

The First National  
Conference On

**The Bigu**  
- without food -  
Manifestation,  
Health Effects and  
Scientific Research  
of  
Yan Xin Qigong

June 24 - 25, 2000  
The Pennsylvania State University

**Sponsored By:**

*The Pennsylvania State University*  
Science, Technology, and Society Program

*Friends of Health*  
Washington, D.C.

*University of Arizona*  
Program in Integrative Medicine

*International Yan Xin Qigong Association*  
Scientific Research & Health Departments

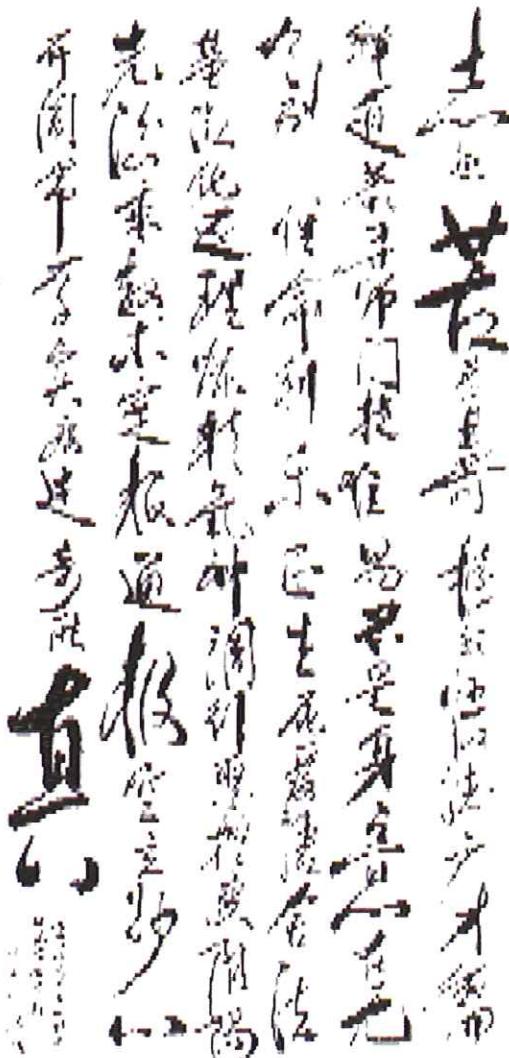
*Traditional Acupuncture Institute*  
Columbia, Maryland

# *The First National Conference on The Bigu -without food- Manifestation, Health Effects and Scientific Research of Yan Xin Qigong*

## Scope of This Meeting

The shared goal of the sponsors of this program is to advance the cause of Integrative Medicine in the world by educating the public on the remarkable factual scientific base behind much traditional healing. The purpose of this meeting is to focus on one of the most remarkable and visible and measurable set phenomena stimulated by a traditional process.

The Bigu phenomenon, which occurs spontaneously among certain Qigong practitioners, entails the cessation of eating solid food for periods of weeks to months and years. It is so spectacular a claim (but made openly albeit quietly) that it is truly remarkable that no seminar, scientific and technical magazines have published anything whatsoever, on this phenomenon.



We have assembled a remarkable Team of Qigong practitioners, persons in the Bigu state (including families) and world-class scientists who are open-minded to the potential on the new science. The goals of this meeting include:

- The presentation of data, partly in person as direct case studies on the nature of and the process of attaining the Bigu state and the length of its persistence.
- The presentation of data on experimental research to try to explain the Bigu state.
- The presentation of experimental scientific instrumentally obtained data from Yan Xin Qigong and other integrative medicine modalities, which extend the range of very significant facts and useful healing techniques not explained (possibly not explainable) by today's reductionist science.
- Reflections upon the data and hypotheses to explain them, and suggestions for the most important research directions.
- Suggestions for collaboration among different alternative health modalities to establish the collective posture as equal partners to Western medicine.

**Saturday, June 24, 2000**  
**Registration**  
**Outside HUB Heritage Hall (2nd Floor)**  
**7:30 a.m. 8:50 a.m.**

**Saturday, June 24    Part I    9:00 a.m. - 12:00 p.m.**  
**Co-Chairs: Professor Rustum Roy and Dr. Yi Fang**

Welcome to Penn State — *Dr. William Asbury, V.P. Student Affairs*  
Acknowledging our Sponsors and Organizers  
Introduction I — 9:00 a.m.

*The Integration of Medicine in the 21st Century*

I-1.	The Revolution in Whole Person Healing	9:10 a.m.
	<i>Rustum Roy, Conference Chair, Founding Director of MRL, Penn State</i>	
I-2.	What is Life? On the Physical and Spiritual Dimension of Reality	9:25 a.m.
	<i>Hans Peter Duerr, Former Director of Max Planck Institute for Theoretical Physics, Munich</i>	
I-3.	Ultrasonic Acupuncture and the Correlation Between Acupuncture Stimulation and the Activation of Associated Brain Cortices Using Functional MRI	9:45 a.m.
	<i>Joie P. Jones, Professor of Radiology, University of California Irvine</i>	
I-4.	Cost Effective Treatment of Seasonal Allergies by Ayurvedic Treatment	10:05 a.m.
	<i>Dr. S.S. Tirtha, Founding Director, Holistic Ayurvedic Center of NY</i>	
I-5.	Yan Xin Qigong and Health: From My Experience	10:20 a.m.
	<i>Mr. Mason Loh, Queen's Counsel, Canada &amp; Chairmanship of the College of Traditional Chinese Medicine Practitioner and Acupuncturist of B.C.</i>	
I-6.	A General Introduction of Yan Xin Qigong, the Representative of Chinese Traditional Qigong	10:30 a.m.
	<i>Dr. Hao Wang, General Secretary, IYXQA</i>	

**Morning Break**  
10:45 a.m. - 11:00 a.m.

Introduction II — 11:00 a.m. - 12:00 p.m.  
*Yan Xin Qigong for Comprehensive Health*

Co-Chairs: Dr. Gary Schwartz and Dr. Linda Song

I-7.	Case Reports in Yan Xin Qigong: the Clinical Effects and Beyond	11:00 a.m.
	<i>Hongfei Lin, M.D., Dr. Chao Lu and Yan Kuanq, M.D.</i>	
I-8.	A Review of Survey Studies among Yan Xin Qigong Practitioners	11:20 a.m.
	<i>Prof. Yuhong Yang, Iowa State University</i>	
I-9.	A Historical Review of the Yan Xin Qigong Bigu Phenomenon	11:45 a.m.
	<i>Mr. Peihua Ni, Associate Director, IYXQA Research Department</i>	

**Lunch Break**  
12:00 p.m. - 1:00 p.m.

**Saturday, June 24    Part II    1:00 - 3:30 p.m.**

***Bigu Manifestation: Establishing the Facts***

**Co-Chairs: Jason Yang, Ph.D. and Viktoria Dalko, Ph.D.**

II-1.    Bigu Manifestation: an Extended Family in Bigu	1:00 p.m.
<i>Dr. Jun Wang</i>	
<i>Dr. Jason Yang</i>	
<i>Dr. Jack Yang</i>	
<i>Ms. Shin Fuh</i>	
<i>Mr. Simon Huang</i>	
II-2.    Bigu Manifestation: Pregnancy with Bigu and Kids Bigu	1:45 p.m.
<i>Ms. Wei Wu and Dr. Tongyi Li</i>	
<i>Ms. Chun Luo and Dr. Kang Yanling</i>	
<i>Ms. Ru Chen</i>	
<i>Dr. Delia Wolf</i>	
<i>Dr. Chuanfang Zhang, Ms. Fengying Chen</i>	
<i>with their 9-year old daughter and 4-year old son</i>	
II-3.    Bigu Manifestation: Westerners in Bigu	2:30 p.m.
<i>Prof. Viktoria Dalko</i>	
<i>Mr. Tim Norman</i>	
<i>Dr. Johanne Boisvert</i>	
<i>Dr. Howard Hagglund (4 minutes in video tape speech)</i>	
<i>Mr. Marc Ostrovsky</i>	
II-4.    Bigu Manifestation: Diversified Groups with Bigu	2:55 p.m.
Group 1, IYXQA Officers with Bigu	
<i>Main Speaker: Dr. Longguang Gao</i>	
Group 2, Professors with Bigu	
<i>Main Speaker: Prof. Zhensu She</i>	
Group 3, Penn Staters (those from the hosting Penn. State Univ.) with Bigu	
<i>Main Speaker: Dr. Yi Fang</i>	
Group 4, Elders with Bigu	
<i>Main Speaker: Mr. Jeffrey Chow</i>	
Group 5, Medical Doctors with Bigu	
<i>Main Speaker: Dr. Yi-Hsuan Chiu</i>	

Afternoon Break

3:20 - 3:35 p.m.

**Saturday, June 24    Part III    3:35 - 5:50 p.m.**

*Bigu Studies: A Preliminary Exploration of the Domain*

III-1. Two Case Studies of Yan Xin Qigong Bigu Phenomenon in China (with 10 min Video Tape from CCTV) <i>Wenyao Shi, M.D. and Dr. Qiang Lu</i>	3:35pm
III-2. Two Bigu Clinical Studies at San Diego State University <i>Dr. Iris Hui Zhang    Yan Kuang, M.D.    Linda Song, M.D., Mr. Simon Huang, Ms. Juling Kou, Mr. Xuefeng Wu, Ms. Xuemei Wu</i>	4:00pm
III-3. Providing a Background from Recent Advances in Life Science on the Studies of Caloric Restricted Diets <i>Dr. Donghang Li</i>	5:00pm
III-4. A Blood Lepton Test to a Bigu Group <i>Dr. Danny Li</i>	5:15pm
III-5. Cell Bigu Experiment and Possible Mechanisms of the Bigu Phenomenon <i>Mr. Zhenqin Xia, Director, IYXQA Research Department</i>	5:35pm

**Dinner & Social Time:  
Enjoy the Mixed Indian and Chinese Cuisine!  
Outside HUB Heritage Hall  
5:50 p.m. - 7:00 p.m.**

**Special Evening Performance  
8:00 p.m. - 10:00 p.m.**

**Concurrent Discussions**

E-A. Opportunities of Intermodality Inquiries <i>Room to be announced</i>	8:00 pm - 9:30 pm
E-B. Possible Research to Establish the Validity of Bigu Mechanisms <i>Room to be announced</i>	8:00 pm - 9:30 pm
E-C. Arts Performance <i>Heritage Hall</i>	8:00 pm - 10:00 pm

**Sunday, June 25    Part IV    8:45 a.m. - 10:45 a.m.**

*Scientific Data on Qigong Effects - I*

Co-Chairs: Alexis Trynor-Kaplan, Ph.D. and Ming Dao, Ph.D.

IV-1. Modern History of Qigong Scientific Research <i>Dr. Ming Dao, Massachusetts Institute of Technology</i>	8:45am
IV-2. Absorption of Gamma Radiation as a Possible Mechanism for Bigu: Theory and Data <i>Prof. Gary E. R. Schwartz and Dr. Linda G. S. Russek Human Energy Systems Laboratory, University of Arizona</i>	9:05am
IV-3. UV Absorption Study of Qi-treated Macromolecules and its Industrial Application <i>Dr. Dan Hu, Harvard Medical School</i>	9:25am
IV-4. Effect of XY Yang Sheng Su on Cultured Mouse Tumor Cells and NIH 3T3 cell line <i>Dr. Delia Wolf, M.D., Harvard Medical School, Dr. Honghua Li, UCLA, and Mr. Zhen-Qin Xia, Director, IYXQA Research Department</i>	9:45am
IV-5. A Potent Antioxidant – XY Yang Sheng Su (XY99-5038) <i>Dr. Wei Cao, M.D., Ph.D., University of Oklahoma Health Science Center</i>	10:05am
IV-6. Apparent Non-local Effects of Qi on Enzyme Activities <i>Prof. Alexis Trynor-Kaplan, University of Washington</i>	10:25am

**Morning Break**

**10:45 a.m. - 11:00 a.m.**

**Sunday, June 25    Part IV    11:00 a.m. - 12:20 p.m.**

*Scientific Data on Qigong Effects-II*

Co-Chairs: Alexis Trynor-Kaplan, Ph.D. and Ming Dao, Ph.D.

IV-7. Raman Spectroscopy Study of Qi Treated Water Samples <i>Dr. Feng Lu, Polaroid Corporation</i>	11:00 a.m.
IV-8. A Review of Qigong Studies on Two Chemical Reactions <i>Ruoxi Lan, Ph.D., NeoKimia Inc.</i>	11:20 am
IV-9. Experiments of the Influence of the External Qi on the Half-Life of Radioactive Isotope $^{241}\text{Am}$ <i>Dr. John Mao, First USA Bank</i>	11:40 am

**Lunch Break**

**12:00 p.m. - 1:15 p.m.**

**Sunday, June 25 Part V 1:00 p.m. - 3:30 p.m.**

*The XY Yang Sheng Su Research Group's Report*

**Program A -- Heritage Hall**

V-1.	XY Yang Sheng Su: An introduction <i>Yu-hay Fong, Director, American Biology Engineering Science Research Institute</i>	1:00pm
V-2.	Effect of XYYSS on Tumor: Case Report <i>Prof. Zhensu She, University of California at Los Angeles (UCLA)</i>	1:05pm
V-3.	Effect of XYYSS on Alzheimer's Disease and Cancer: Case Report <i>Mr. Qun Lin, the Ford Motor Company</i>	1:15pm
V-4.	XYYSS Reduced the Side Effects of Chemotherapy: Case Report (1) <i>Mr. Ming Pan</i>	1:35pm
V-5.	XYYSS Reduced the Side Effects of Chemotherapy: Case Report (2) <i>Ms. Yongyi Yu</i>	1:50pm
V-6.	Effect of XYYSS on Angioma: Case Report <i>Dr. Shi-kun Lan</i>	2:00pm
V-7.	Effects of XYYSS on Renal Diseases, Brain Tumor and Hepatitis: Case Reports <i>Dr. Yee-Hsuan Chiou, M.D. General Hospital, Taiwan</i>	2:10pm
V-8.	Effect of XYYSS on the Recovery After Heart Bypass Operation: Case Report <i>Dr. Chanmay Chen, The Boeing Company</i>	2:25pm
V-9.	Effect of XYYSS on Paralysis: Case Report <i>Prof. Shin-Jen Chang, Kaohsiung University, Taiwan</i>	2:45pm
V-10.	Effect of XYYSS on Myopia: Case Report <i>Prof. Qi Li, University of California at Los Angeles (UCLA)</i>	2:55pm
V-11.	Effect of XYYSS on Plant and Flowers: An Experimental Observation <i>Ms. Lin Shen</i>	3:05pm
V-12.	Effect of XYYSS on Animals: An Experimental Observation <i>Prof. Weimin Shen, University of Southern California (USC)</i>	3:15pm

**Afternoon Break 3:30 pm - 3:45 pm**

**Program B -- Poster Session: More Reports on Health Prospects & Scientific Research**

B-1	Yan Xin Qigong and Women Health	<i>Ruiming Chen</i>
B-2	A Study on the Change of Health and Life Quality with the Senior Practitioner	<i>Jackie Yu</i>
B-3	Effects of Yan Xin Qigong Practice on the Development of Children Emotional	<i>Yan-Yu Zhou, MS</i>
B-4	Intelligence (EQ) and Moral Intelligence (MQ)	
B-5	A Study on the Benefit of Yan Xin Qigong for Middle-aged Women	<i>Mingzhi Cai, MD</i>
B-6	A Study on the Effects in Stress-reduction of Yan Xin Qigong	
B-7	A Study on the Effects on Substance Abusive Behaviors of Yan Xin Qigong	
B-8	Yan Xin Qigong and Creativity	
B-9	The IYXQA '99 Enterprise Survey	
B-10	The IYXQA '98 Conference Survey	
B-11	Measurement of the Rotation of the Polarization Plane of Laser Beam under the Influence	
B-12	of the External Qi of Qigong	<i>Dr. Jie Meng and Dr. Jiwei Wu</i>
B-13	Influence by External Qi on the Positron Annihilation Characteristics in High Purity Aluminum	
	and Iron Crystal Samples	<i>Dr. Jie Meng and Dr. Jiwei Wu</i>
	The Effects of External Qi on Micromechanisms	
	<i>Ms. Yu Zhong, Dr. Guihang Zhang and Dr. Shumin Liu</i>	
	The Effects of External Qi on the Double Refractivity of Liquid Crystal	
	<i>Prof. Zuyin Lu et al.</i>	

*Panel Discussion: Future Directions for Qigong Research*

**3:45 p.m. - 5:00 p.m. -- Heritage Hall**

**Chair: Prof. Rustum Roy**

*Closing Remarks: Collaboration of Qigong with Other Modalities*

**Chair: Diana Chambers, President, Friends of Health**

## CONFERENCE CHAIR

Prof. Rustum Roy

## ORGANIZING COMMITTEE

Dr. Jason Yang  
Dr. Jun Wang  
Mr. Peihua Ni  
Mr. Zhenqin Xia  
Dr. Zhiying Song  
Dr. Teresa Xu  
Dr. Hui Lin  
Dr. Ming Dao  
Dr. Xiangdong Sun  
Mr. Li Yan  
Dr. Qinghong Yang  
Dr. Dan Hu  
Dr. Viktoria Dalko  
Dr. Weimin Shen  
Ms. Shin Fuh  
Dr. Mason Loh (legal)

## CONFERENCE COORDINATOR

Dr. Yi Fang

## CONFERENCE SECRETORY

Ms. Kathy Moir