clinic acupuncturist and immunologist with a clinic, Acupuncture & Natural Medicine in Rockville, Maryland ([www.acupuncturesolution.com](http://www.acupuncturesolution.com)). In addition to his private practice, he is also a member of Pain and Palliative Care Service (PPCS) at National Institutes of Health (Bethesda, MD). He treats patients who are in various clinic studies and have the needs for acupuncture treatment at NIH. Dr. Peng's practice is rooted from Traditional Chinese Medicine. He conducts diagnosis and therapeutic design based on the principles of Traditional Chinese Medicine and acupuncture.

**Xiao Mei Qiang, L.Ac.** is a New York State licensed Acupuncturist and a New York State Educational Board Certified Herbalist. In 1975, she started TCM study in her apprenticeship with Dr. Zhichun Zhang, a retired doctor and professor from Beijing Chinese Medical College and acupuncture training in her apprenticeship with Dr. Ciguang Sun and Dr. Yuying Sun, who were brother and sister and both inherited Chinese medicine knowledge and special acupuncture skills from their older generation, and both were the principal acupuncture doctors in Beijing Police Hospital. She moved to the United States in 1990, studied Physical Therapy first and worked as a Physical Therapist Assistant in Rehabilitation Medicine more than ten years. She completed further training in acupuncture and herbology at the Pacific College of Oriental Medicine in New York where she earned her Masters Degree in TCM. She has trained in Japanese style acupuncture and received the Certification at Harvard Medical School. She is associated with St. Vincent's Hospital Manhattan and is an expert in treating pain, all kinds of headaches, neurologic disorders, and post-stroke conditions. Two Chinese Journals HOW2USA and CHINA FORTUNE reported her successfully treating post-stroke and neurologic patients and she received the Contribution Award of 2008 by All Chinese Award.

**Douglas Wile, Ph.D.** got his doctorate degree in Chinese language and literature in 1972, and has been a professor and division chair of Chinese Language in Brooklyn College, City University of New York (retired in 2006). Dr. Wile also taught Medical Chinese and History of Chinese Medicine in Pacific College of Oriental Medicine (NYC) in 1998-2004. He was probably the first faculty to teach college-credit course in the U.S. on Taijiquan and qigong (in 1976), and is considered a top scholar in the study of Taiji and Qigong field. He has published 6 books on qigong-related topics as well as numerous articles, chapters for edited volumes and anthologies, and encyclopedia entries. He has worked with primary qigong texts representing all periods and practices, from the Mawangdui manuscripts to the present, and have also edited many books and articles by other authors in this field.