



Qigong Hand Exercises

(As taught by Master Wei Xiang Lian, May 2002)



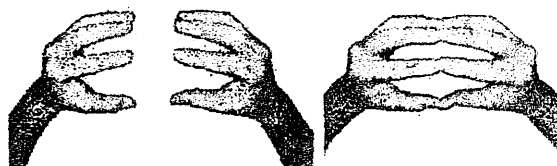
Large Intestine / Immune System



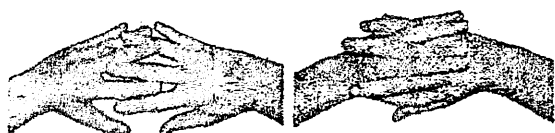
Small Intestine / Respiratory System



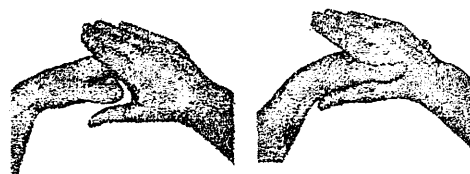
Cold Prevention / Lung Ailments



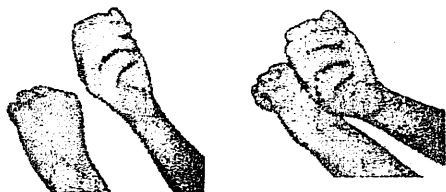
Fever / Heart Fatigue



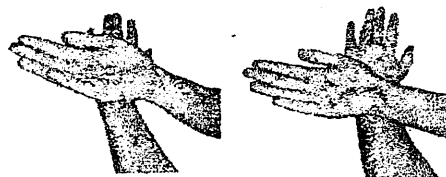
Neck & Throat Pain



Shoulders / Eyes / Mouth



Heart & Chest Pain / Stroke



Lower Back Pain



Headache