

## **Testimonial concerning the efficacy of Qi-Gong**

When I moved to Bournemouth from London in 2003 I was referred by my GP to the Royal Bournemouth Hospital because I had been very ill from 2001 - 2003 I had four major operations. Because of a very large kidney-stone, which did not respond to months of lithotripsy, and had to eventually be removed by an operation my kidney function was impaired. I was seen by my urology consultant on a regular basis until about a year later when my kidney function increased.

Then I was seen by the Registrar or someone else in the department. The only thing which was different in my life during that year was my attendance at a qi-gong class led by Dr Tinnion. I was very conscious of increased energy every week when the class ended. However, at the end of the year the class moved from a morning in Boscombe to an evening in Bournemouth and this was not convenient for me.

I subsequently found a class in Ringwood during which time there was no deterioration in kidney function. This class closed in 2007. From then for about 18 months my kidney function deteriorated to an alarming degree. I also had bladder cancer which needed an operation and radiotherapy (the side-effects of which are still with me and being dealt with by acupuncture). In November 2008 I was given an iron infusion with disastrous results and was very ill until April 2009; I kept going I believe only because I had (and have) a wonderful acupuncturist.

Then my kidneys began to stabilise. But their function was so low (I was continually being advised to have dialysis) that I felt it was important that I return to a qi-gong class to see if that would help. I find it much easier to practise at home if I have a regular class to go to. Also I benefit from the 'energy' of the group.

It took me some time before I was able to locate Dr Tinnion's current classes, but it was worth the wait and effort, and also the effort to attend the class (it takes two buses there and two buses back home).

My last blood test showed an increase in all the measurements connected to my kidneys – not massive, but everything going in the right direction.

I feel I have quite a bit more energy and, over all, my acupuncturist has noticed a big improvement in the impeded flow of energy throughout my body.

I am absolutely convinced of the efficacy of qi-gong in the field of good health, and prefer to keep my body to regain it's natural healthy state myself with recourse to as few drugs as possible (and as few surgical interventions as possible).

YVONNE GEE    Date: Saturday 12<sup>th</sup> December 2009