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Daoyin Yangsheng Gong - Qigong for Diabetes Book (+DVD) **Daily Qigong Routine - Easy and Effective!** Qi Gong/Qigong (/ˈtʃiː ˈgɒŋ/), qi gong, chi kung, or chi gung (simplified Chinese: 气功; traditional Chinese: 氣功; pinyin: qìgōng; Wade-Giles: ch'í kung; lit. 'life-energy cultivation') is a millennia-old system of coordinated body-posture and movement, breathing, and

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