

Testimonials: Scleroderma

Results of my treatments with Master Faxiang Hou
Sybil A.

I am a 28-year-old woman with diffuse systematic scleroderma. I experienced rapid skin thickening through my body, shrunken mouth, difficulty in speaking, ligament strictures, muscle weakness, severe Raynaud's Syndrome and exhaustion beginning in September 1995. The western medical treatments for scleroderma are few and for the most part unsatisfying in result. Weighing my options, I chose a different approach: traditional Chinese medicine.

My first encounter with Master Hou was as a student in his Introduction to QiGong Workshop in April 1996. When I took the class I could barely bend my knees, barely walk up stairs; I could barely bend my wrists; and I had little energy. After practicing Master Hou's exercises I experienced:

Increased mobility throughout my body – especially in my knees and wrists and a noticeable increase in energy.

I next began one-hour treatments with Master Hou in July 1996. The results of these treatments have been profound. I have experienced:

- Softening of skin throughout my body - especially in my hands
- Widening of my mouth
- A return to normal speech
- Increase in circulation – especially a quicker healing of wounds
- Decrease in Raynaud's episodes
- Loosening of ligaments – especially in wrists and arms
- I have no trouble climbing stairs
- My appetite has returned
- I have more energy

Basically, I have gone from being someone who was ill and had to go sit out many things she wanted to do, to being someone who does what she wants

in moderation. I attribute much of this change to Master Hou's treatments and my daily practice of his exercises.