



# Qigong & Acupressure for Wellness in Cancer Survivorship

**Blake Langley, ND, MS, LAc**

*Staff Scientist, Research Acupuncturist*

Cancer Prevention Program

**Moving Beyond Cancer to Wellness**

June 7, 2025

A large teal circle on the left side of the slide.

# Outline

Qigong History & Introduction

Qigong Activity

Acupressure Introduction

Acupressure Activity

# *What is Qigong?*

- ‘Qi’ (life force) + ‘Gong’ (work) = ‘Qigong’ practice of cultivating life force
- Promotion of healthy and balanced flow of qi through movement, breath work, and sound
- Benefits across many conditions and for various symptoms
- Precautions:
  - Can be performed seated or standing
  - Move only within comfortable range
  - Sit if you get dizzy









## During Active Treatment

## After Active Treatment

## Post-Treatment

### Recommended Interventions:

- Exercise (aerobic, resistance, or a combination)
- Cognitive behavioral therapy with or without hypnosis
- Mindfulness-based programs (MBSR, MBCT)
- Tai chi or qigong
- Psychoeducation
- American ginseng (*Panax quinquefolius*)

- Exercise (aerobic, resistance, or a combination)
- Cognitive behavioral therapy
- Mindfulness-based programs (MBSR, MBCT, MAPs)
- Yoga
- Acupressure
- Moxibustion

- Cognitive behavioral therapy
- Corticosteroids

### Interventions Clinicians Should NOT Recommend:

- Wakefulness agents
- Psychostimulants
- L-carnitine
- Antidepressants

- Wakefulness agents
- Psychostimulants

- Wakefulness agents
- Psychostimulants



## GUIDELINE AT-A-GLANCE RECOMMENDED INTERVENTIONS

### Anxiety

#### During Active Treatment

- Mindfulness-based interventions
- Yoga
- Hypnosis
- Relaxation therapy
- Music therapy or music-based interventions
- Reflexology
- Lavender essential oil inhalation

#### Post-Treatment

- Mindfulness-based interventions
- Yoga
- Acupuncture
- Tai chi and/or qigong
- Reflexology

### Depression

#### During Active Treatment

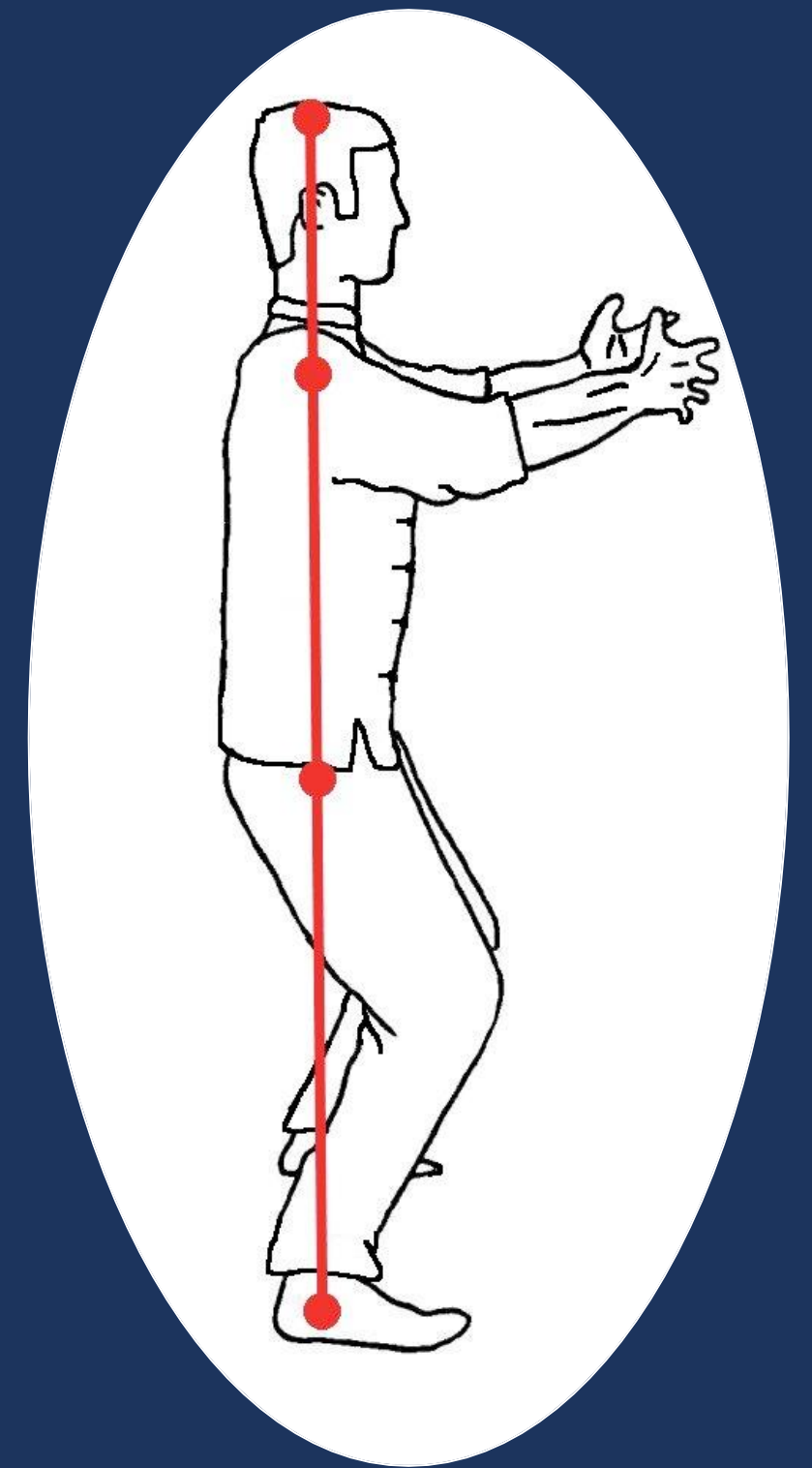
- Mindfulness-based interventions
- Yoga
- Relaxation therapy
- Music therapy or music-based interventions
- Reflexology

#### Post-Treatment

- Mindfulness-based interventions
- Yoga
- Tai chi and/or qigong

## *Qigong* Activity

1. Shaking
2. Transitions
3. Moving the *Qi* in Ball Horse Stance



# *What is Acupressure?*

- Traditional East Asian Medicine practice that stimulates acupuncture points using hands and fingers instead of needles
- Acupuncture points are found along pathways known as channels and form a network that connects the whole body
- Stimulating specific points at specific locations can effect changes within the body and relieve various symptoms
- Acupressure can be performed at any time, especially when you are experiencing symptoms such as nausea, anxiety, stress, fatigue, or pain



## *General Guidelines for Acupressure*

- Use fingertips to apply firm pressure, but do not press so hard that it hurts.
- Press and hold or make circular, constant, or pulsing motions on the point for 3 to 5 minutes, two or more times per day.
- Apply acupressure as often as needed for symptoms relief.
- Do not use acupressure on areas with open cuts, bruises, wounds, rashes, or medical devices
- Do not use acupressure on areas with tumors or metastases

## *What can I expect?*

- You may feel soreness, achiness, warmth or tingling when you stimulate an acupressure point, but not sharp pain.
- The amount of pressure to apply to each point depends on the individual.
- If you feel sharp pain decrease the amount of pressure you apply.



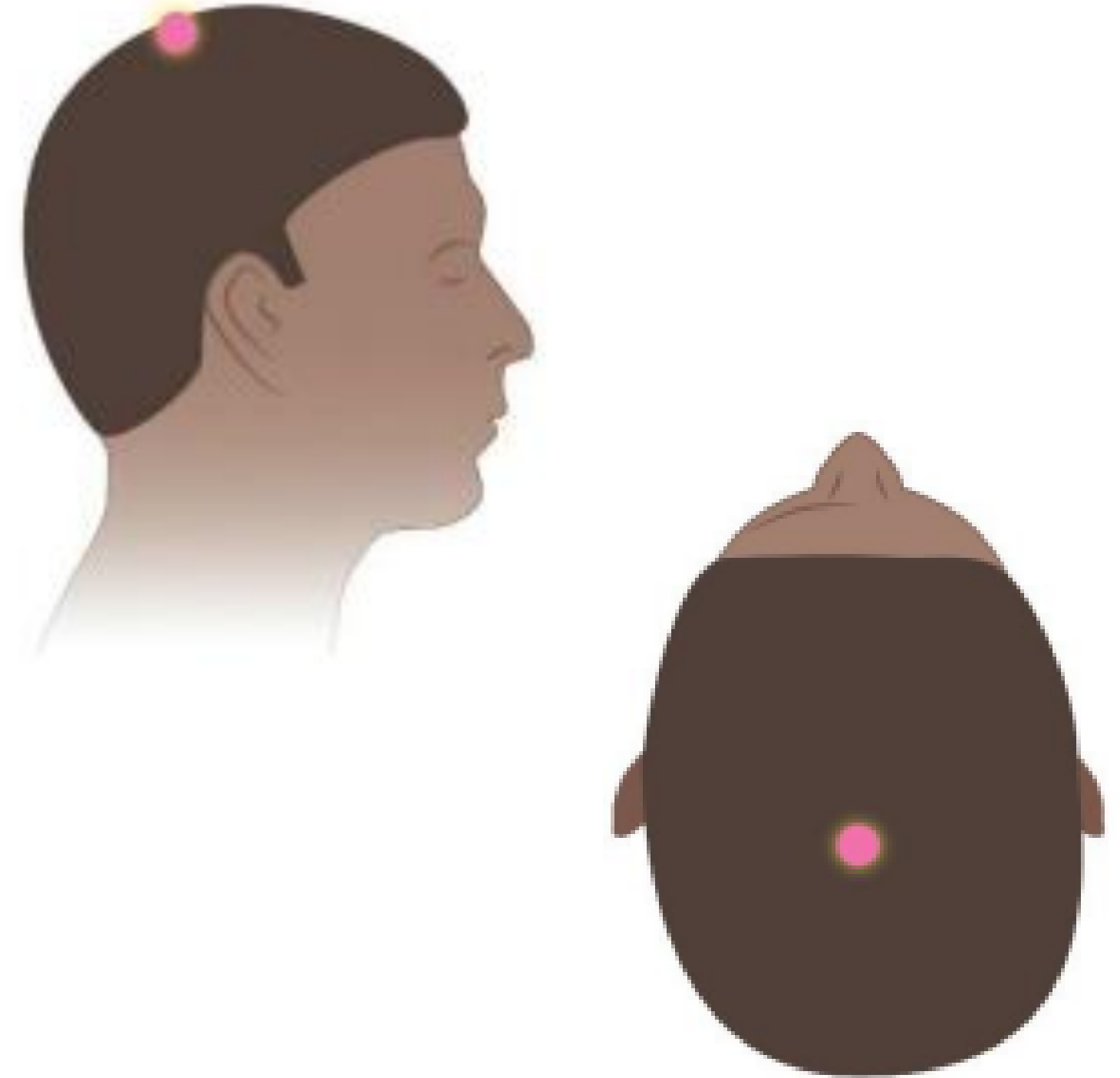
# Governing Vessel 20 (GV20), *Bai Hui*, Hundred Convergences

## Location:

On the midline on the head, approximately on a line connecting the top of the two ears.

## Actions/Indications:

- Supports mental well-being
- Relieves headaches and dizziness
- Improves memory
- Improves energy



# Pericardium 6 (PC6), *Nei Guan*, Inner Gate

## Location:

Between the two tendons on the inner forearm, three finger widths from the wrist crease.

## Actions/Indications:

- Reduces nausea and vomiting
- Relieves anxiety and stress
- Pain relief
- Supports circulation





# Large Intestine 4 (LI4), *He Gu*, Converging Valley

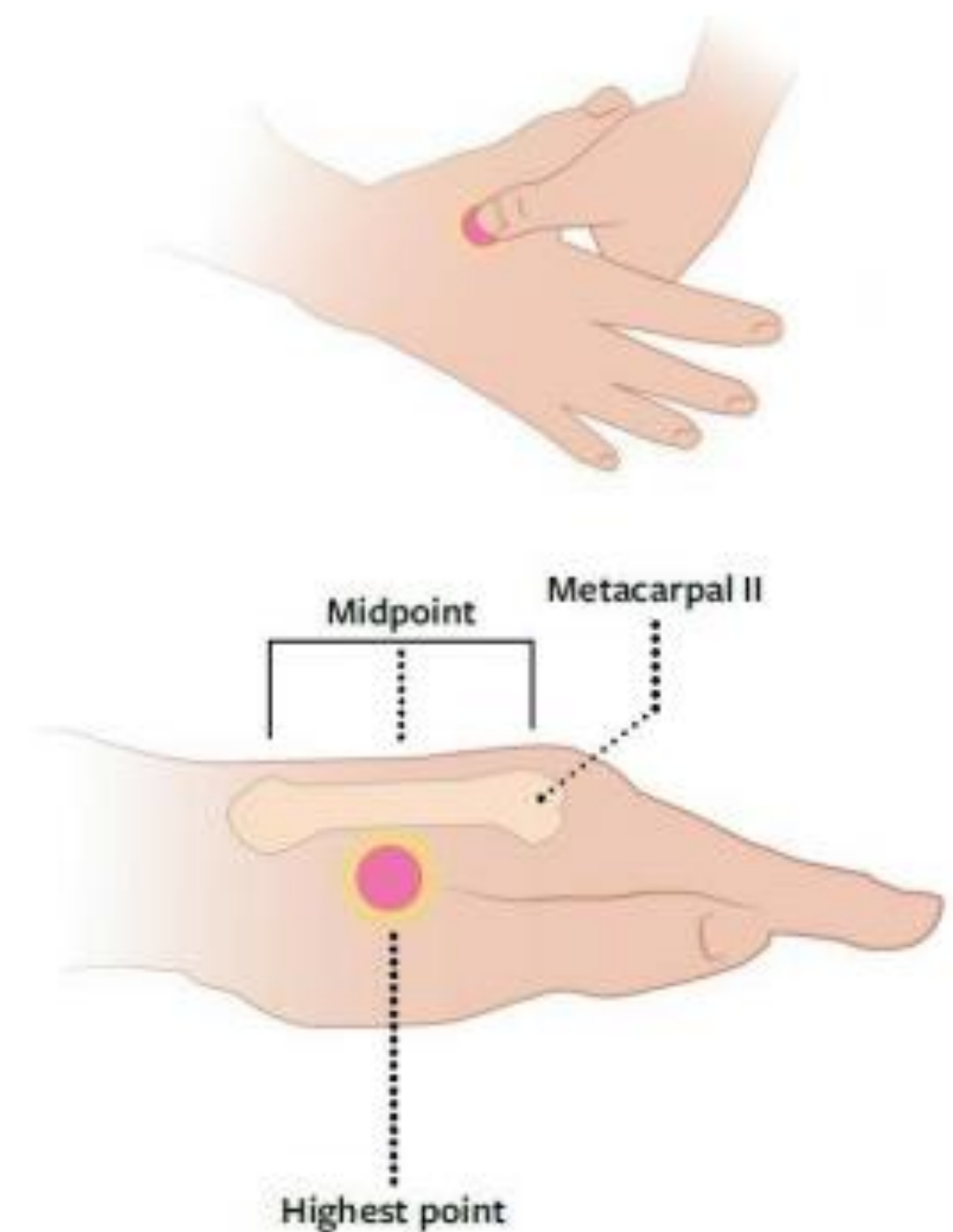
## Location:

At the highpoint of the soft fleshy mound created when your thumb rests against your index finger

## Actions/Indications:

- Pain relief, especially for headaches and facial/dental pain
- Anti-inflammatory
- Supports immune system
- Improves circulation

**Caution: avoid stimulating this point during pregnancy as it can potentially induce labor**



# Stomach 36 (ST36) *Zu San Li*, Leg Three Miles

## Location:

Four fingerbreadths below the lower border of the kneecap, one thumb breadth *lateral* (to the outer side) to the tibia

## Actions/Indications:

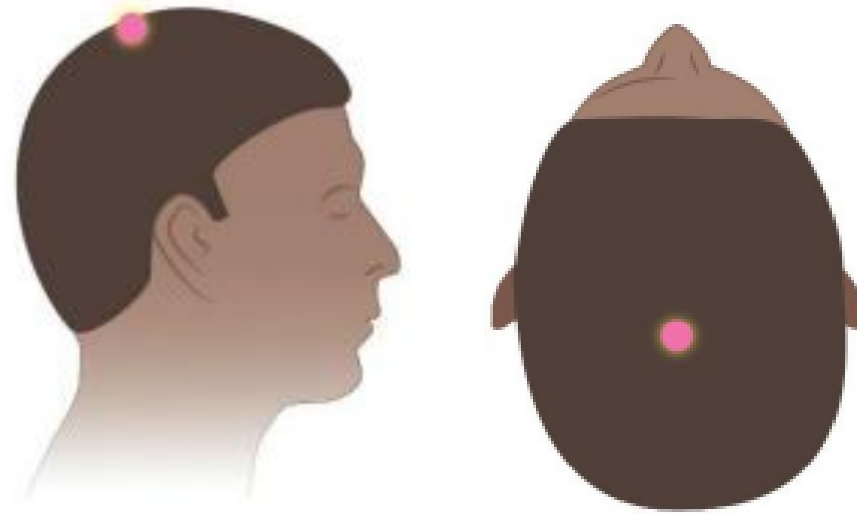
- Regulates digestion
- Supports immune system
- Pain relief (local)
- Supports energy
- Anti-inflammatory



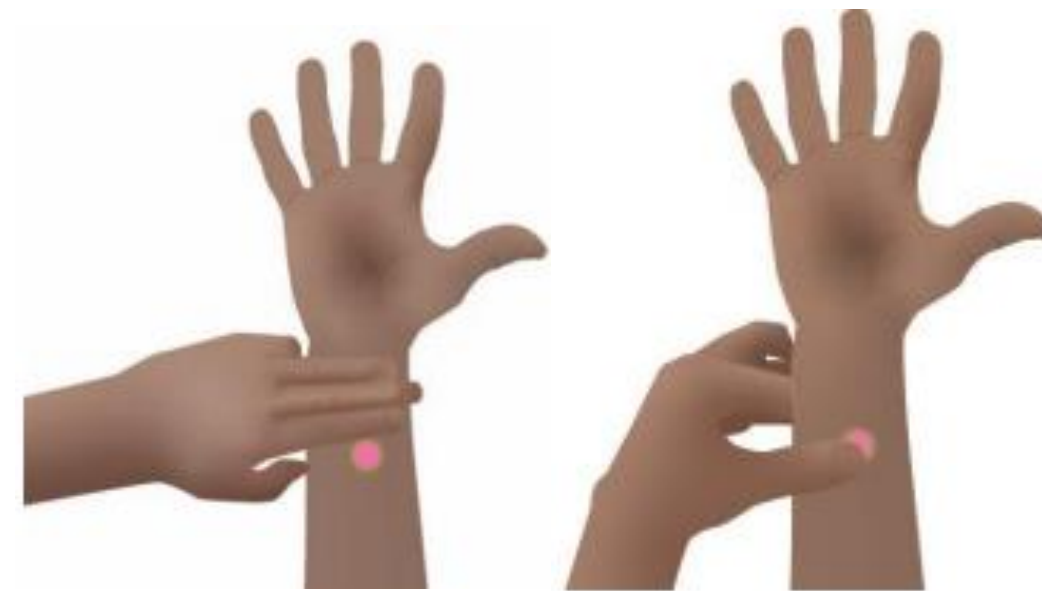


# Acupressure Activity

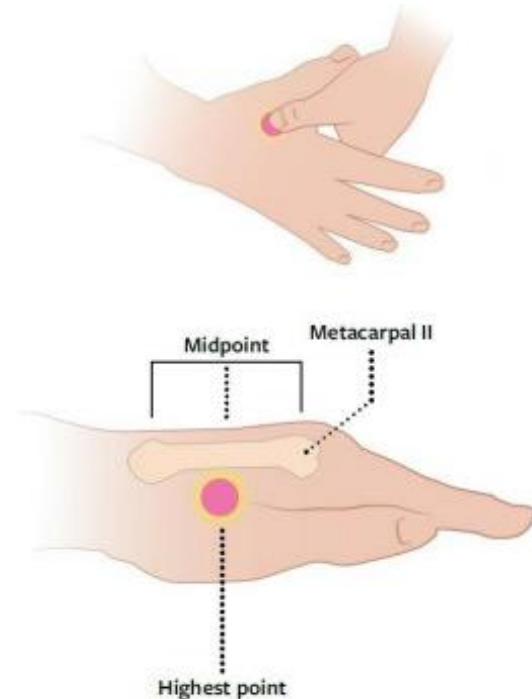
***GV20: memory, energy, headaches, dizziness***



***PC6: nausea, vomiting, stress***



***LI4: pain and headaches***



***ST36: digestion, pain, energy***



# *Community Resources for Qigong*



Free all-levels Tai Chi and Qi Gong classes online, Thursdays at 10am:

<https://teamsurvivornw.org/class/tai-chi/>



Tai Chi and Qi Gong classes held online, Thursdays at 12pm (July – August series):

<https://us06web.zoom.us/meeting/register/Rw3avO3sSYmUKnhJ7ovbFA>





# ***Fred Hutch Resources***

Acupuncture, Diet, and Nutrition



Free and easy to navigate materials!

<https://www.fredhutch.org/en/education-training/patient-education.html>





Thank you