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The Healing Self-Care Practices of Tai Chi and Qigong

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Ch'i (also spelled Chi or Qi) is a fundamental concept in Chinese philosophy and culture. Found in Chinese traditional religion but especially Taoism, Ch'i literally means "air" or "breath," but as a concept it refers to the energy flow or life force that is said to pervade all things.

ch'i - ReligionFacts

Chinese herbology (simplified Chinese: 中药学; traditional Chinese: 中藥學; pinyin: zhōng yào xué) is the theory of traditional Chinese herbal therapy, which accounts for the majority of treatments in traditional Chinese medicine (TCM).

Chinese herbology - Wikipedia

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