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Kung Fu Testimonial

At the age of 41, I was diagnosed with Ventricular Tachycardia, high cholesterol and labile hypertension. These diagnoses coupled with a stressful profession and a family history of heart disease prompted my internist and cardiologist to recommend regular exercise, dietary modification and stress reducing techniques.

Shortly after these diagnoses, I begin studying Qi Gong (active) exercises [primarily targeted towards strengthening and stretching my musculoskeletal system] and Kung Fu (Seven-Star Mantis) with Sifu Yamel Torres. After six months of practice and training with Sifu Torres coupled with dietary modifications, my cardiologist noted significant reductions in my blood pressure and heart rate. My cardiologist strongly urged me to continue "whatever I was doing, because it was working."

I continued studying and practicing Kung Fu under Sifu Torres, at which time he taught me two additional forms of Qi Gong (passive or static) which are primarily focused on improving/promoting the health and vitality of the internal organs. I am currently in the process of learning a third form of Qi Gong which is primarily centered on the promotion of Qi circulation throughout the body. In addition to Qi Gong and Kung Fu instruction, Sifu Torres has also recommended various herbal and natural dietary supplements to revitalize and/or cleanse the internal organs, promote energy (Qi) and reduce cholesterol.

After more than five years of study and practice with Sifu Torres, in conjunction with dietary modification and prayer, it is a blessing that my blood pressure and heart rate are within the normal ranges, and my cholesterol level has dropped more than 50 points (without western medications such as Lipitor). Although the improvement in my health is likely a combination of the Qi Gong practice, Kung Fu practice, dietary improvements, natural supplements and prayer, the beneficial effects of Qi Gong practice are unmistakable.

At the time of my last routine examination with my Internist in May, 2008, I was anxious about being tardy and nervous about receiving my blood test results. My heart rate and blood pressure were elevated from the rushing and stress. My systolic blood pressure rate was higher than 160 when initially measured by the nurse, much higher than it had been in recent years. After completing her preliminary examination, the nurse left me alone while I waited for my internist to arrive. Within a five-minute period, I practiced one round of a sitting Qi Gong form (Healing Sounds Qi Gong) until my internist arrived. Upon measuring my blood pressure, my internist noted a decrease in my systolic pressure of more than 50 points.

At the recommendation of Sifu Torres, I have read several Qi Gong books. As expanding "globalization" provides our western culture with increasing access to traditional eastern philosophy, exercises and meditation, a plethora of Qi Gong self-help books, manuals and videos have become readily accessible. Although these tools can be quite beneficial when used properly, there is no substitute for direct, hands-on training with a properly trained practitioner. For example, it is necessary for the practitioner to observe the student's form and make the appropriate adjustments. Additionally, the practitioner is available to answer questions and assess the student's progress. Sifu Torres has provided outstanding training and guidance, and is genuinely interested in the overall well-being, progress and health of each of his students. I have benefited immensely from Sifu Torres' instruction, and look forward to my continued training and development with him.

A handwritten signature in blue ink, appearing to read "Jeffrey R. Torres", with a long horizontal line extending to the right.