

## WTCQD dedicates this year's event to Dr. Effie Chow

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In the previous [Tai Chi](#) Examiner article, I reported that Dr. Ken Sancier is the honoree of this year's [World Tai Chi & Qigong Day \(WTCQD\)](#) along with [Dr. Effie Chow](#). Actually, it was through Dr. Chow in 1984 that [Ken Sancier](#) learned the magical healing powers of [Qigong](#) and started his quest to promote Qigong through his remarkable research.



Violet Li

Dr. Ken's story is one of tens of thousands of individuals that Dr. Chow has impacted and inspired. Respected as Mother of Qigong in the United States, Dr. Chow is called "one of the strongest energy based healers and acupuncturists" by [Deepack Chopra](#), MD and a worldwide spiritual leader. Dr. Deepak said, "I have seen with my own eyes some of the remarkable results of her Qigong work". Two years ago, the co-founder of WTCQD Bill Douglas was at the brink of dying due to severe infections caused by a botched dental procedure. Once Dr. Chow learned about Bill's condition, she worked with Bill over the phone for days and revived his energy, boosted his immune system and saved his life.

Originally trained as a registered nurse and later a Ph. D in higher education, a doctor in acupuncture and Grandmaster in Qigong healing, Dr. Chow's mission in life is not only caring for patients when they are in medical need. She is a visionary and wants to bring the awareness of Qigong through teaching and research so more people can practice Qigong as a preventive regimen. In 1973 she founded the Non-Profit East West Academy of Healing Arts (EWAHA) in San Francisco to promote Qigong. In 1988, the EWAHA Qigong Institute was established to promote research and clinical work in medical Qigong. She is also the founder of the prestigious annual [World Congress on Qigong and Traditional Chinese Medicine](#).

She has been active in [health](#) policy to push for a more sustainable health system. She helped to get the acupuncture licensing law passed in California in 1970's. President Clinton appointed her to the original 15-member White House Commission on Complementary and Alternative Medicine Policy. For over 35 years she has been a consultant with the U.S. Department of Health and Human Services (DHHS) in various areas, such as the National Heart, Lung and Blood Institute/NIH, and the Minority Task Force. She has served as an appointed member of the National Advisory Council to The Secretary of DHHS on Health Professions' Education for Medicine, Osteopathy, Dentistry, Veterinary, Optometry, Pharmacy and Podiatry (MODVOPP). Dr. Chow also inspired, participated, initiated and sponsored many scientific studies on Qigong and [Traditional Chinese Medicine](#).

With her profound knowledge of western and eastern medicine, she created the [Chow Qigong System](#). She has been tirelessly promoting this easy-to-learn regimen all over the world. Dr. Chow has personally made presentations to over 700,000 people and presented at more than 1,000 corporations, including Fortune 500 companies, hospitals, health clinics, universities, and governmental agencies. She has trained hundreds as medical Qigong healers to reach out to more people. Now Chow Qigong has been officially integrated into the regular western medical system and clinics in Florida, Alaska and other places have adopted it to be part of the medical intervention. Many medical associations approve the Chow Qigong training hours as continuing education credits. Qigong is becoming more mainstream each day with Dr. Chow's effort.

As a healer, educator, researcher, promoter and public health policy consultant, Dr. Chow was interviewed by major media and has received numerous awards and recognitions for her outstanding work. There is no surprise that this year's WTCQD is dedicated to her. To learn more about Dr. Chow's work, you can watch her interview with *American Medical Journal*, which was aired on *Public Broadcast System (PBS)* before.

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**Violet Li**

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