

Qigong for veterans

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Dr. Chow (left) in the Feb Workshop in Columbia, Missouri
East West Academy of Healing Arts

Without the sacrifice that soldiers make, we are not able to enjoy peace in our homeland. The cold truth is that many soldiers who survive the battlefield face enormous challenges in life, from economic hardship to mental stress to physical illness. With two major wars fought in the recent decade, there are more [veterans](#) need assistance for better training, job opportunities and health care. We are excited to see that [Qigong](#) Grandmaster [Dr. Effie Chow](#) has made Qigong a successful intervention to help veterans to deal with Post Traumatic Stress Disorder (PTSD) and related health issues.

Last fall with the sponsorship of the [Harry S Truman Memorial Veterans' Hospital](#) of Columbia, Missouri, Dr. Chow hosted Level One Intensive Chow Qigong Training in Columbia, Missouri for four months. The results were remarkable. Greg Busacker was one example. As a Vietnam vet and blueberry grower in Missouri, he was diagnosed with Parkinson's Disease in 2010. He was on two different kinds of medicines and the dosages kept increasing; still the symptoms were worsening. After the workshops and private treatments with Dr. Chow, his handwriting became legible, facial expression returned to normalcy, walking improved to be more steady and faster, upper body held straighter and

he even won 11 medals out of 14 possible medals awarded in a target shooting competition. He felt more energetic and completed a few long overdue home improvement projects. He even decided to take a winemaking workshop with friends, and enjoyed life again.

Jerry Cupit is another Vietnam vet. His story was different. He was staying at VA for PTSD treatment. By accident, he passed by the auditorium that Dr. Chow was offering a free workshop in January this year. Even with skepticism, he walked in and attended the workshop. He came back the following day to learn Qigong exercise and meditation. Amazingly, he was able to stand up straight and put his hands behind his head for the first time in about 30 years. His hips did not hurt any more and other bone pain went away. Emotionally, he felt stronger, centered and balanced. This experience made him a believer of the healing power of Qigong. You can watch Jerry's comment in the video below.

Dr. Chow appreciated that University Missouri (MU) Veterans Center, [Renaissance Therapy & Wellness](#), and Truman VA Hospital sponsored free workshops, which open door for people like Jerry to learn what Qigong is. She wishes more organizations would provide sponsorship especially for veterans.

Starting March 1, Dr. Chow will conduct another Level One Training session with more focuses on veterans in Columbia, Missouri. The new program is sponsored by [American Legion Post 202](#) in addition to University Missouri (MU) Veterans Center, [Renaissance Therapy & Wellness](#) and Truman VA Hospital. For more information, contact East West Academy of [Healing Arts http://eastwestqi.com](http://eastwestqi.com).

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