

I got my husband back

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Crane Kirkridge sang in the World Congress next to Dr. Chow

With a high profile spokesperson like actor Michael J Fox, Parkinson's Disease (PD) is not unfamiliar to Americans. It is a degenerative disorder of the central nervous system that often impairs the patient's motor skills, cognitive, speech and other functions. There are no specific known causes, but some suspect that genetic disposition, toxins, head trauma or cerebral anoxia can cause PD. There are a few ways to treat PD patients, including using prescriptions of Levodopa (L-dopa), Dopamine Agonists, Selegiline, and Rasagiline, brain surgery or deep brain stimulation, neuro-rehabilitation, and diet. However, the



Mr. Crane Kirkridge was diagnosed with PD three years ago. He did not want to have treatments due to the side effects that they can bring. His situation worsened; his back stooped, his muscle stiffened, and he constantly suffered from the excruciating pain. Fiona Syme is a lovely lady and loving wife. To her, the most painful part for her was seeing her husband who used to be lively, spiritual and humorous becoming fearful of life, and withdrawing from relationships with people.

Through word of mouth, Crane met with [Dr. Effie Chow](#),

President of the East West Academy of Healing Arts (EWAHA) in July 2009. After nine months of Qigong treatments, he is now totally medicine free save for some Chinese herbs. In a ceremony of the 12th World Congress on Qigong and the Traditional Chinese Medicine (TCM) held in San Francisco, CA on April 24, 2010, he was standing up straight and walking straight on the stage to testify how **Chi Gong (Qigong)** helps him to overcome the PD. Most of his pain is now gone except one of his hands still trembles a little.



Fiona and Crane

His treatments include two parts: the first part is Dr. Chow's application of medical Qigong to treat his disease and the second part is that Crane **learning** the Chow Qigong himself to practices it daily at home. So far, he has finished the level one Chow Qigong training. When asked how long he practices everyday, Crane smiled and replied "not enough as Dr. Chow would like me to".



A happy couple

Fiona has also been taking Qigong lessons with Crane. She does this to be supportive but also because of the benefits that it provides for everyone. Additionally, according to Qigong theory, people can feed the life **energy** to each other and help the healing.

In his **website**, Crane is described as a young man who was possessed by two great passions: music and spiritual seeking. Born from a writer and a concert pianist, Crane loves music greatly and has a great voice. He recorded a couple of albums and gave live performances. Actually, Crane's health problems emerged ten years ago and he

stopped singing then. At the World Congress, at the request of Dr. Effie Chow, Crane sang a few notes, which really delighted the few hundreds in the audience. You can click the link **here** to listen to Crane's incredible voice singing.

In describing Crane today, Fiona said that he is 15 years younger than when he was really sick. He is present and attentive. Basically, "**I got my husband back**," concluded Fiona.



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