

Testimonials:

Chronic Fatigue Immunological Dysfunction Syndrome

I became ill with C.F.I.D.S. (Chronic Fatigue Immunological Dysfunction Syndrome) in October 1990. My symptoms were many so I will list them:

Severe food and chemical sensitivities, candida, swollen glands, hypoglycemia, hypothyroid, mental confusion, bladder infections, palpitations or slow heart beat, chest tightness, sore throat and of course, severe fatigue and lethargy. In a 5 year period I probably saw 25 to 30 different doctors.

I've met many people who have helped me through my tumultuous journey from sickness to wellness. I was already doing some holistic treatments such as meditation, electromagnetic therapy, chiropractic care, crystal healing and acupuncture when I met Master FaXiang Hou. I became aware of QiGong and Master Hou through an article in the Philadelphia Inquirer. I am usually interested in alternative non-invasive therapy. So when I read the newspaper clipping I called to make an appointment right away. I met Master Hou and told him about my symptoms and how the "mainstream medical profession" did not acknowledge the illness I had. He told me he has treated my illness before and although C.F.I.D.S. is hard to combat, he could help me. He told me it would take 9 to 11 visits for me to start to feel a little better and he suggested I come every week for a while.

Before I started to see Master Hou I thought I had progressed in my healing, but now, a year and a half later there is no comparison. My first visit was pretty tough. I could hardly walk out of there and my chest was tight for 2 days. The next visit was similar, but the tightness didn't last long. After each treatment I had to lie down before I went home. After the 11th visit I slowly started to feel better. Gradually all my symptoms have either subsided or dissipated completely. Now that my body is in balance, I am stronger to fight off illnesses. I have also attended QiGong exercise classes. They helped me get in touch with my Qi and I learned how to assist my energy to travel through my body. The exercises are a package for helping the body to wellness.

My life is much better now. I was able to go on a vacation, which I hadn't done in 6 years and I even have energy to dance, which I love to do. My relationship with my husband is also on the mend. Many things happen when illness strikes a family. My circle of friends is slowly returning, as are my social activities. I still have to rest in the afternoon, but that's okay. A little nap is good for everyone. I will continue to see Master Hou for this unique treatment his family has practiced successfully for 5 generations. (They must be doing something right). I am blessed to have Master Hou within my healing circle. He has been a miracle for me. I have learned that balance is the key to wellness and I have found a wonderful technique that helps me attain that. Thanks to Master FaXiang Hou. You are in my heart forever.

Gwenn B.
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