

Testimonials:

How Master Hou's Cooking Changed My Life

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When I met Master Hou nearly 10 years ago I had no idea how very much my life would change. Master Hou's QiGong has made a huge difference in strengthening my physical and emotional health and my general state of well being. It has continued to carry me through many years of great changes in my life. Equally, his lessons on nutrition and cooking have had enormous impact on improving and maintaining my health, my weight, and how well I look after my family.

I had the honor of assisting Master Hou in his office, classes and in his kitchen for five years, and learned more than I could ever put into words. I also had the advantage of being beside him when he treated patients, taught classes, cooked and relaxed and this afforded me the opportunity to ask many many questions. My life has been enriched in so many ways....

At the age of 28 I met Master Hou and he subsequently moved in with our family. We taught him English and he taught us about his family's tradition of QiGong and Chinese Medicine. As he lived at home with us he also took meals with us. While we were pretty good cooks by Western standards, poor Master Hou was certainly used to a different type of cooking. As he is known to do, he took matters into his own hands and began cooking. (I remember that he was polite in cooking that first meal under the guise of wanting to thank us for helping him, when I believe really just needed his own food!) From that first meal we ALL craved more. We thought we'd eating "Chinese food" before – but never like this. From that day Master Hou took on cooking for our whole family – himself included, as he is certainly a member of our family. And, from that day my way of eating and cooking changed forever.

Master Hou taught me about the nutritional and healing properties in food. I learned about the balancing of yin and yang in food, and about balancing flavours and ingredients to create dishes that not only tasted great but were great for you. I learned about all sorts of ingredients I had never seen before. I learned which foods helped certain health conditions and which foods should be eaten during seasonal changes and during which season. As I never ate much meat, I decided to become a vegetarian some years ago. This was

also partially due to the fact that I learned how to prepare tasteful and nutritious vegetarian meals from Master Hou. We used to joke that Americans would all become vegetarians - if they could learn to cook vegetarian meals like this! As for me health – I can honestly say that I never felt better, lighter and more energetic than when eating the delicious meals Master Hou prepared for us. Even the most meat and junk foodloving members of our family easily adapted to the less meat and more flavor meals Master Hou prepared.

I currently live half way across the world from Master Hou and remain grateful for the lessons and the time I spent with him in the kitchen. I married an Australian 4 years ago and moved to Melbourne where I am a new mother. It was here in Australia that I really came to value the lessons most. As I was far away from home I had to create the meals I enjoyed with Master Hou and my family. My husband, not a vegetarian, had a relatively easy time living meatless at home because of the variety of flavours and foods I learned to prepare. I have also been able to prepare "healing meals" for husband and myself at times when we were feeling ill. My daughter has been a very fussy eater – but never refuses any dish I learned to make from Master Hou. I am always concerned about my daughter's nutritional intake, and thankfully the knowledge I gained in Master Hou's kitchen gives me the confidence to know that she is getting what she needs when she needs it.

Lastly, whenever I have people over for dinner, no matter what I serve- it is always the dishes I learned to cook from Master Hou that get complimented. I am very grateful for all of the lessons, and know that many others have benefited from the meals he has prepared and taught to others.

The phrase "feed a man a fish and he eats for a day, but teach a man to fish and he eats for a lifetime" comes to mind when I think of the cooking I learned from Master Hou – certainly the value of these lessons will last me through ha lifetime (and hopefully beyond, as I teach my own daughter.)

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