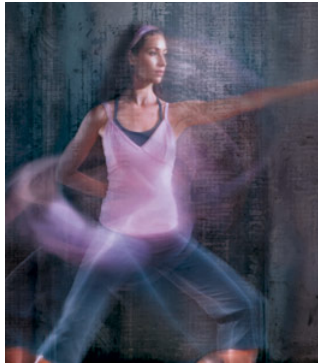


## Nature's New Pain Relievers

The best remedies for arthritis, back pain, migraines, and more that have science on their side

By Jordan Lite



### Qigong

Ease fibromyalgia or arthritis

**What the science says:** Qigong is an umbrella term for traditional Chinese-medicine exercises or techniques that integrate body, posture, mind and breathing to improve the flow of energy, or qi. Women with severe fibromyalgia reported 73% less pain after just 5-7 sessions with a qigong master, according to a Robert Wood Johnson Medical School study, and the benefits continued three months later. "I've never seen pain scores change so dramatically," says study co-author Afton Hassett, PsyD, who notes that larger trials need to be conducted to confirm these benefits. In other research, when qigong was combined with meditation, the pair helped patients reduce their pain as well as prescription drugs, according to University of Maryland researchers. And 83% of rheumatoid arthritis patients who practiced qigong for 1-2 hours a day reported greater improvement compared to 57% who received medication, Chinese doctors found.