

Clapping qi-gong



The clapping qi-gong is a simple technique that one can try. With fingers and palms facing each other, the palms stay in front of the chest like hands-folded in prayer. Open the palms to shoulder width and make loud forceful claps of the hands. The hands should feel pain and may look blue for the first two weeks of practice. Do it for five minutes, three times a day for effective results. People with insomnia, acute grief, or extreme anger, should do it for half an hour twice every day.

According to Chinese medicine, there are many acupressure points on hands. Stimulating these points by clapping hands can help with many acute and chronic diseases such as fever, headache, runny nose, sore throat, cough, joint pain, lack of energy, cold hands and feet, low and high blood pressure and stomach problems. The exercise can also boost the immune system and regulate our mood.

**Video for illustration: <https://youtu.be/00F46Puv8Zk>