

**East West Academy of Healing Arts**Effie Poy Yew Chow, PhD, RN, DiplAc (NCCAOM)  
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(415) 285-9400 / 647-5745 fax E-mail: [eastwestqi@aol.com](mailto:eastwestqi@aol.com) / Internet: [www.eastwestqi.com](http://www.eastwestqi.com)**Medical Qigong (with Acupuncture/Traditional Chinese Medicine) Consultations with Effie Chow, Ph.D., R.N., LicAc (CA), US Diplomate Acupuncturist (NCCAOM), 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-five 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 practitioner. 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 Qi energy out of the body and replace it with positive "Qi". The meditation takes about thirty to forty minutes.

Dr. Chow carries out intercontinental long distance Qi consultations and healing, so even when she is in a different room, her Qi continues to facilitate healing for you. 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. Dr. Chow will help you only if you are committed.

**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 (give a four day example of all intake) and list any supplements and medications that you are taking. This exercise should help you do an overall assessment of your condition and treatments. Include a synopsis or (medical) reports from your doctor and other therapists. If possible, this should be emailed/mailed/faxed to Dr. Chow so she can read it before meeting you or bring it with you.

Please have two sets of hard copy of your chronology and all (medical) reports (the above). Bring additional one set with you for Dr. Chow’s file and save one set for yourself.

Important: You will also be asked to keep a daily journal of your progress after each consultation to be handed in to Dr. Chow at the following appointment or emailed to her.

Prior to the first appointment, it is essential that you read the book “Miracle Healing from China...Qigong” co-authored by Dr. Chow and Dr. Charles McGee. It is available in bookstores or by phoning TC Media (800) 628-6552 ask for Joan. There are also 2 videotapes/dvd’s on Chow Qigong Exercise and Qi-pressure, and 1 Chow Qigong Meditation CD or audio-tape. Start practicing whatever you can from chapters 5 to 7 and the tapes, especially the breathing and posture.

Plan for 1-1/2 to 2 hours for the first consultation. Consultations are \$350 per each hour, thus \$525 for 1-1/2 hours and \$700 for 2 hours (with additional charges for time over and above which will be charged 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. **Home visits and travel out of town have a different fee schedule.** If special consideration is needed regarding fees, please speak with EWAHA staff. We try to serve everyone. Home visits will be charged from Dr. Chow’s time of departure from and return to her office (wherever she is at the time of departure and where she needs to be upon returning).

If appointments must be canceled, a 24-hour notice to East West Academy of Healing Arts is necessary, otherwise a minimum of \$350 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, Qigong, or stress and pain management, or other complementary or alternative medicine therapies.

Thank you very much for your interest. We are happy to help you.