

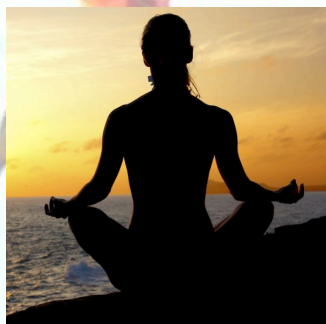
Fall 2008

## Chi Kung and Chinese massotherapy vs. MS

Fighting the pain, swelling and weakness of multiple sclerosis

**By Craig Cormack**  
Principal, Rising Tao

From January to May 2008, I conducted a systematic program of Chi Kung and Chinese massotherapy with Sara, who



**For information on classes and sessions in Chi Kung, Tai Chi, Chinese massotherapy and more, visit:**  
[www.risingtao.ca](http://www.risingtao.ca)



with mixed results had been fighting the pain, swelling and weakness of multiple sclerosis with mainstream medicine for five years.

In April 2004, Sara's first serious MS attack had landed her in hospital for 8 days. Her doctor encouraged her to learn how to use a walker because he was certain she would never be able to walk again. For a while she had to use a wheelchair to get around.

Sara reported that she suffered with insomnia, fatigue, lower back pain, swelling, leg tremors, and problems with balance and instability in her left leg due to a problem with her left knee.

She was prescribed Rebiff, a medication taken by injection 3 times per week. This drug came with horrendous secondary effects,

including severe flu-like symptoms. She suffered another setback in October 2004 and was given cortisone injections. These injections didn't offer her much benefit either. Weekly acupuncture treatments helped to significantly reduce her pain.

In October 2006 Sara was prescribed a new medication called Copaxone. This drug was a great improvement over Rebiff and she suffered no secondary effects. The MS attacks continued, however. When she went to see her physician he could offer her nothing more than to encourage her to continue taking her medication.

**A new and better plan**  
In January 2008 Sara invited me and we started on a new plan. We combined Chinese massotherapy with a course in Chi Kung. She studied and practiced Chi Kung diligently. She said that when she practiced regularly she felt more focused, as well as calmer, stronger, more balanced and more energetic. Her endurance improved in her other activities such as dancing, biking and treadmill workouts.

We noticed that when Sara practiced fixed Chi Kung stances her RLS (Restless Leg Syndrome) symptoms stopped. When she stopped practicing Chi Kung her RLS would start up again.

Sara reported that her back felt better after her regular Chinese massotherapy treatments, and that she felt more relaxed and more limber. She also

reported that she slept better for a few nights following each massage. Massage acupoints used on her knees helped improve her overall stability as well.

**Results**  
In a mere 5 months, Chi Kung and Chinese massotherapy helped increase Sara's circulation, release trapped energy and enhance her body's immune system functions. Results included a significant reduction of Sara's pain and swelling, a dramatic lessening of RLS and an increase in her leg stability, overall balance, stamina, energy, and social confidence.

Sara will continue to fight her MS with everything she has learned. Her story is an excellent example of what a properly motivated person can do with training focused on a specific problem. Her example shows that Chinese healing methods are an ideal supplement to Western medicine, as they empower patients to become responsible for their own healing process.

**For a more in-depth look at Sara's case, please visit the Case Studies page at our website.**

*Craig Cormack is a Chi Kung master, senior Tai Chi instructor and registered massage therapist (Chinese massotherapy). He is a consultant at the McGill University Sports Medicine Clinic and President of l'Association de massage chinois Tuina du Québec.*

Rising Tao  
Integrative Health  
4112 St. Catherine West  
Montreal (QC)  
Canada H3Z 1P2

**514 369 7860**  
[info@risingtao.ca](mailto:info@risingtao.ca)  
[www.risingtao.ca](http://www.risingtao.ca)