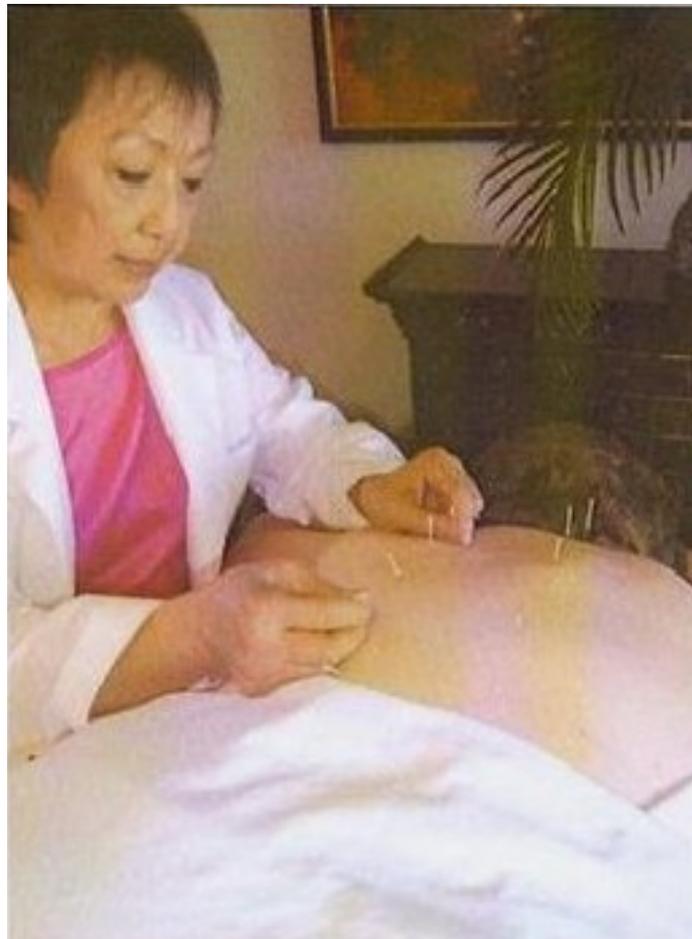


Doctor Chow's miracle touches

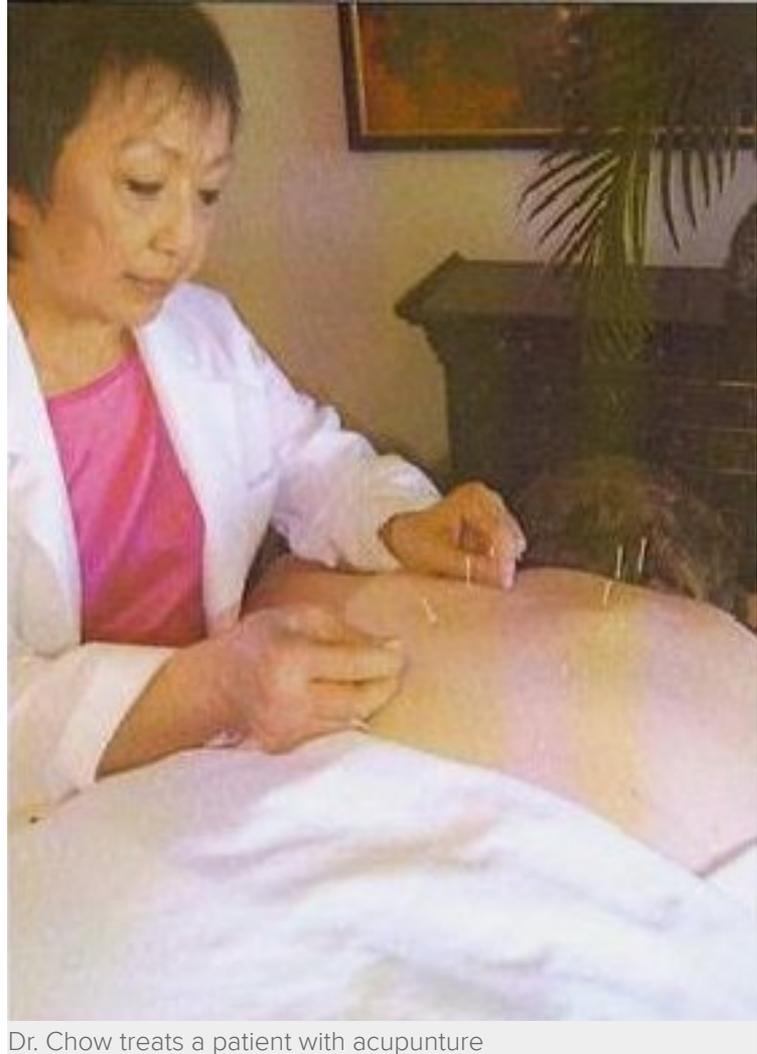
February 28, 2010

2:37 PM MST



It all sounded too miraculous. During her recent trips to and from Detroit, [Dr. Effie Chow](#), an internationally renowned [Chi Gong](#) (Qigong) Grandmaster, was able to assist two passengers' urgent medical needs on flights and avoided costly emergency landings.

Dr. Chow has remarkable accomplishments in her career as a medical professional as well as a medical educator. She began her career as a public health and psychiatric registered nurse. She has a PHD in higher education. She has practiced and taught Chi Gong, [Taichi](#), acupuncture, and the [Traditional Chinese Medicine \(TCM\)](#) training for more than 40 years and trained thousands to be self-healers or medical professionals to cure others. As an acupuncturist and TCM doctor herself, Dr. Chow has cured thousands of patients with acupuncture and medical Chi Gong. In July 2000, Dr. Chow was appointed by President Bill Clinton to be on the White House Commission on Complementary and Alternative Medicine Policy. She co-authored [Miracle Healing From China - Qigong](#) with Charles T McGee, MD. She combined the essence of the traditional Chinese Chi Gong with western medicine and created "[Chow Integrated Healing System – Qigong Exercise](#)".



Dr. Chow treats a patient with acupuncture

On Feb 4, Dr. Chow was taking Delta Flight 2262 on the way to Detroit en-route to Ottawa.

Halfway on the flight, the PA system announced and requested for

any on-board medical or health professional to come to rescue a passenger in row 7. A neurologist from Ann Arbor, Michigan, an emergency nurse, Michigan and Dr. Chow came forward and tried to help the passenger who was suffering severe abdominal pains and nausea. From all indications, he

was having appendicitis. Neither the neurologist nor the nurse was able to provide any assistance. Dr. Chow's acupuncture needles were checked and inaccessible that time. But Dr. Chow applied Chi pressure and Chi Gong to diminish his pain substantially and eliminate his nausea. One of the points she used was the appendix point. She put her hands on the affected area and emitted Chi. After an hour, the passenger felt much better. Dr. Chow then taught him to meditate with very deep breathing and to take control of his pain. With this Chi Gong rescue, he was able to complete the flight and Delta avoided an emergency landing.



Dr. Chow led a workshop at Mt.Sinai Rehab Center, New York

Five days later, Dr. Chow completed her teaching at an advanced Chow Qigong training classes in Ottawa and flew back San Francisco via Detroit on Delta Flight 2351. This time another passenger fainted. His face was pale white. He was incontinent and wetted himself. All vital signs were very feeble. There was another female medical doctor with University of California San Francisco on board who could not do much to assist the patient and was discussing an emergency landing with the stewardess. Once again, Dr. Chow volunteered. She worked with the patient's Chi and gradually



Dr. Chow (in purple) led a Chi Gong Healing session in CAM Expo, New York

woke him up. Once his circulation was going, his vital signs became normal. Dr. Chow realized that the man had not been eating since the night before except had a cup of coffee, one sugar cookie, and a glass of wine on board. His fatigue came from lack of [food](#). Dr. Chow advised the crew to feed him once his Chi was back. Dr. Chow advises that many people skip lunch or dinner due to busy schedule and it can be dangerous. Sometimes people forgo eating for an extended period of time and then have sugar loaded snack can trigger a diabetic rush.

Actually, these were not the only times that Dr. Chow rescued passengers on the plan. She recalls there were three other times prior to the recent trips. What was the most amazing part is that she was sitting in 5C on both flights.

For more info: To learn more about Dr. Chow and her Integrated Healing System - Qigong Exercise, you can visit [East West Academy of Healing Arts \(EWAHA\)](#).



Violet Li

St. Louis Tai Chi Examiner