

Information Sheet for Healthcare Professionals

Your patient would like to enrol in the IQ for Health programme. Following is information about Integrated Qigong (IQ), what is IQ and how your patient will benefit from participating.

Our mission

Empower patients to manage long-term chronic health conditions and reducing their dependency on healthcare services.

Our vision

The future of healthcare lies in our health system recognising that physical, emotional and mental health are intrinsically linked, and that only by treating a patient as a whole person can we tackle the root cause of illness and deal with the problem of patients presenting with multiple and complex conditions.

What is Integrated Qigong (IQ)

Integrated Qigong (IQ) for Health is a therapeutic mind-body exercise system that empowers people to manage their own mental and physical health. IQ is a key branch of Traditional Chinese Medicine and is the origin of the more commonly known Tai Chi. IQ is the synchronised practice of breathing, mindfulness and movement and suitable for everyone.

Benefits of IQ for Pain Management

Here are some of the well documented ways that IQ can benefit your patient:

Better Balance
Less Pain
A Sharper Mind
Less Stress
A Happier Disposition
More self-confidence
A Stronger Heart

Awareness
Intention
Functional and Structural Integration
Active Relaxation
Strengthening and Flexibility
Natural, Freer Breathing
Social Support

Trusted by major organisations

IQ for Health Programmes have been endorsed and recognised by major organisations across the UK. We are trusted by the NHS, Parkinson's UK, Assist-Trust (Charity helping Adults with Learning Difficulties), and the All-Party Parliamentary Group for Integrated Healthcare. Professional and individual references are available on our website.

Who's behind IQ for Health

Deniz Paradot, director, founder and master trainer of the Centre of Integrated Qigong for Health and Wellness CIC has over two decades of qigong experience and is a member of the All-Party Parliamentary Group for Integrated Healthcare (APPGIH).

The overriding aim of the APPGIH is to further integrate complementary, traditional and natural medicine into the NHS by improving access, supporting better regulation, and campaigning for an improved provision of information to patients to help them make informed choices. The group believes that by providing healthcare in an integrated and whole person way, with complementary, traditional and natural medicines working in collaboration with conventional medicine, that patient outcomes could be improved and cost savings achieved.

Endorsed by the Norfolk and University Hospital NHS Trust.

"...helps to deal with the social isolation that many people in pain encounter."

"The patient feedback from the sessions has been 100% positive."

"People report improvements in their posture, their strength and stamina and general fitness levels as well as their pain levels. People have also said that they feel calmer and are sleeping better. Others have improved their mobility and are able to stand for longer than they used to or walk greater distances. From a clinical perspective we have noticed measurable improvement in their functional fitness."

"...it is our opinion that Deniz's Integrated Qigong for Pain Management programme is an accessible and empowering approach to exercise, which we all feel very comfortable to recommend wholeheartedly to our patients. We would like to see this as a sustainable option in the future for chronic pain patients and for other long-term conditions."

How can you support and encourage your patient for the IQ for Health Programme

- Complete the quick online [Patient Referral Form](#)
- Ask them about their IQ practice when they come in for an appointment
- Monitor and feedback the effect of IQ on their pain, medication levels, number of GP visits, overall health and quality of life.

Please get in touch with Deniz directly if you'd like to further discuss any of the IQ for Health programmes available to your patients. He is available for public speaking, offering workshops, or just an informal chat.