

**East West Academy of Healing Arts**Effie Poy Yew Chow, PhD, RN, DiplAc (NCCAOM)
President

117 Topaz Way

San Francisco, CA 94131

(415) 285-9400 / 647-5745 fax E-mail: eastwestqi@aol.com / Internet: www.eastwestqi.com**Medical Qigong (with Acupuncture/Traditional Chinese Medicine) Consultations with Effie Chow, Ph.D., R.N., LicAc (CA), US Diplomate Acupuncturist (NCCAOM), Qigong Grandmaster.**

Qigong (pronounced chee gong) is a five-thousand-year-old form of Chinese energy healing for the body, mind and spirit. It is a practice to improve health as well as to help cure disease and extend life. Qigong's basic aim is to bring the body into a state of maximum repose and self-regulation. Literally "Qi" means "breath" or "vital life force"; "gong" means "work". Qigong is the very foundation of Traditional Chinese Medicine (TCM).

A Qigong consultation with Dr. Chow is aimed at teaching the client to be self-sufficient. Clients should bring a helper or a support person, if possible. Dr. Chow (and her assistants) will teach you and your support person what has to be done; e.g. Qigong meditation, exercises, etc. You will be working with each other under supervision. The purpose is for you to learn and practice it so that you can better continue the healing practice at home. Because Dr. Chow is a Qigong Grandmaster in practice for over thirty-five years, her Qi is a strong catalyst for healing. She facilitates the strengthening of the Qi thus enhancing the healing potential.

You may be seen privately and/or in a small group. Group energy is very powerful if properly maneuvered by the practitioner. The process is similar. Normally, the consultations include Qi exercises and meditation either alone or in a small group with one, two or more other people. In the meditative relaxed state, a person is most receptive to healing. So during the meditation, if necessary, Dr. Chow or her assistants may work with individuals in order to move negative Qi energy out of the body and replace it with positive "Qi". The meditation takes about thirty to forty minutes.

Dr. Chow carries out intercontinental long distance Qi consultations and healing, so even when she is in a different room, her Qi continues to facilitate healing for you. After the meditation, Dr. Chow, her assistants and the support person(s) may, with direction, work with the client individually in the group setting or in private for a short time for particular concerns. She determines which methods will be most effective in promoting the individual's healing. That may include advice about diet and life issues, specific exercises, acupuncture, other techniques, or teaching you energy points so that negative energy can be removed. A first consultation usually lasts about one-and-a-half hours, but have two hours available just in case it is longer. A consultation may take less or more time as determined necessary by Dr. Chow.

The aim is to promote self-healing so you must continue to practice the exercises and meditation on your own and act on the advice Dr. Chow gives you. Your healing depends on

your participation. Sometimes clients say that the consultation with Dr. Chow provides a “quantum leap” in their healing. But your healing requires your ongoing commitment to a healthy lifestyle in order to heal yourself. Dr. Chow will help you only if you are committed.

Before the first consultation, you must prepare a written chronology of your condition including any progress made, and the treatment and therapies that you have tried. Note what has worked for you or not worked for you. List your present limitations and symptoms. Also describe your diet (give a four day example of all intake) and list any supplements and medications that you are taking. This exercise should help you do an overall assessment of your condition and treatments. Include a synopsis or (medical) reports from your doctor and other therapists. If possible, this should be emailed/mailed/faxed to Dr. Chow so she can read it before meeting you or bring it with you.

Please have two sets of hard copy of your chronology and all (medical) reports (the above). Bring additional one set with you for Dr. Chow’s file and save one set for yourself.

Important: You will also be asked to keep a daily journal of your progress after each consultation to be handed in to Dr. Chow at the following appointment or emailed to her.

Prior to the first appointment, it is essential that you read the book “Miracle Healing from China...Qigong” co-authored by Dr. Chow and Dr. Charles McGee. It is available in bookstores or by phoning TC Media (800) 628-6552 ask for Joan. There are also 2 videotapes/dvd’s on Chow Qigong Exercise and Qi-pressure, and 1 Chow Qigong Meditation CD or audio-tape. Start practicing whatever you can from chapters 5 to 7 and the tapes, especially the breathing and posture.

Plan for 1-1/2 to 2 hours for the first consultation. Consultations are \$350 per each hour, thus \$525 for 1-1/2 hours and \$700 for 2 hours (with additional charges for time over and above which will be charged at \$350 per hour). If condition is complex, special fees may be charged. If you are late for an appointment, charges will still be made from the time it is booked. Fees are paid by the client at the time of the appointment. **Home visits and travel out of town have a different fee schedule.** If special consideration is needed regarding fees, please speak with EWABA staff. We try to serve everyone. Home visits will be charged from Dr. Chow’s time of departure from and return to her office (wherever she is at the time of departure and where she needs to be upon returning).

If appointments must be canceled, a 24-hour notice to East West Academy of Healing Arts is necessary, otherwise a minimum of \$350 will be applied to your bill.

**** Consultations are not usually reimbursable by insurance companies. Therefore, ask your insurance company whether your insurance policy pays for acupuncture, Qigong, or stress and pain management, or other complementary or alternative medicine therapies.

Thank you very much for your interest. We are happy to help you.

Before your first consultation with Dr. Chow, please prepare:

1. A written chronology of your condition leading up to your present symptoms, how you are limited and include any progress you have made.
2. Describe all treatment and therapies that you have tried (Note: what has worked for you or not worked for you).
3. Describe your diet (a 4 day sample) and list any supplements and/or medication you are taking.
4. Please attach a synopsis or medical reports from your doctor and other therapists of the condition for which you are seeking treatment. (This is not the same as #1.)
5. Read her book “Miracle Healing from China...Qigong” especially chapters 5 to 7. It describes how she will work with you and what you can do immediately.

This exercise will assist you with an overall assessment of your condition and treatment. **Please e-mail, fax or mail your completed documents to Dr. Chow prior to your first appointment** for her review. Please have two hard copies of your chronology & medical reports (**Bring 1 set for Dr. Chow** and 1 set for your files). You will need to keep a daily journal of your progress after each consultation to be reviewed at your next appointment.

use more pages as necessary.



e
w
a
h
a

a non-profit organization
dedicated to
holistic health research
education and care

East West Academy of Healing Arts

DiplAc.(NCCAOM)

Effie Poy Yew Chow, PhD, RN,

President

117 Topaz Way

San Francisco, CA 94131

(415) 285-9400 / 647-5745 fax/ e-mail: eastwestqi@aol.com Website: eastwestqi.com

CONSENT FORM

I hereby give permission to Dr. Effie Chow, or her designee, to use any and all of my pictures or words for educational purposes and to further the work that she and East West Academy of Healing Arts are doing.

Signed: _____

Date: _____

East West Academy of Healing Arts
PERSONAL HISTORY & EXAMINATION FORM

117 Topaz Way
San Francisco, CA 94131
(415) 285-9400 ; fax: (415) 647-5745; e-mail: eastwestqi@aol.com; Website: eastwestqi.com
EFFIE POY YEW CHOW, PhD, RN, DiplAc(NCCAOM), Qigong Grandmaster

Date of Birth: _____ Date: _____
Name: _____ Age: _____ Sex: _____ Marital Status: (S) (M) (D) (W)
Address: _____ City: _____ State: _____ Zip Code: _____
Telephone (Home): (_____) _____ Telephone (Business) (_____) _____
Social Security No: _____
Fax: (_____) _____ E-mail Address: _____
Occupation: _____ Employer: _____ Years Employed: _____
Address: _____ City _____ State _____ Zip Code _____
Spouse's Name _____ Occupation _____ Employer _____
Number of Children & Ages: _____
Person Responsible For This Account: _____ Referred By: _____
Insurance Company: _____ Plan No: _____
Physician: _____ Telephone (_____) _____
Address: _____

Present Complaint (Date Incurred) _____ Onset: (Sudden) _____ (Gradual) _____
Diagnosis _____
Briefly Describe Your Condition _____

Have You Had A Similar Condition Before? _____ If Yes, Please Explain _____

Relieved by _____
Previous Diagnosis & Treatment _____ Previous Rx _____

Past History & Treatment:

Accidents _____ Surgery _____
Hospital Treatment _____
Chiropractic or Acupuncture _____
Other (Please Specify) _____
Symptoms / Diseases:
Pain In: Low Back _____ Upper Back _____ Neck _____ Hip _____ Legs _____
Shoulder _____ Knees _____ Feet _____ Elbow _____ Other _____
Heart Disease _____ Stomach Disease _____ Lung Disease _____ Kidney Disease _____
Liver Disease _____ Blood Pressure _____ Hypertension _____ Gonorrhea _____
Syphilis _____ Herpes _____ Herpes _____ ARC _____ AIDS _____ HIV+ _____
Other (Please Specify) _____

(CONTINUED ON THE OTHER SIDE)

FAMILY HISTORY. STATE HEALTH OF:

Father _____ Mother _____ Brother(s) _____ Sister(s) _____

Have any of the following conditions occurred in your family?

High Blood Pressure _____ Heart Disease _____ Arthritis: _____

Strokes _____ Stomach Disease _____ Rheumatoid _____

Diabetes _____ Lung Disease _____ Gout _____

Cancer _____ Kidney Disease _____ Thyroid _____

Insanity _____ Liver Disease _____ Other _____

PRESENT HABITS:

Do you drink: Coffee _____ (Cups/Day) Alcohol _____ Tea _____

Habitual use of: Tobacco _____ Sugar _____ Salt _____

Meals/Day _____ Exercise (Hrs.) _____ Type of Exercise _____

PRESENT CONDITION:

Fever/Chills _____ Energy Level: Norm ___ Hi ___ Low ___

Excess Perspiration: _____ Tired in Morning _____

Working _____ Tired in Afternoon _____

Resting _____

Night _____

Bowel Movements Are:

Preference For: Hot Foods _____ Norm ___ Constipated ___

Cold Foods _____ Loose ___ Dry ___ Hard ___

Hot Liquids _____ Other _____

Cold Liquids _____ Urination: _____

When Thirsty, Do You: _____ Frequency: _____/Day

Want to Drink _____ Amount:

Not want to Drink _____ Normal ___ High ___

Hours Sleep/Night _____ Restful _____ Low _____

Fall asleep easily _____ Color: Clear ___ Straw ___

Dream Much _____ Yellow ___ Dark ___

Awaken at Night _____ Height _____

Return to sleep easily _____ Weight _____

FOR WOMEN ONLY:

of Pregnancies _____ Children _____ Miscarriages _____ D & C _____

Menstrual Period: Age at onset _____ Periodicity ___/Days Length ___/Days

Flow: Scanty ___ Heavy ___ Cramping: Before Menses ___ After ___

Unusual Discharge? _____

DR. EFFIE POY YEW CHOW

“Giving individuals the power to determine and manage their own health and destinies is the secret of true healing.”

Dr. Effie Poy Yew Chow



“The work of Dr. Chow is impressive. She has had remarkable success where others have failed”

Dr. Thomas Malone
Former Deputy Director
National Institutes of Health

In July 2000, Dr. Chow was appointed by President Clinton to the original 15 member White House Commission on Complementary and Alternative Medicine Policy. Recipient of the “Visionary of the Year 1997” “The Humanitarian of the Year 1999” and “The Visionary of the Decade 2000” Awards, Dr. Effie Poy Yew Chow has for over 40 years been working to integrate Traditional Chinese Medicine (TCM) with Western Medicine. Toward this goal, she founded the East West Academy of Healing Arts (EWAHA) in 1973 in San Francisco. In 1988 an arm of that organization, The EWAHA Qigong Institute, was established within EWAHA to promote research and clinical work in medical Qigong. In 2003 she was appointed by the Museum of Science and Industry, Chicago to their National Task Force on The 21st Century Initiative on Life and Health. In 2004 she was invited onto the 15 member international Advisory Board of the CAM Health Expo, and in 2005 onto the 20 member Advisory Board of the National Library of Medicine-Asian American Health Website Users Group. May, 2005 Vancouver General Hospital Nurses Alumnae Assoc. awarded Dr. Chow as the “Most Distinguished Nurse Graduate”. In 2006, became an Associate of AHA! Ventures Int’l & GIMN. In 2007, the Editorial Board of the Boardroom Inc., Bottom Line Women’s Health Publications, and Editorial Board of the prestigious new “super peer-reviewed publication” *The Journal of the Science of Healing Outcomes*. Also in October, 2007 AAAOM honored her as one of the “Pioneers and Leaders of Oriental Medicine in the USA”

Clients come from all parts of the world to consult with Dr. Chow. She travels internationally to see clients, give seminars and train practitioners. She has personally made presentations to over 450,000 people of all cultures, and to more than 600 corporations, including Fortune 500 companies, hospitals, health clinics, universities, and governmental agencies.

Dr. Chow has a Ph.D. in higher education, and a master’s degree in behavioral sciences and communication. She is a registered public health and psychiatric nurse and Qigong Grandmaster with 40 years’ experience. She is a National Diplomate in Acupuncture (NCCAOM) and a California-licensed acupuncturist since 1977. Dr. Chow received her training in Traditional Chinese Medicine and Qigong in China, Hong Kong, Taiwan, Canada and the United States. Her Qigong experience includes Frolic of Five Animals, Six Sounds, Taoist Qigong, Eight Silk Brocades, Dayan, Taiji (Tai Chi), Wai Tan Kung, Shaolin, Microcosmic Orbit, and others.

She is the only Qigong Grandmaster-Nurse-Acupuncturist in North America who has been active in the development of national health policies within the U.S. Department of Health and Human Services (DHHS) in the field of cultural diversity, alternative and ethno-medicine. In the early development (1970’s) of acupuncture licensing law in California, Dr. Chow was a consultant to Senator Moscone and other legislators. For over 35 years she has been consultant with the 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 was recognized for her expertise in the field of alternative medicine, Qigong and TCM through an appointment to the first Ad Hoc Advisory Panel of the Congress-mandated Office of Alternative Medicine at the National Institutes of Health (research Division of DHHS) in Bethesda, Maryland. Other appointments include: the Editorial Advisory Board of Rodale Press for special publications on alternative medicine; Editorial Consultant to Time/life Books; Editorial Advisory Board of the *Journal of Alternative and Complementary Medicine*; and the scientific Advisory Board of the Richard and Hinda Rosenthal Center for

Alternative/Complementary Medicine at Columbia University in New York; University of California San Francisco, a lecturer to the medical/health students; Advisory Board for a special project of Bastyr University of Naturopathic Medicine, Seattle, WA. She received honored recognition by the Ethnic/Racial Minority Fellowship Program of the American Nurses Association.

On over 500 occasions, Television/radio/news media publications internationally have featured Dr. Chow. They come to San Francisco from USA, Canada, Russia, Denmark, Australia, Korea, Japan, Rumania, and England to film her. Over 15 one hour or half-hour TV/Radio shows feature solely on her work. She is in a four-part TV series on alternative medicine. Many continue worldwide re-showing. Numerous awards honor her for being a pioneer/ leader in the fields of Traditional Chinese Medicine, Acupuncture, Qigong, Natural & general health care. A few are listed below:

- 2006 Awarded by International Qigong Conference in Bangkok Thailand "International Contribution to Status of Qigong"
- Vancouver General Hospital Nursing Alumnae Assoc's "Distinguished Graduate Nurse" Award, 2005
- "Building Bridges of Integration for Traditional Chinese Medicine 2004 Award" from the World Foundation of Traditional Chinese Medicine.
- "Year 2000: Qigong Promoter of the Year Award" for extraordinary services in promoting the cause of Qigong in the world. World Shaolin Chanmingong Association. April 23, 2000
- "Visionary of the Year" Award, from the Second World Congress on Qigong, 1997.
- The City and County of San Francisco proclaimed November 22nd as "Dr. Effie Poy Yew Chow Day", and November 20th-26th as "Qigong Week", 1997.
- "The President's Citation Award" of the American Assoc. for Acupuncture and Oriental Medicine, 1989.
- Distinguished Award from the National Society of Acupuncturists of the Republic of China, 1988.
- Distinguished Award: Ministry of Health, Department of Occupational Health, Republic of China, 1988.
- The American Nurses' Association (ANA) Award for Women's Honors in Public Service.
- Award in Entrepreneurship, given by the Human Rights and Minority Fellowship of ANA, 1988.
- Outstanding Service Award towards the recognition, advancement and acceptance of the Science of Acupuncture in the United States of America, given by the National Acupuncture Association.
- Listed in "Women's Who's Who of the World".
- "The Woman Warrior Award" from the Pacific Asian American Women's Bay Area Coalition.

Dr. Chow is founder and president of East West Academy of Healing Arts, American Qigong Association and World Qigong Federation. Qigong Grandmaster Effie Chow is chairperson for the annual World Congress on Qigong. Charles T. McGee, MD and Effie Poy Yew Chow, PhD have co-authored a book "Miracle Healing From China...QIGONG" (MediPress, Coeur d'Alene, Idaho, 1994). Chow Qigong System videotapes/DVDs: vol.1 "Qigong Basics and Exercises"; vol.2 "Qi Pressure™", and a meditation CD are available. Dr. Chow is available to present programs and consult with individual clients in your area.

"Effie Chow is one of the strongest energy based healers and acupuncturists I have met and I have seen with my own eyes some of the remarkable results of her Qigong work" - Deepak Chopra, M.D.

"She (Dr. Chow and Qigong) can bring movement to legs that haven't walked in years, but is not a physician; can make pain disappear, but is not a magician; can help one overcome life's pressures and disappointments, but is not a psychiatrist." - Asian Week



East West Academy of Healing Arts
117 Topaz Way
San Francisco, CA 94131
tel: (415) 285-9400
fax: (415) 647-5745
Website: www.eastwestqi.com
e-mail: eastwestqi @ aol.com