

The Bigu Phenomenon: An Introduction

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In the preceding paper, I described the enormous interest in the Penn State conference on the Bigu phenomenon. Over 500 persons (mainly scientists and engineers) attended. Some 100 papers were presented. The proceedings will be published by the International Yan Xin Qigong Association.

The bigu phenomenon of not eating solid food, and ingesting less than 300 calories/day while maintaining a normal work schedule and activity in U.S. research laboratories is clearly established. Because most of the persons in the Bigu state in the United States are young (20-50 year old) professionals in science and engineering, in universities or corporate research labs, they have a keen interest in understanding the phenomenon, and a vigorous program of largely unfunded research has been started.

For the reader interested in how these extreme manifestations may be studied, we append these short papers, which were presented at the conference, to illustrate the breadth of the medical research.

The first deals with cellular level studies, to establish whether the Bigu state affects the cell.

The second deals with clinical-level effects in human beings, caused by going into the Bigu state.

The third deals with the external Qi of Yan Xin life science technology and its effect on an important enzyme in our body, and it demonstrates the fact that the effect is bi-directional. Bi-gu practice can enhance or suppress enzyme activity and may provide an explanation for the extreme low-caloric intake during such practices.