

**East West Academy of Healing Arts**Effie Poy Yew Chow, PhD, RN, DipIAC(NCCAOM)  
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Qigong (with Acupuncture/Traditional Chinese Medicine) Consultations with Effie Chow, Ph.D., R.N., US Diplomate Acupuncturist, Qigong Grandmaster.

Qigong (pronounced chee gong) is a five-thousand-year-old form of Chinese energy healing for the body, mind and spirit. It is a practice to improve health as well as to help cure disease and extend life. Qigong's basic aim is to bring the body into a state of maximum repose and self-regulation. Literally "Qi" means "breath" or "vital life force"; "gong" means "work". Qigong is the very foundation of Traditional Chinese Medicine (TCM).

A Qigong consultation with Dr. Chow is aimed at teaching the client to be self-sufficient. Clients should bring a helper or a support person, if possible. Dr. Chow (and her assistants) will teach you and your support person what has to be done; e.g. Qigong meditation, exercises, etc. You will be working with each other under supervision. The purpose is for you to learn and practice it so that you can better continue the healing practice at home. Because Dr. Chow is a Qigong Grandmaster in practice for over thirty years, her Qi is a strong catalyst for healing. She facilitates the strengthening of the Qi thus enhancing the healing potential.

You may be seen privately and/or in a small group. Group energy is very powerful if properly maneuvered by the Grandmaster. The process is similar. Normally, the consultations include Qi exercises and meditation either alone or in a small group with one, two or more other people. In the meditative relaxed state, a person is most receptive to healing. So during the meditation, if necessary, Dr. Chow or her assistants may work with individuals in order to move negative energy out of the body and replace it with positive "Qi". The meditation takes about thirty to forty minutes.

Dr. Chow carries out long distance Qi consultations, so even when she is in a different room, her Qi continues to facilitate your healing. After the meditation, Dr. Chow, her assistants and the support person(s) may, with direction, work with the client individually in the group setting or in private for a short time for particular concerns. She determines which methods will be most effective in promoting the individual's healing. That may include advice about diet and life issues, specific exercises, acupuncture, other techniques, or teaching you energy points so that negative energy can be removed. A first consultation usually lasts about one-and-a-half hours, but have two hours available just in case it is longer. A consultation may take less or more time as determined necessary by Dr. Chow.

The aim is to promote self-healing so you must continue to practice the exercises and meditation on your own and act on the advice Dr. Chow gives you. Your healing depends on your participation. Sometimes clients say that the consultation with Dr. Chow provides a

“quantum leap” in their healing. But your healing requires your ongoing commitment to a healthy lifestyle in order to heal yourself.

**Before the first consultation**, you must prepare a written chronology of your condition including any progress made, and the treatment and therapies that you have tried. Note what has worked for you or not worked for you. List your present limitations and symptoms. Also describe your diet and list any supplements and medications that you are taking. This exercise should help you do an overall assessment of your condition and treatment. A synopsis or medical reports should be included. If possible, this should be mailed or faxed to Dr. Chow so she can read it before meeting you or bring it with you.

Please have two sets of your chronology and all medical reports (the above). One set for Dr. Chow’s file and one set for you.

You will also be asked to keep a daily journal of your progress after each consultation to be handed in to Dr. Chow.

Prior to the first appointment, it would be helpful for you to read the book “Miracle Healing from China...Qigong” co-authored by Dr. Chow and Dr. Charles McGee (especially chapters 5-7). The book is available in bookstores or by phoning (800) 824-2433. There are also 2 videotapes on Chow Qigong Exercise and Qi-pressure, and 1 Chow Meditation audio-tape.

Plan for 1-1/2 to 2 hours for the first consultation. Consultations are \$525 for 1-1/2 hours and \$700 for 2 hours (with additional charges for time over and above which will be billed at \$350 per hour). If condition is complex, special fees may be charged. If you are late for an appointment, charges will still be made from the time it is booked. Fees are paid by the client at the time of the appointment.

If appointments must be canceled, a 24-hour notice to East West Academy of Healing Arts is necessary, otherwise a minimum of \$300 will be applied to your bill.

\*\*\*\* Consultations are not usually reimbursable by insurance companies. Therefore, ask your insurance company whether your insurance policy pays for acupuncture or stress management or other complementary or alternative medicine therapies.

Thank you for your interest and good health to you!