Qi-training enhances neutrophil function by increasing growth hormone levels in elderly men.

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This article investigated the effects of Qi-training on the neuroendocrine response and superoxide generation by neutrophils in healthy elderly men. One hour of Qi-training significantly reduced the plasma concentration of cortisol, and increased plasma concentrations of growth hormone and melatonin. Generation of superoxide by neutrophils increased significantly immediately after Qi-training (p < .01). The change in neutrophil superoxide generation was significantly correlated with the change in growth hormone concentration after Qi-training (p < .01). These data indicate that, in elderly men, Qi-training enhances superoxide generation by neutrophils, possibly via the changes in plasma growth hormone concentration.

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