

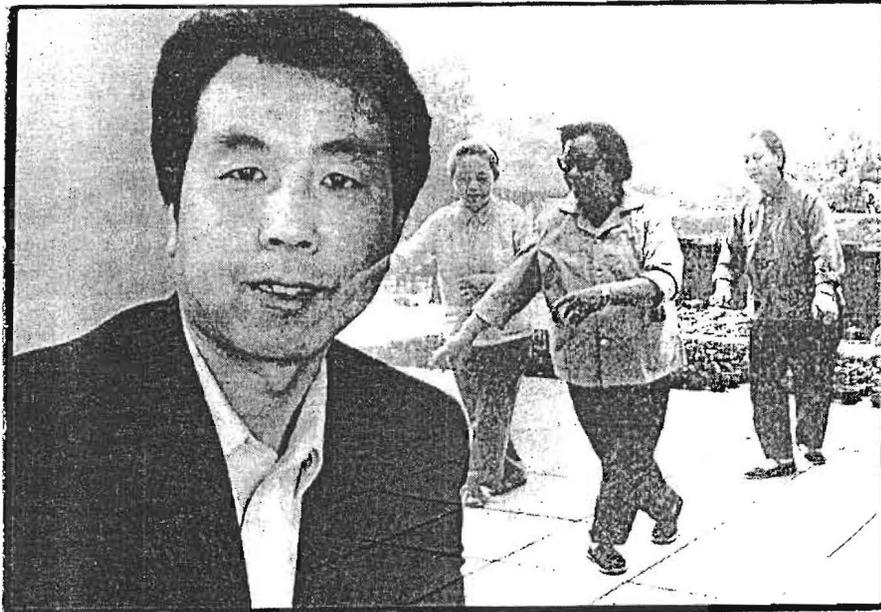
The Health Of It

(continued from page 15)

cent light, issuing a \$335,000 grant to find out more about the effectiveness of "therapeutic touch" on burn patients.

Although very few would argue that Western-style medicine should be abandoned, it is clear that the American public has known for some time that a more holistic approach to healing is needed.

It is only recently that the health care industry has caught on. What's strange is that much of what is going on in so-called alternative medicine is a return to the very foundation upon which Western medicine was built. After all, it was Hippocrates who noted that a patient's peace of mind was sometimes crucial to the healing process. Four hundred years before Christ, the father of modern medicine told his students: "For some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician."



The name comes from *chi*, the Chinese word for "life force," and *gong*, for "manipulation." Roughly translated, it means control over your own energy. Paul Dong explains in his book *Chi Gong: The Ancient Chinese Way to Health*, that chi is as necessary as blood to our existence, and is symbolized as yang to blood's yin.

Chi gong is difficult to describe, partly because there are more than 100 forms of it, involving moving exercise, still exercise and combinations of the two. It's also a particularly difficult concept for Westerners to grasp, as American medical terminology is inadequate. It would not be too far off to call it a system of mind control exercises. "In Ancient China, it was called a method for 'warding off diseases and prolonging life,'" Dong writes.

"Chi is different for everybody," says Yue, who studies geology by day and teaches chi gong by night at the Holistic Health Center in Davis. "Some people feel chi as cold or heat," he says. "Sometimes it's a tingling sensation, and sometimes it's pain. When you get it strong and healthy, it's a warmth."

Once you can feel your chi, Yue says, you can begin to take control of it, and when the chi is healthy, so is the body: "Chi gong is a good preventative medicine," Yue says. Weak chi is the cause of all physical maladies, he explains. This theory, with different buzzwords, is an undercurrent in many alternative healing practices.

According to Dong, the art is generally divided into two categories, soft chi gong and hard chi gong. Soft chi gong can be used to prevent and overcome illness, and to cure certain ailments in others. Hard chi gong includes the amazing physical feats we associate with circus sideshows; splitting bricks with one's bare hand, resisting a knife or other sharp object that would ordinarily pierce the skin, or breaking a piece of marble by running into it headfirst.

Yue says he teaches chi gong pri-

marily because he likes it. "I also found out that when I teach chi gong, I keep my chi strong," he says. "When you help people, you help yourself. I have the experience that when I stop doing chi gong, I feel my health going down. I think I need to practice it, and a good way to do that is teach it."

Contrary to the Western theory that people need one-on-one help and small classes to really learn anything, Yue prefers big crowds. "The more people are there, the more chi is there," he says. "It's better for everybody, because if one person there has weak chi, the chi in

Today, most Chinese hospitals have separate wings for "regular" medicine and chi gong. And while 30 million people are practicing the art in China today, chi gong has been extremely slow to catch on in the United States.

the room from all the other people will be strong and will help them."

Chi gong is a powerful psychic gift, Yue says. Because it was abused, the Chinese outlawed it 2,000-3,000 years ago. Only a few chosen masters and their apprentices were allowed to practice it until recently. Westerners are now taught a cleaned-up "universal" chi gong

UC Davis' Dr. Shi Yue is a master of chi gong, a 5,000-year-old Chinese healing art that uses "chi" energy and to give one control over one's own energy.

designed primarily for self-healing.

Yue was in college during times of intense change in China. It was the late '70s. Mao Tse-tung was dead, and the door to the Western world had opened. Along with a tidal wave of Western influences—including Western medicine—came a revival of the ancient Chinese traditions that Chairman Mao had sought to bury, including the healing arts.

In 1980, it became legal in China to teach chi gong to more than just a select few apprentices, Yue says. A few of the old masters opened classes, and Yue, who'd been studying the art since his youth, codeveloped the Universal Chi Gong Healing Program so that people could learn to strengthen their own chi. Within a year, students numbered 1,500.

Today, Yue says with a smile, most Chinese hospitals have separate wings for "regular" medicine and chi gong, "so you can take care of everything in the same place." But while 30 million people are practicing the art in China today, chi gong has been slow to catch on in the United States.

Yue is not one to boast, but he does have plenty of stories about clients who have triumphed over chronic fatigue, shrunk tumors, restored lost hearing and overcome various "incurable" conditions through this practice of strengthening one's life force.

"I found that it was so powerful, it can do a lot of good, a lot of help," Yue says. "In just a few days, you can save a lot of lives."

For information about Dr. Yue's upcoming classes, seminars or private consultations in chi gong, call 753-4701.

End Point

Finding Relief In Acupuncture

By Michael Pulley

We all know about that five-o'clock shadow thing and the sweaty forehead that cost Dick Nixon so dearly in his presidential debate with John F. Kennedy back in 1960. But did you know that from the get-go the fix was in—a quick fix consisting of vitamins, painkillers, human placenta and amphetamines that JFK's doctors prescribed to help him overcome wrenching back pain.

"I don't care if it's horse piss," declared Kennedy. "It works." And there you have it, the quintessential bottom line: If it works, do it. And if it takes a bizarre mixture of female birthing juice, vitamins and speed to get the job done, then so be it. In that respect, JFK was very much in step with his fellow Americans.

Like Kennedy, it seems Americans will try almost anything to feel better. But maybe that has been out of desperation as much as anything else. With our dominant medical industry designed to cover catastrophic illness and not much else, it is sometimes the alternative approach that offers the best results.

I can attest to that one personally. Because regular MDs could never cure my bad back, I set out on an odyssey to find relief, trying chiropractors, homeopaths, rollers, masseuses, practitioners of bioenergetics and Reichian body work, tai chi and meditation. There was no great journey to India or other Eastern countries, but that was only because it wasn't necessary; all of these atypical health care practitioners are right here in Sacramento.

This long search came to an end when I found acupuncture. But, as they say, the journey is often just as important as the destination, and in this quest for pain relief I discovered three things:

First off, many of these healers draw from successful traditions that go back thousands of years, unlike the chemical and technology-driven version of health care that's been foisted on people by the modern medical industry. Secondly, all of the alternative treatments I have tried really work, albeit in their own way and not completely. Finally, I have come to realize that looking for a true quick fix is futile. You get better a little bit at a time. It's only the bills that add up quickly.

Healing Hands

I first heard of strange healing systems from one

(continued on next page)



Cat, owner get help in healing

◆ Chinese method of therapy provides relief from stress for a Davis woman, and a cure for disease for her pet

By ELISABETH SHERWIN
Enterprise staff writer

Susan Chan has found a way to combine Western science and traditional Chinese medicine, and the result is a healthier cat.

Chan, a veterinarian, is a 1989 graduate of the UC Davis School of Veterinary Medicine, which is generally acknowledged to be one of the best vet schools in the country (in competition with Cornell University). UCD, it's agreed, gives its students top preparation when it comes to treating sick animals. Chan also received a master's in preventative veterinary medicine while at UCD.

Now she works at the South Sacramento Pet Hospital and also makes house calls to care for a private Davis practice.

Chan has made science her life, but she also is well aware of the limits to veterinary medicine.

She came face to face with



Enterprise photo/Todd Hammond

Chigong master Yue Shi sends rehabilitating energy through his hands into Omar, an 11-year-old cat owned by Davis veterinarian Susan Chan. Omar, who suffers from a chronic, debilitating diarrhea, is much improved, Chan says.

See CAT, Page A-3

CAT

Continued from Page A-1

these limitations recently in a frustrating series of attempts to help a favorite pet, an 11-year-old black long-haired cat named Omar. Omar suffered from chronic, debilitating diarrhea and no amount of diet manipulation or modern medications seemed to help his condition. The cat's mother suffered from the same illness.

"Omar's mother had to be put down 1 1/2 years ago because she also was non-responsive to medications," said Chan.

In the meantime, Chan's life was becoming increasingly stressful. Not only did she have to deal with work, but she has two children under age 4 and a demanding, hectic schedule. When she began to suffer from back pains, she sought a traditional form of Chinese medicine for comfort. She turned to Chigong.

"I saw an announcement of Chigong classes," she said. "My aunt in San Francisco was taking similar lessons from a healer.

"Chigong is a traditional Chinese form of health maintenance focusing on keeping your energy flowing through your body incorporating exercise, meditation and breathing," she said.

The classes, offered by the Experimental College at UCD, are taught by a Chigong master, Yue Shi, who has trained more than

10,000 people in China. Yue Shi has been living in Davis and teaching Chigong for about a year. He also is a researcher at the UCD geography department.

"I discovered that his exercises helped me immensely to maintain my schedule without going nuts," Chan said. Chan then asked Yue Shi if he would take a look at Omar.

"I felt that Omar's illness was debilitating to a point that he could not respond to the medicine," said Chan. "His body has to heal itself — the medications only assist," she added.

She thought if Omar could stabilize he could recover. Yue Shi agreed to try.

Omar was taken to Yue Shi's Orchard Park apartment for a five-day visit last month.

During a recent interview, Yue Shi demonstrated his work on Omar.

"I send energy into the cat," he said. "Any kind of disease occurs by weakness of energy. I emit energy from my hand, fingers and palm, and transmit energy to the cat's body."

Omar peacefully sat on Yue Shi's lap, ignoring the three little children (Chan's son and daughter and Yue Shi's daughter) who ran around the small room. The cat also ignored a photographer who was shining bright lights in his face.

Yue Shi stroked the cat's fur at first, then moved his hand a few inches above the cat's body and continued the stroking motion.

Over a five-day period last month, Yue Shi said, he stroked the cat for up to two hours a day, 30 minutes at a time.

Chan said the cat was much, much improved as a result.

"I know that when (Yue Shi) works on Omar he emits energy. I can feel energy in his hands. It must be helping Omar but it's hard to describe," she added.

"I believe Western and traditional Chinese medicine can work together," said Chan. "Chigong is a valuable adjunctive therapy when Western medicine doesn't seem to work."

"Everyone has energy or chi," added Yue Shi. "Chinese traditional medicine emphasizes this vital energy that becomes weak as people grow up. We have to practice to make chi strong again. We use our minds to drive our chi."

Yue Shi said his experience with Omar marked the first time he worked with an animal.

"I can feel the illness in his body when I begin ... then he feels better as I move the illness out," he said.

Those interested in taking Chigong classes from Yue Shi may contact the Experimental College at 752-2568. New classes will begin on Jan. 26 and Jan. 28. The classes run for eight weeks and cost \$34 for UCD students and \$36 for members of the public, plus an additional charge of \$5.30 per student to compensate for a UCD subsidy that ceased with a recent court ruling.

Popular, chi gong master teaches ancient healing art of 'life force manipulation'

overall health and well-being has improved and stabilized.

Hoppes added that when he first began, he suffered from chronic neck pain. After one session, Hoppes said Yue cured his pain.

"If they have pain, they can move their chi to that area and relieve the pain," Yue said.

Chi gong is not only useful for those suffering from pain or illnesses. Yue pointed out that, for those with no health problems, chi gong is a way of maintaining well-being and preventing future problems.

"It will keep your health and maintain your health," he said.

Yue, who has been practicing chi gong for several years, said that during college he and many other students practiced every day for about half an hour.

No one in that group ever got a cold and most were significantly less stressed than the typical college student, Yue said.

Because most college students have so much to deal with, Yue recommends chi gong as a safe, effective way to deal with stress.

Junior Jason Beito agreed and added that, when he gets stressed, practicing chi gong allows him to slow down and

concentrate.

"When I do chi gong, it puts everything back into place," Beito said. "I can go on and not pull my hair out."

Because some feared that chi gong was too powerful, it was once banned in China and only taught to a select few. Yue learned the art while growing up in China and then began teaching it himself. He said it was not until he began teaching chi gong that he understood its full ramifications.

"I knew chi gong was good for our health, but I didn't know how powerful it was," Yue said.

Yue, who teaches classes through the Experimental College, said he teaches his students a simple, uncomplicated version designed to give them a basic understanding of the art.

Although not as popular in the West as he would like it to be, Yue said chi gong is gaining popularity partly because participants do not have to rely on doctors or medicine to heal simple ailments.

"You don't have to spend a lot of money or time," he said. "You can do it yourself."

For more information, those interested in learning chi gong can call Yue at 753-4701.



COURTESY

Chi gong master Shi Yue teaches the fundamentals of this ancient Chinese healing art.

Geology scholar, chi gong master teaches ancient healing art of 'life force mani

By SAMANTHA D. PETERSON
AGGIE ASSISTANT FEATURES EDITOR

In Chinese, *chi* means life force and *gong* means manipulation. The two words together provide the name of a traditional Chinese healing art.

Although it is not a well-known fact among campus community members, UC Davis geology scholar Shi Yue is a master of this healing art form.

"It's an energy life art to improve human health," he said.

Chi gong is a 5,000-year-old Chinese healing art that is gaining popularity in the West. According to Yue, it involves a series of breathing techniques, movements and mind exercises.

Yue pointed out that chi gong is a very intellectual pursuit, and he believes that it helps to improve intelligence.

"In chi gong, we use our minds to control our chi," Yue said.

Everyone has chi, or life force, and Yue added that, often after just one session, people can feel their chi. However, he said this is not an easily definable feeling.

"It's different from time to time, from person to person," Yue said. "It's changing all the time. I cannot describe the sensation."

Ronald Hoppes said that during the two years he has trained with Yue, his

overall health and well-being has improved and stabilized.

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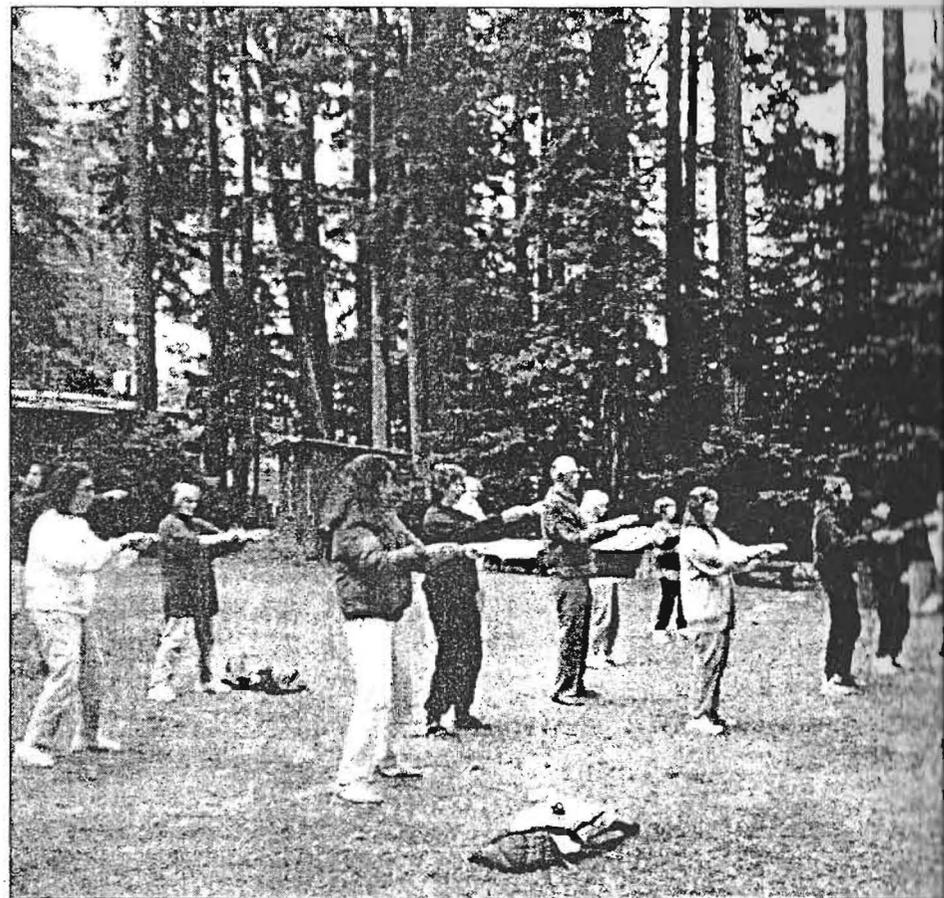
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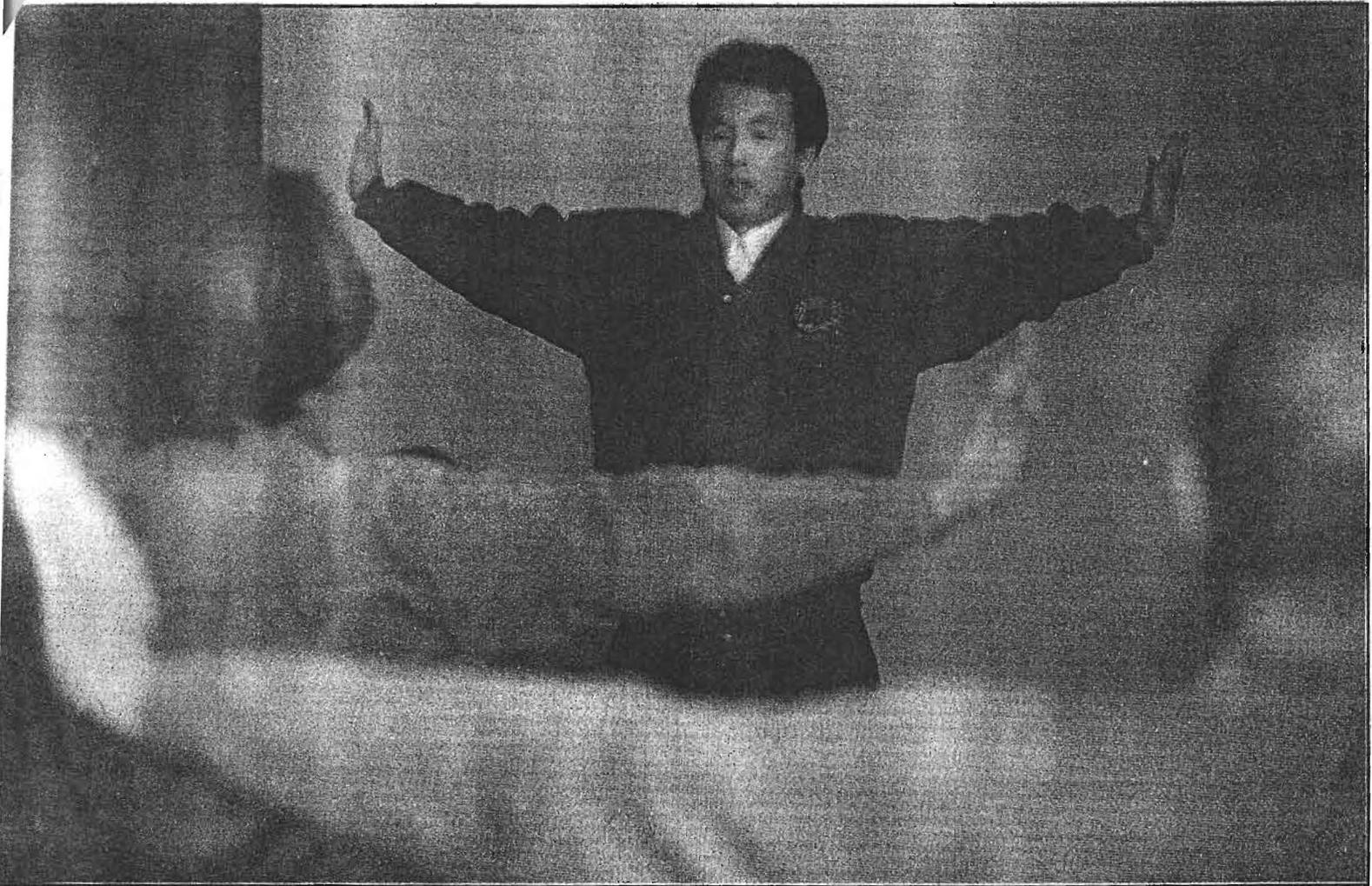
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For more information, those interested in learning chi gong can call Yue at 753-4701.



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Todd Hammond/The Enterprise

Master Yue, a Universal Chigong master, leads a class through a series of exercises on a recent Tuesday evening. He teaches the Universal Program in Chigong in Davis, and in workshops around the nation. The noninvasive therapy is a

combination of breathing exercises, focusing and physical exercises or body movements that are designed to help control the chi, the vital energy of the body, and use it to cure various illnesses and diseases.

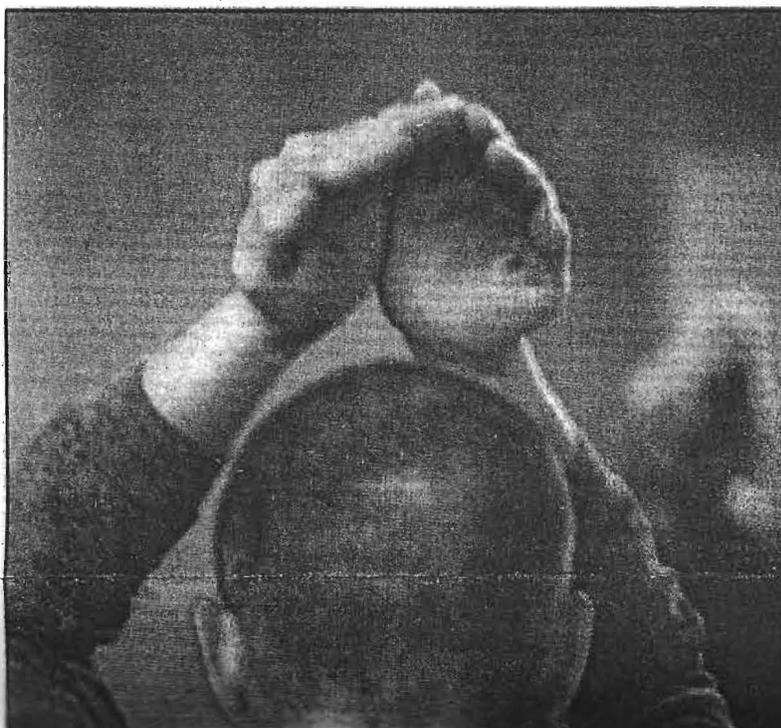
Respect builds for complementary medicine

EDITOR'S NOTE: This is the final part of a three-part story on alternative medicine. In parts I and II, the writer discussed the history of and current trends in alternative medicine, as well as various types of alternative treatments, including acupuncture, hypnotherapy, chiropractic and homeopathy. Part III continues with a description of two other types of alternative treatment, chigong and traditional healing.

By **PENELOPE SHACKELFORD**
Special to The Enterprise

An ancient Chinese therapy making inroads in Davis is a practice called Chigong.

"Chi is vital energy," said Master Yue, "and gong is the manipulation of the energy." Yue, a geologist who came to Davis two years ago to work at UC Davis, is also the first Universal Chigong master to bring the Universal

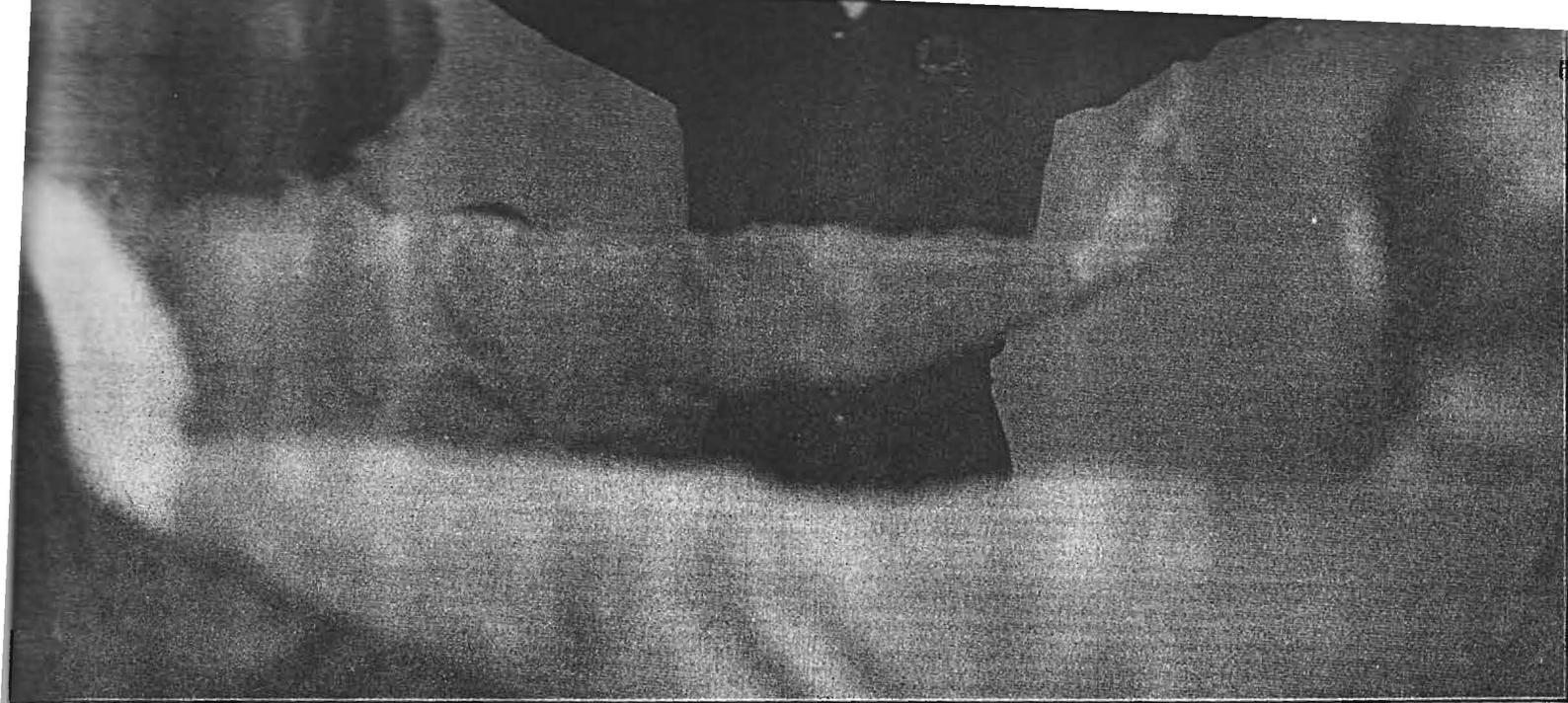


as individual lessons to learn from disease."

Complementary medicine, once relegated to the level of snake-oil salespersons or quacks, is being given a great deal of respect. In addition to the Office of Alternative Medicine's work and research grants, there are 42 studies in medical institutes across the country on spirituality and health.

In late October, more than 200 participants from leading health care institutions met at Columbia University. The conference was designed to bring a new awareness among American professionals of the value of Ayurveda. In November, it was announced that an "East Meets West" endowed professorship had been established at the UC Davis School of Medicine to link Western science with traditional Chinese medicines.

In June, a bill was introduced



Todd Hammond/The Enterprise

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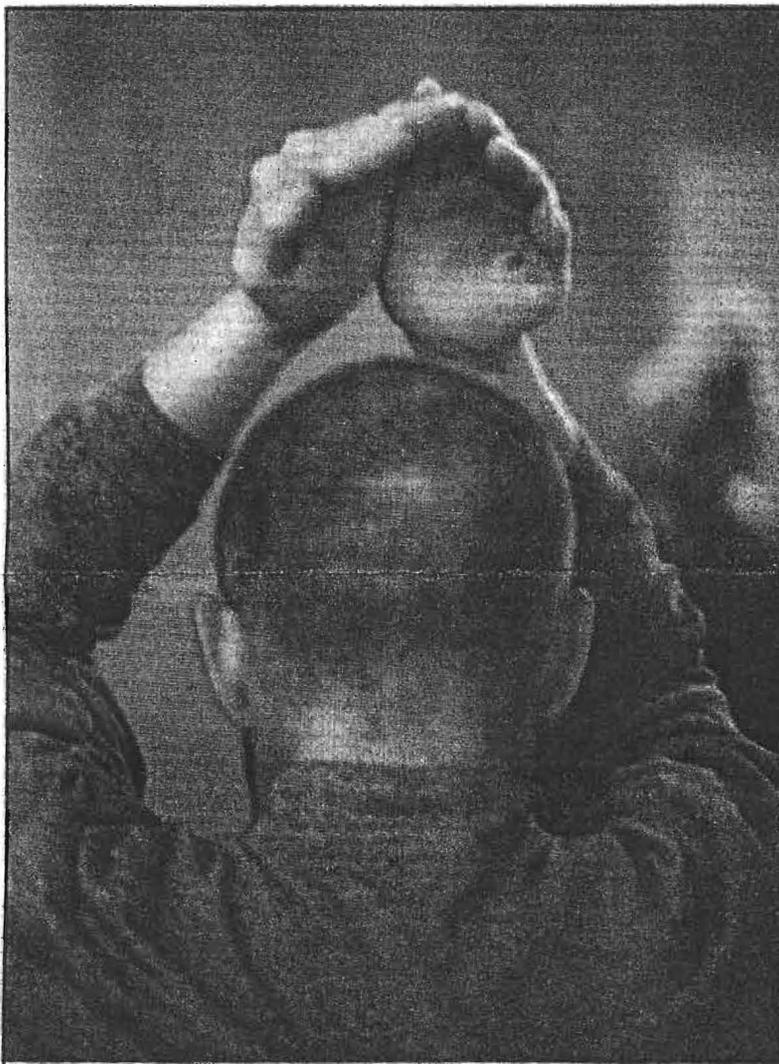
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Yue began his Chigong training as a child and has studied with some of China's foremost masters. He teaches the Universal Program in Chigong, which he co-developed with his master in 1986, in Davis and in workshops around the country. The purpose? To slow the aging process and to increase health.

Chigong, a noninvasive therapy, is a combination of breathing exercises, focusing and physical



Todd Hammond/The Enterprise

A member of Master Yue's chigong class practices an exercise designed to channel and focus the positive energy of the body.

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In June, a bill was introduced in both houses of Congress to support our freedom of medical choice. Senator Tom Daschle of South Dakota is the primary sponsor of "Access to Medical Treatment Act of 1994" while Representative Peter DeFazio of Oregon is the sponsor of an equivalent bill in the House.

The purpose of the bill is to allow consumers to legally choose therapies and remedies, even if they haven't been sanctioned by the FDA's \$225 million drug approval process. The patient must be treated by a properly licensed