

Testimonials:

Overall Health Improvement

I would like to gratefully thank Master FaXiang Hou for the introduction and continuing inspiration he provides me in the ancient Chinese practice of QiGong.

Originally I perceived QiGong as a means to relieve pains, aches and ailments etc., but as I practice the discipline, I realize that true health and vitality are the goals, not just the removal of an individual disease which the application of QiGong does quite well on an individual basis.

Thus the more I practice the discipline the more I experience the benefits to my physical well being not just the absence of problems. This relates practically in increased flexibility, better joint and muscle tone, stronger immune system, improved digestion and more positive revelations too numerous to mention.

This equates to a truly holistic approach that those concerned with their own health in the prevention and continued well being and are willing to take the responsibility for this can achieve this quite easily by practicing the discipline.

I am a believer not in theory, but because I have experienced the results first hand toward my goal of achieving a healthful quality filled life based on the practice of QiGong.

Rich O.