

What can affect Qi?

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Many things influence the quality, quantity and balance of Qi. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, accidents, or excessive activity can lead to a blockage or imbalance of Qi. Normally when this occurs, the body naturally bounds back. Returning to a balanced state of health & well-being. When the disruption to Qi is prolonged, excessive, or if the body is in a weakened state, illness, pain, or disease can set in.