

Testimonials: Gastrointestinal Disorders and Problems

Dear folks at the QiGong Research Society

Sorry for the delay in responding to your request, but to tell most accurately just exactly how I'm benefiting from Master Hou's treatments has required it. The reason being that as time passes I'm not only perceiving better the extent of healing that has and is taking place, but also noticing still new benefits.

I came first to Master Hou with an incredibly tedious list of complaints, most of which were quite long-standing. My problems centered in the gastrointestinal tract (resulting in uncomfortable bloating, copious gas, constipation alternating with diarrhea, as well as loss of appetite), but affected numerous other complications, including: uncontrollable weight-loss, in excess of 40 pounds (that had only within the last month stabilized), constant fatigue and lack of energy, and extremely uncomfortable coldness in my extremities. I had been plagued by numerous food allergies, foreign intestinal bacteria, overgrown *Candida Albicans* yeast, and a couple parasites – all confirmed and determined by rigorous diagnostic lab work, but remedied little I had tried a whole range of alternative medical approaches with only limited success, and fared no better with the western "allopathic" medical establishment (which drove me to alternatives in the first place!). While seeing Master Hou I have been under the care of an MD...in New York City who specializes in parasitology.

On November 5th 1996, I saw Master Hou for my first session, which was followed by another several days later on the 8th. With the first treatment my diarrhea ceased, miraculously, and has yet to return. This marked what I'm not understanding as the rejuvenation of my digestive tract, for not only did my diarrhea terminate, but so too did the consequential malabsorption that accompanied it. My prolific intestinal gas diminished greatly, as did my distention as well. At the conclusion of the second session I once again felt thoroughly warm, alert, radiant with energy and had an overall sense of well being I hadn't experienced in ages. I knew I had found something that was working, and I realized I was finally turning the corner after many agonizing months of searching for answers, let alone relief.

The following week I felt strong enough at last to undergo simultaneously harsh antibiotic therapy my physician felt was in order. (This was a “kill or cure” type treatment, having tried and thus exhausted herbal, homeopathic and other options without success.) I noticed during the week as I underwent my second and third treatments with Master Hou (one the 12th and 15th) that, to my great disbelief, the long-standing food allergies were apparently no longer operating, not only could I eat previously problematic foods without exacerbating or provoking symptoms, but actually enjoy them and be nourished. I survived the course of two antibiotics with ease and without exhaustion.

As of the time of my writing, November 22nd, I can relate a further, objective improvement in my health that I haven't seen the likes of in a very long time; I've gained somehow eight pounds of lean, health weight in approximately the last ten days. I seem finally to be absorbing and benefiting from the healthy foods I eat, and eliminating them properly, without discomfort or delay.

The last thing I've noticed is something perhaps not all other patients experience, and those around me probably can't relate too either, for it involves my own practice of QiGong. Since undergoing my first four treatments I've found that when practicing Master Hou's basic/Foundation QiGong exercises the pay-off seems quite dramatic, and more marked than before. It feels as if my own healing efforts are now met with proportionate reward, thus giving me a newfound sense of empowerment. I'm encouraged then to be an active participant in my recovery, doing what I can to “cultivate the Qi.”

I can't thank you enough for finding spaces for me in Master Hou's busy schedule. It's proved the only thing so far to get my life back on track after years of seeing my health decline – despite my and others' best efforts to stop this. I join my family and others in giving you my deepest gratitude. I'm enjoying things I haven't had the energy to try in years – and all so soon. I look forward to my future sessions and training with Master Hou and towards interaction with everyone else at the QiGong Research Society.

Sincerely yours,
Matt K.