Reviewer’s report

Title: Changes in cytokine production in healthy subjects practicing Guolin Qigong: A pilot study

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Reviewer: Dr Ario Conti

Level of interest: A paper whose findings are important to those with closely related research interests

Advice on publication: Accept without revision

Comment to author
Brian M. Jones

The manuscript describes the effect of qigong practice on some immunological parameters. It is an original and innovative paper where the main question is focused on the study of a possible connection between an old oriental practice which belong to the popular medicine and the immune response via the mesure in vitro of some immunological parameters such as Interferon gamma, TNF alpha, IL4, IL6, IL10 and IL12.

The introduction, if we consider the characteristic of “Pilot Study”, is short and clear, the experimental approach and the schedule followed by authors is correct and data, as well as the statistical analysis presented in the paper is convincing.

This paper will represent and important piece of work and a basis for further investigations in the specific field. In fact, such areas like practice of guoling qigong remain to be thoroughly investigated and this practice, together with the data reported in this pilot study, may provide some perspectives for further research and development of clinical applications.

Competing interests:

None declared.