

# Qigong *for* Healing

- Discover this powerful form of Chinese alternative medicine
- Relieve migraine, chronic fatigue syndrome, chronic sinusitis, and much more
- Strengthen your immunity
- 140 photographs and diagrams as reference

**FREE**  
exercise  
VCD  
inside!

71  
5  
Dr. Choo Cheng Ngiap

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## Channels, Acupuncture Points, and Meridians

Channels (lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium, triple warmer, gall bladder, liver)	48–59
Governor meridian (Du Mai)	61
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