



Chi Chat with Grandmaster

Volume I, Issue I

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Chi Chat with Grandmaster

MANAGING STRESS & HYPERTENSION with Chi Dynamics



Date: Sunday 05 Oct'13
Time: 4pm to 6pm

From the Grandmaster's Desk

2013 has so far been exciting and eventful for Chi Dynamics International (CDI). I am happy that the membership of the Alexandra Chapter has grown considerably since it was established in March 2012 – many thanks to my team of instructors whose passion and noble commitment in promoting the benefits of the CDI brand of Qigong are most commendable.

Apart from the increase in membership, the responses to the series of free health workshops for the public have also been most encouraging. Attendance of the Healing and Art of Wu Mei classes were also well beyond my expectations.

What delighted me most is the camaraderie amongst members. I sincerely hope this spirit of comradeship will prevail as we move forward together to share the benefits of our Qigong Art with others" ... Grandmaster Anthony Wee

On the personal side, 2013 has also been an auspicious one for me: **I turned 70 in June!** I was very touched by the time and effort many of you took to organise the celebration of my septuagenarian status. I thoroughly enjoyed myself and thank all of you from the bottom of my heart for the trou-



To mark the auspicious occasion of his 70th birthday, a tray of longevity buns was presented to Grandmaster Anthony Wee

ble you went through to make the occasion such a memorable one for me. I am now looking forward to my 'promotion' as an octogenarian!

Looking ahead, we hope to organise more free workshops for the public in the coming months. There's also our vertical herb garden project which we hope will take off by year-end as well.

In a week's time, more than 25 of our members will be heading to Indonesia for our first retreat at the *Kaliandra Sejati Foundation Surabaya*. I'm very pleased with the enthusiastic response, and the fact that some members are already suggesting that we should make this an annual event.

Stay tuned for more on the Surabaya retreat in the coming issues of this newsletter, which I hope will play a part in engaging more of our mem-

bers in CDI and community activities.

I also wish to make use of this newsletter to clear doubts and/or concerns that you may have about our Art of Qigong. At the same time, I will take the opportunity to debunk the many myths and misinformation that exist about Qigong.

So, if you have any concerns and/or queries about health issues and the CDI Art of Qigong, please email them to gmasteranthony@gmail.com. I will be very happy to provide answers to share with you and other CDI members through the **Ask Grandmaster** column.

Finally, may I invite testimonies and contributions from you if you have inspiring experiences of the CDI Art of Qigong to share. In this inaugural issue, I am grateful to T.F. Foo for sharing his experiences on how to overcome the dreadful Psoriasis disease (see pages 2 & 3).

I would also welcome your feedback and suggestions to make this newsletter more informative, entertaining and relevant.

I wish you good health and lots of rewarding experiences with the CDI Art of Qigong!

Grandmaster Anthony Wee

Tips on Overcoming Skin Diseases — by T.F. Foo

Mr Foo was inflicted with Dermatitis Induced Psoriasis, a nightmarish chronic skin disorder that resulted in bleeding wounds, uncontrollable scratching and a host of other health problems. Despite expensive drugs, his condition did not improve until after a year of training with Chi Dynamics. Today, the scars on his legs are the only reminders of the suffering he went through. Mr Foo shares his experiences with us below.

What is Psoriasis and Dermatitis?

Dermatitis is a term for "inflammation of the skin" (i.e. rashes and skin inflammation). Psoriasis is a chronic skin disorder (such as areas of white hardened and layered skins).

Contrary to what many doctors believe, psoriasis is contagious as I discovered from my experience. I used to have just a few tiny rashes on my left leg but before long they would spread all over my body (see below).



Having lived with Psoriasis for more than 30 years, the dreadful disease finally disappeared with the help of Qigong exercises. I would now like to share my experiences with you.

Acceptance

It is important that you accept the fact that you are suffering from the disease as denial will neither do you any good nor cure you. Look at the positive side as you consider the options available to you.

Reality Check

Consult a specialist for advice on the chances of a cure and what the worst case scenario is. Evaluate the options but avoid solutions that may cause you further miseries like memory and hair loss. Beware of conmen who play on your emotions and charge lots of money without any results.

Change

As you come to terms with your illness, adjust your lifestyle and mindset to help your healing process. Stop smoking. Drink lots of warm water. Eat healthily (i.e. less sugar, salt, acidic and animal fats). Whatever it is, do not seek for miracle cures. Think positively and have faith in yourself. Remember that you are only person capable of making that miracle happen.

Exercises

We are constantly being stressed by happenings in our lives. To alleviate your stress level, breathing exercises do help. Hence, do regular physical exercises, especially when proper deep breathing is incorporated into the exercises. Meditation might also help.

As your breathing slows down, so does your heart beat and this calms you down. To illustrate this point, take a look at the way babies breathe and sleep so peacefully. Their bellies expand when they breathe in and get back to normal when they exhale. Similarly, the basis of Qigong exercises is deep breathing (*from chest level down to the belly*) which helps build up your lung and stomach muscles.

Personal Care & Hygiene

It is important that you are disciplined and learn to take care of yourself. Here are some tips to assist your speedy recovery:

Wear cotton gloves.

Cotton gloves help to prevent you from scratching unconsciously when you sleep. Use a mosquito net to avoid mosquito bites which often cause itchiness and more scratching. Clean and treat weeping skins with iodine. This will stop the bleeding temporarily but the wound might still continue to weep.

Keep any injuries/wounds dry.

Water causes areas about to heal to soften and become itchy, resulting in pus and the sore then becomes infectious again. Keep your sores dry and do not allow the skin to weep, as it can lead to infection. Wash your hands immediately if you touch the wounds.

Always keep your finger nails short and clean.

This to prevent you from scratching and getting infected by the dirty nails.

Wear cotton socks.

Wear cotton socks and change them every day if you have sweaty feet. Nylon socks are not suitable because they cannot absorb the sweat which will cause some skin on the sole of your feet to peel off. You can also apply powder before wearing the sock. [continued next page]

ASK Grandmaster

Question: *Is there any exercise that can help improve the Qi flow? Right now, it feels like it's stagnated in my head and neck. When I bend forward, even at only 90 degrees at the waist, my head feels like it's going to explode.*

Answer: Yes, there is. When you inhale, bring your hands gently up to your head and face area with your palms facing the face. Then move the palms downward slowly, coordinating with the breathing. Exhale and slowly focus the Qi flow down to your lower Tan Tien which is 2 inches below the navel. Repeat till you clear the loaded feeling. Then rub your hands, followed by rubbing your face stroking down-



wards from forehead to chin. Use the heat of your hands and your mind to visualize the flow of Qi.

Question: *Is it true that 'hard' Qigong can lead to strokes?*

Answer: No, not at all. If done with proper guidance, any form of exercise will improve blood circulation. However, if you suffer from specific medical problems, you are advised to consult a medically trained doctor. Avoid self-medication and remedies based on pre-conceived beliefs as they may be detrimental to your health. Proper diet and regular exercises will help.

If you have a question to ask, please email the Grandmaster at gmasteranthony@gmail.com

Tips on Overcoming Skin Diseases [continued from previous page]

Allow hardened white skin to breathe

Scrape off as much of the hardened white skin with a sharp blade but be careful not to cut yourself. With practice, you will soon learn to identify what type of skin can be scrapped and what cannot be scrapped. You can also apply olive oil and other healing oil to soften the skin. If you managed to get the area cleared of dead skin, small hairs will slowly grow out and your skin will be able to breathe again. Very soon it will look almost normal again except for some discolouring.

Medication

Be careful not to eat too much of the little yellow brown pills prescribed by doctors and skin specialists to prevent itchiness and let you sleep better. These pills may not always work for you. But if you are on them, please do not drive as they cause drowsiness.

Continuous usage of antibiotics and steroids could lead to the thinning of the skins and psoriasis

Many doctors recommend ointments such as Dermovate which was not effective for me; however, I had better luck with Diprocil and Diprosalic ointment. Diprosalic contains salicylic acid which may help to



break through the hardened skins. Ointment is more effective than cream as it is oilier, but prolonged usage is not advisable.

Some Chinese medicine used to remove toxin in the blood might help.

Some pills are quite effective against body heat and toxin in the blood which causes inflammation of the skins.

Do not use any oil on the areas affected by dermatitis. As the areas are inflamed, you need to cool it down to allow your skin to breathe. Your skin will feel itchy when it cannot breathe and leads to scratching. Olive Oil or other oil are not suitable.

I hope you find what I have shared with you above useful. Should you require further information and/or advice, please do not hesitate to email me at tiock-feng@hotmail.com.