

REFERENCES BIBLIOGRAPHIQUES « Santé et AEMC »

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La Commission Santé de la FAEMC a répertorié et classé les études publiées. Cette recherche bibliographique s'est particulièrement appuyée sur le travail interne réalisé par le Collège Français d'Acupuncture et de Médecine Traditionnelle Chinoise (CFA-MTC) qui en a validé la pertinence. Les publications consacrées aux effets des AEMC sur la santé sont très nombreuses. Le corpus bibliographique, sans doute non exhaustif, en compte plus de 400 !

Le sommaire des références bibliographiques, résume le nombre de publications par domaine pathologique. Les chiffres entre parenthèses indiquent le nombre d'essais cliniques.

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Ouvrages de référence

Publications de la FAEMC (4)

- Colloque Tai Chi Chuan et santé(2011)
- Colloque Qi Gong et Neurosciences (2013)
- Monographie Tai Chi Chuan et émotions (2017)
- Colloque Qi et douleur 2017 (en cours de publication)

Tai-chi : la méditation en mouvement, Peter M. Wayne, Marieke Merand-Surtel
Ecrit par Peter M. WAYNE, chercheur à l'école de médecine de Harvard et expert dans la pratique et l'enseignement du tai-chi, c'est une excellente synthèse des applications médicales du tai chi

Les Racines du Qigong chinois, Yang Jwing Ming, Budostore
L'objectif est de faire comprendre d'où le Qigong tire ses racines et vers quoi ses branches mènent le pratiquant. Ce livre a pour ambition de faire le lien entre la tradition millénaire chinoise, et son cortège de représentation ésotériques mal comprises des Occidentaux, et le rationalisme sceptique de la science moderne.

La Racine du Léger, Taijiquan et système nerveux, Pernice Claude, Youfeng
Dans cet ouvrage l'auteur, Docteur en Médecine et pratiquant de Taijiquan, nous offre un double éclairage : il conjugue la vision poétique et l'approche scientifique.

Articles de synthèse (4)

Évaluation Médicale du Taijiquan et du Qigong, état des lieux (2009), Jean-Luc Gerlier, Claude Pernice, Olivier Goret et Johan Nguyen : synthèse issue du Collège Français Acupuncture et Médecine Traditionnelle Chinoise (CFA-MTC) : le Taijiquan et le Qigong sont une des grandes branches de la thérapeutique en Médecine Traditionnelle Chinoise. Les auteurs se proposent de faire un bilan des revues systématiques et des méta-analyses évaluant l'intérêt médical du Taijiquan et du Qigong tant du point de vue thérapeutique que du point de vue préventif. Les différents champs d'application et les résultats sont présentés. Document disponible sur: <http://www.acupuncture-medicale.org/faformec%20lille/GERLIER.pdf>

Taijiquan, Qigong & techniques corporelles de la Médecine Chinoise bibliographie, GERA (Groupe d'Étude et de recherche en Acupuncture (2010) : 3367 références scientifiques concernant les effets positifs ou négatifs de la pratique du Taijiquan et du Qigong y sont répertoriées, un cours résumé pour chaque référence, 238 pages, une mise à jour est en cours.

Ching Lan , Ssu-Yuan Chen, Jin-Shin Lai, and Alice May-Kuen Wong . Evid Based Complement Alternat Med. 2013; 2013: 502131 : Analyse très complète des applications santé et médecine du Tai Chi avec 143 références bibliographiques.

Comment et pourquoi la pratique du taijiquan améliore-t-elle la santé ? Acupuncture & Moxibustion 2010;9(4):249-60. Florence Phan-Choffrut.

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Cardiologie-angiologie

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