

Testimonials:

Fasting

Master Hou's Fasting Classes – Questions and Concerns

(written for a fasting class offered at Afmac) By Jenny Saemann

Many people have expressed interest in trying the Qigong fasting classes but have fears or concerns. This letter is meant to address these issues and encourage you to not be afraid to do fasting.

Will I be able to work during the fast?

Yes, most people resume all their normal activities. You may move a little slower but you will be able to do your normal routine. Many people have increased levels of energy and accomplish more during a fast. Remember, you are not taking time to eat, so that gives you 2-3 extra hours each day.

Can I drive while fasting?

Absolutely! My last 5 fasting classes were in Philadelphia. I drove all 4 days with no problems.

I am already too skinny. I will lose too much weight.

Do not worry about this. You may lose some weight during fasting but you will gain some of it back. If you are a very thin person you will maintain your optimum weight level. Remember, fasting is not about weight loss. It is about cleansing the blood and organs of toxins.

I get a headache if I skip a meal. I am hypoglycemic – I do not think I can do it!

Believe me, you can do this! I thought the exact same thing when I first started fasting. The exercises we do as a group each day helps you get through this. You get energy from everyone in the group. After a day or so you don't really think about food so much.

I am addicted to caffeine. Will I get a headache?

Some people get a headache if they go off caffeine suddenly. The fast is 2 months away. You can begin to wean yourself off caffeine now. I did this by mixing ½ decaf and ½ regular coffee to start. Each week I added more de-caf and now after 5 fasts I am caffeine free!

I am terrified to do fasting!

This is more common than you think because of our culture. I was probably the most terrified student Master Hou ever had in his fasting class the first time I did it. This is why I will run exercise classes during the day at Afmac to help you get through. Master Hou is on call 24/7 if you need him. I will also give you my cell phone number. You will have the support of the entire group and I will give you a preparation letter before you start. Preparation is the key to success.

What if I am on medication?

Most people go off medication during a fast unless you are the recipient of an organ donor. If however, you are concerned about a particular health issue or medication we can contact Master Hou before you fast and he will advise you.

Will I be able to cook for my family while fasting?

Michelle Dirks and I have a total of 5 children between us at home. Each fast we cook large amounts of food for them for the day while we go to Phila. You will see you won't mind feeding your children while fasting. You could always have a babysitter for them if you are worried about this.

Fasting

I have attended and completed four of Master Hou's "fasting" classes successfully. Although I have hypertension requiring a combination of two different medications taken twice daily, my blood pressure drops to normal ranges throughout the full fasting period that consists of 4 to 5 days, (water only) following by a gradual increase of well chosen foods: (vegetables, fruits, and nuts etc., etc.,).

I will be 79 years young within the next three months. I have had Prostate Cancer with metastatic spread diagnosed four years ago, a poor Lipid profile with elevated Cholesterol & Triglycerides and a history of three heart attacks: one silent, one treated by angioplasty, and a third Myocardial Infraction treated with another failed angioplasty requiring emergency surgical repair. My kidneys are functioning at about 50% of normal reflecting elevated BUN's. I have been an inveterate smoker for most of my years and three years ago I had a "stroke" and have recovered fully after seeking help from Master Hou. I combine Master Hou's fasting class as my smoking cessation technique in addition to the benefits of the fast.

It takes dedication and a serious introspection to undergo the first fast. In my case, I look at it as a choice between life and death, not just quality of life. The first day of the fast is not difficult. The second day, my emotional self misses the food, the sitting down and enjoying the company with whom I am sharing the timing of the meal(s). By the third day, I retrospectively realize that not only do I not care to eat, but wonder why I had any trepidation in starting the fast. My most difficult part of the fast is the technique of ingesting small amounts of food on the 5th or 6th day, as this has an appetite stimulating effect. If I choose to watch TV I become aware of just how many Fast food commercials have been bombarding me all year.

I have continued to attend these classes as it gives me a new lease on life. I lose anywhere between 10 and 17 lbs over the 8 to 10 day period. I feel much lighter in spirit, and energetic, and feel healthier than all of the days preceding the fasting classes. The exercises in class are not difficult but they do increase my circulation and develop a warm glowing feeling.

Strange!!! Each time I have the opportunity to attend fasting class, I approach it with mixed feelings that are comparable to having a toothache attended to at the dentist. You really don't want to know WHY you have to go, but you know you'll feel so much better after it is attended to.

Dr. Ed F.
6/13/07

Fasting Benefits, Increased Concentration and More

January 15, 1999

Dear Master Hou,

Thank you so much for the fasting class. I took your advice, at a couple of bananas, and continued the fast until Saturday night. Since then, I have been on a macrobiotic diet (something I have never done before) and have been doing my QiGong exercises every day. I am amazed at how much energy I have, how healthy I feel, how much clearer my thoughts are, and how much more concentration I have. I feel like the person I used to be years ago. Since I have not changed anything else (I still don't sleep or exercise enough and still work at a stressful job), there is no doubt that the fast is the cause of my reawakening.

Thanks again.

Bob S.

Benefits of Fasting

John D. S.
Haddonfield, NJ 08033

I have been practicing QiGong with master Hou for 7 or 8 years. Over this time period I have done 4 or 5 fasting classes with Master Hou. My health is

excellent and I do QiGong and the fasting classes as a preventative measure just to stay healthy.

Prior to taking any fasting classes, I used to get a cold about once a year. My colds were always the same. They would start in my head where they would stay for about 3 days then move into my throat for about 3 days and then go down into my chest for 4 or 5 days. Since taking the fasting classes I have not had one cold. What will happen is that about once a year I will start to get the same pain in my head that I would always get with the onset of a cold. However now the pain is gone the very next day and the cold never develops.

I attribute the fact that I have not had a cold for many years to my QiGong practice and fasting classes.

Fasting Class Testimonials Compilation

(Compiled by Jen Saemann for Afmac)

My name is Jen Saemann and I would like to introduce you to Master Hou's Qigong fasting classes. Fasting classes changed my life and my health dramatically. Please read the following excerpts from myself and others who have experienced this phenomenon first hand.

"I was able to clear a urinary tract infection I could not clear with antibiotics... Still no sign of lyme in my blood!...My blood pressure is 120/60, before fasting doctors wanted to medicate me for high blood pressure. Master Hou is such a great healer and teacher! I would recommend his fasting class to everyone seeking to better their health."

Jen Saemann – 2nd Degree Black Belt

"Master Hou has such a wealth of information... He is amazing... I found the exercises and meditations very spiritual. This was a great experience and I will be doing it again. I feel very refreshed."

Kristin Boldaz – Blue Belt

“As a result of the fasting classes, I feel re-energized. One of the many benefits I noticed was I seemed to have lost a great deal of turkey waddle from the backs of my arms... I feel I did tighten and tone my skin which has the benefit of looking younger.”

Cel Loose – 1st Degree Black Belt

“I was apprehensive about joining Master Hou’s fasting class... I am so glad I joined. I felt very good while fasting, very stress free. I feel great... I lost 10 lbs... People told me I looked really good and younger too!... I am looking forward to January for the next fasting class.”

Kathey Hoertz – Green Belt

“For me, Master Hou’s fasting class was a life changing experience... I experienced a level of flexibility and joint relief that I had not enjoyed in more than a decade. I think the greatest reward was I learned I could do almost anything I set my mind to.”

Joe Boldaz – Blue Belt

“Each time I fast I lose weight and experience surprisingly improved joint flexibility... My skin looks younger... I feel more sustained energy... I lost 17 lbs!... I recommend fasting under the expert guidance of Master Hou to all my adult students. You’ll look and feel younger after every fast.

Jim Saemann – Master

“I really enjoyed the most recent fasting classes. The camaraderie of the fellow class members as well as Master Hou’s teaching and wisdom were awesome! I lost 12 lbs and had good energy. I am looking forward to the next fast.”

Dave Robey – Parent

“Thanks to the support and encouragement of Jenny Saemann and Michelle Dirks not only was I able to fast for 4 days but I felt good doing it. My energy has increased and I have lost most of the middle age weight that suddenly creeps up on us. I am planning on doing it again in the winter.

Denise Sedor- Parent

“My husband Ron and I were both excited and apprehensive about doing the fast. Neither one of us had ever tried anything like this. I was truly surprised at how good I felt since I am diabetic... And what was truly incredible was how much better I felt fasting than I do when I am eating... The group energy really made a difference. I recommend Master Hou’s fasting class to anyone – it was a great experience all around and we’re going to do it again.”

Patti Engle – Blue Belt, Ron Engle – Parent

Fasting Results, Allergies, Headaches

I have been fasting with Matser Faxiang Hou for the past few years. It is extraordinary to have experienced such profound change in my overall health. Specifically I used to suffer from very bad allergies especially around cats and dogs; since doing master Hou’s fast I no longer have allergies of any kind and am able to be around animals without experiencing any adverse reactions. I no longer get colds, headaches, or general body ailments. It’s been over 6 years since I have taken 1 aspirin or painkiller. I have much more patience and tolerance towards my fellowman. Few things irritate me and I have acquired a new found sense of calm and overall well being. Do I think that Master Hou’s method of fasting is effective? What do you think?

Fasting, Abnormal PAP Test

Qigong Fasting Testimonial

I had several abnormal PAP test results over at least two years and one biopsy. Although the results did not indicate cancer yet, the tests continued to indicate some abnormality that might develop into cancer at any time. I was told to 'watch and wait.' It was disconcerting, to say the least.

After my first qigong fast with Matser Hou (in January 2002), I had a totally normal PAP test result, the first one in years. Each subsequent test has been totally normal since that time.

In addition, once the fasting was over, I had more energy and optimism than I had experienced in years, possibly ever. The effect was very dramatic and positive and lasted for some months. And the severe seasonal allergies I had experienced (mostly to ragweed) have diminished to the point of being hardly noticeable.

The two fasts I have done since then have both produced good results, I think, but not quite as powerful as the first one. But I believe them to be an extremely effective way to purify the body of toxins and intend to make the qigong fasts an annual occurrence for health promotion.

Elizabeth R. M., Ph.D
