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#### Tai Chi, Qigong And The Treatment Of Arthritis

Practitioners Consider Qigong To Be A Subset Of Tai Chi. Much Has Been Written About Qigong And Qigong Exercises [7-131]. The Chinese Health Qigong Association Has Produced Nine DVDs That Provide Instruction On Some Of The More Popular Qigong Exercise Sets [132-140]. Several Organizations Have Been Formed To May 5th, 2024

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