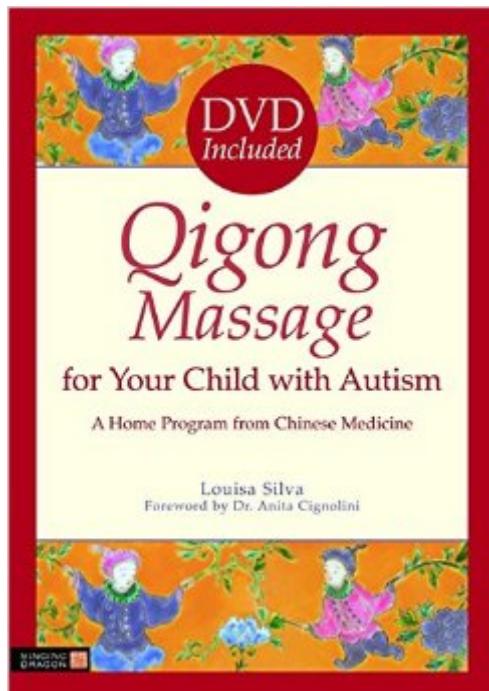


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# Qigong Massage For Your Child With Autism: A Home Program From Chinese Medicine



## **Synopsis**

Qigong massage has been used in China for thousands of years as a means to achieve health and wellbeing, and to treat a wide variety of ailments. This book teaches parents a simple qigong massage programme that has been developed specifically for the needs of children with autism spectrum disorders (ASDs). With step-by-step instructions and an accompanying DVD demonstrating the technique in action, this book offers parents clear guidance on how to adopt qigong massage into their child's daily routine successfully. The program is based around a core 15 minute massage that, when performed regularly, has been shown to greatly improve mood and behavior, sleeping patterns, and language and social skills. Also included is information on diet, advice on reading a child's body language during massage, and helpful progress checklists. Qigong massage is the ideal therapy for parents looking for an alternative way to strengthen the mind, body and sensory abilities of their young child with autism aged 6 and under.

## **Book Information**

Paperback: 144 pages

Publisher: Singing Dragon; Pap/DVD edition (July 15, 2011)

Language: English

ISBN-10: 1848190700

ISBN-13: 978-1848190702

Product Dimensions: 7.1 x 0.3 x 10 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #60,100 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #17 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #28 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Taoism

## **Customer Reviews**

This is amazing and I have only used it for 3 weeks. The author only talks about uses for children up to six years old, but I am using it for my 17 year old daughter. After 3 weeks, her body seems less tense. I noticed that her cheeks and chest were a rashy red, so when we went to our naturopath, I found out she was dumping metals. Now we do a lot of biomed intervention (for years) and we have never been able to get the metals out. Is it a coincidence that she is dumping them now that we started Qigong? I think not. I believe we have opened the detox pathways on my daughter and now

her body is able to move metals out of her body. It is truly amazing. It takes about 15 min per day for 5 months. I have done many other protocols which were more time consuming. Try it, you will be amazed.

It's only been 8 weeks since we started this protocol and my son is speaking more, regulating easier, listening better and giving us far more eye contact. I am also more calm as the massage is soothing. He is even making and remembering friends. I would rate this as one of our top 4 interventions of dozens we've explored.

This program was easy to learn and I have to say, has really helped my son with autism. Even though I do not perform it on him every day as recommended, I do it quite regularly and have found the following benefits: improvement in fine motor control and motor planning, a reduction in "stimming" and a reduction in his excessive muscle tone and rigidity. Amazingly, it often puts him to sleep. I find it is the only really effective means I have to calm his stimming when it becomes excessive and frenetic. It is also useful if he is just too wound up. Frankly, it is one of the most effective therapies (next to Equine Assisted Therapies) I have found, and we have had my son in an intensive program since he was two and half. It is very convenient since you don't need to leave home and can do it in just 15 minutes or so. Also, obviously, it is hugely cost effective. I have been doing this for about 5 months.

Love it! What a beautiful and gentle way to bond with your child and help their nervous system work better at the same time. I am a massage therapist and wanted to practice the technique before showing it to my clients. They say to use it on children under 6, but I practiced it on my 14 year old son (who does not have autism) and he loved it and felt calmer.

The best part of this book is that it comes with the instructional DVD. This is essential for any lay person who has limited experience with any kind of massage or physical therapy. But most important, it works. Already seeing results!!!!

We have been doing the Qigong massage for my 3 year old for about 3 months. We notice a tremendous impact. It is easy to implement and he looks forward to his massage and asks for it by name. His eye contact, language skills and overall interest in other people have grown a lot since we started the massage. I don't really care \*what\* is working so long as \*something\* is working.

What have you really got to lose? This book includes a DVD, the massage is something you can implement at home for free (we have an O/T helping as well once a week). My son enjoys his qigong and it relaxes him before bedtime. We've only missed giving the massage once in 3 months (when he had fallen asleep before his bedtime). If you have a child with autism or suspect ASD who is under the age of 6, try this! I think it is responsible for making a big difference in our child.

This is a really nice and calming routine that helps my son. He looks forward to his special message and enjoys looking at the guided page that lets him know what movement is next. Even though he is a sensory seeker it took some time to get him to relax and know the routine but he's ok with it. Some days we can't finish the whole set or he doesn't want to do all of it, only certain parts and that's ok. The video is very helpful and was a great tool to get us going. It is not complicated to do nor overwhelming. The closeness that it brought us is my favorite part. I'd like to try to start the morning out with it to see if it would help calm him for learning.

This therapy is recommended for children six and under. However, we first used this therapy with our autistic daughter when she was 11. Within a week she was finally toilet trained. Now at 18, she has remained toilet trained but has begun having complex partial seizures (it appears). While we wait to see if a neurologist will agree to look at her case, we started doing Qi-gong massage again; this time with the aid of the book and DVD. Dramatically improved our daughter's symptoms and the occurrence of the seizures, making her much calmer. Highly recommended.

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