

Welcome To



Ancient Therapies for Modern Diseases

Workshop Series

by Internationally Celebrated Qigong and TCM Master Prof. Zhixiang Gao

Sponsored by UMMS China Program, UMMS Office of Global Health, UMass China Institute

[Workshop 1] Monday, October 5, 4:30 – 6:00 PM, Amphitheater 2 (S4-102)

Qigong and Traditional Chinese Medicine in the Treatment of the Systemic Disorders: Diabetes, Hypertension, Hyperlipidemia, and Weight Control

[Workshop 2] Wednesday, October 7, 4:30 – 6:00 PM, Amphitheater 1 (S2-102)

Qigong and Traditional Chinese Medicine for Cancer Prevention and Improving Quality of Life in Cancer Patients

[Workshop 3] Friday, October 9, 4:30 – 6:00 PM, Amphitheater 1 (S2-102)

Qigong and Traditional Chinese Medicine in Enhancing Brain Functions: Getting Smarter, Delaying Aging, Sleeping Better, Recovering from Addictions, and Treating Neurological Disorders

Refreshments will be provided

Everyone is welcome and no registration is necessary

*For more information, please contact Hui Zou, PhD at 508.856.1554,
email: Hui.Zou@UmassMed.edu.*

About Dr. Zhixiang Gao

Born in Baoding City, Hebei Province (one of China's famous martial arts areas), Dr. Zhixiang Gao began practicing martial arts, qigong, Chinese medicine and acupuncture from his grandfather at a young age, and is currently the 11th generation practitioner of these arts in his family. After graduating from Beijing Normal University as a physics major in 1959, he began work teaching and doing research in physics. At the same time, he started deepening his studies and research into Chinese medicine. In China's renowned Traditional Chinese Medicine (TCM) Research Institute, Dr. Gao studied from some of the premier experts in the field including Kuishan Zheng (head of the TCM Administration Bureau) and Binkui Lü. In 2001 Dr. Gao earned qualifications in China and abroad as a senior acupuncturist, senior Tuina massage practitioner, and senior practicing psychiatrist.

Dr. Gao's long term research interests have centered around the use of traditional scientific methods, such as TCM, for the promotion of intellectual development, longevity, healthy living, and for the prevention and treatment of cardiovascular and cerebrovascular diseases. As part of his research, he has enlisted the aid of 108 well-known experts in the fields of medicine, psychiatry, neurology, immunology and micro-circulation to perform sixteen years of follow-up studies in TCM research. Dr. Gao also founded and directed China's first research institute for intellectual development, the "Beijing Intellectual Development Research Center." In addition, he wrote and published one of the first expositions in China on cognitive development entitled, "Exercises for Increasing Intellect and Clarifying Vision in Young People." These methods were then popularized and have now spread throughout 26 of China's provinces.

Within the past ten years, Dr. Gao has given lectures in thirty-two different countries, including the United States, Canada, France, Holland, Switzerland, Hong Kong, Malaysia, Australia, and Singapore.

In 2001, at the fourth world Qigong Congress in San Francisco, Dr. Gao won that year's "Best Qigong Master" award. In 2002, he was hired as a senior consultant by the American Qigong and Health Care Institute.

Currently, Dr. Gao is the vice-president of the Beijing Kundawell Medicine Institute, where he gives classes about Chinese medicine and acupuncture to students from all over the world. In addition, he continues to see patients for acupuncture treatments.