

Spring 2008

## Heart, weight, and blood pressure normalization

### A case study in healing using Tai Chi, Chi Kung, Chinese Massotherapy and natural health products

**By Craig Cormack**  
Principal, Rising Tao

**For information on Tai Chi, Chi Kung, Reiki, Chinese Massotherapy, Integrative Healing and more, visit:**

[www.risingtao.ca](http://www.risingtao.ca)

Four years ago I met a very determined 47-year-old woman. Janet M. took a most critical step in her life that day. She embarked on a journey to reclaim her health and to recover the power she'd been giving away for 25 years.

At the time Janet weighed close to 350 pounds. Her average blood pressure was 180/101 (normal reading 120/80). She had great difficulty making short trips to the store and climbing stairs. Even breathing was difficult.

She had sought advice from doctors who put her on diets and tried to convince her to go on blood pressure medication, all to no avail. She was referred to me by a gym for Tai Chi lessons, since other forms of exercise were simply too strenuous for her.

In the beginning she could only do 15 minutes of Tai Chi at a time, with many intervals of rest. Tai Chi was one of the only exercises she could do without risk of a stroke or heart attack. In a few short weeks, as she became more fit, we increased exercise times and reduced her rest periods.



#### **Blood pressure drugs refused**

Janet M. refused blood pressure drugs because she found the side effects to be terrible. She asked me if I could recommend anything natural that could help lower her blood pressure. I reminded her of the risk of not filling her prescription, but agreed to do some research on her behalf.

We continued with the Tai Chi lessons. I researched natural products that help reduce blood pressure. These products included garlic, parsley, conjugated linoleic acid, and co-enzyme Q10.

We added each product separately to carefully check if any of them disagreed with her.

We also consulted a naturopathic doctor and a pharmacist to make sure that all the natural products could be taken together. Janet also cut out sugar, reduced carbohydrates, and began to eat more sensibly. She lost approximately 10 pounds every couple of weeks.

During this time she was also under the supervision of two general practitioners. We brought in a Doctor of Acupuncture who started treating her and supervising her care. We added Chi Kung (Chinese meditation and breathing) to her regimen.

As she lost more weight her blood pressure went up and down, but always rebalanced itself within 12 hours.

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

514 369 7860  
info@risingtao.ca

[www.risingtao.ca](http://www.risingtao.ca)

#### **Blood pressure stabilizes**

In the first year Janet's blood pressure stabilized, her breathing became deeper, and her body started to circulate more blood and energy. However, her lifestyle of the previous years had left her in a weakened and vulnerable state.

#### **Heart scarring heals**

By the second year Janet had lost 75 pounds. Her complexion improved greatly. Her blood pressure continued to stabilize. She was well on her way to regaining her health.

About midway through the second year, an ultrasound test revealed scarring on her heart. The cardiologist said that she might need surgery. After six more months of Tai Chi, Chi Kung, acupuncture and natural products she was examined again. This time experts said the ultrasound showed that the scars had healed. We began Chinese Massotherapy and treatment for varicose veins in her legs.

#### **Breathing and blood pressure continue to improve**

In the third year we continued treatment with Chinese Massotherapy, Tai Chi, Chi Kung, and controlled use of natural health products. Visible signs of weight loss continued. Her breathing and blood pressure continued to improve, although she still had the odd healing crisis associated with oscillating blood pressure.



#### **Weight loss of 150 pounds**

By year four Janet had lost another 75 pounds, for a total of 150 pounds to date. She was feeling much more confident, healthier and lighter. Her balance and complexion continued to improve and her blood pressure stabilized to 120/80.

#### **Varicose veins greatly reduced**

Chinese medicine techniques and Chinese Massotherapy greatly reduced her varicose veins. Her blood pressure and breathing settled in and normalized.

#### **Health, independence and confidence achieved**

When I first met Janet M. I was concerned about whether or not she would survive her condition. Four years later, she is a healthy, independent and confident lady in her early fifties.

Janet has been told by doctors' administrated stress tests that her heart is that of an athlete. She is around 200 pounds and is still losing weight. Her blood pressure is stable at 120/80. She breathes normally and her acupuncturist confirms her circulation is healthy and normal.

Janet M. is living proof that even in the direst situations a person can heal themselves with patience, perseverance and practice.

**For a more in-depth look at this case, please consult the Rising Tao Integrative Health website section entitled "Case Studies."**



#### **Craig Cormack B.A., R.M.T.**

Working both independently and in partnership with doctors, therapists and caregivers, Craig Cormack has devoted more than 15 years to helping people manage, maintain and enhance their health.

After graduating with a B.A. in Communications from Montreal's Concordia University, he discovered the ancient health traditions and philosophies of China. He went on to earn an advanced diploma in Chinese Massotherapy, Senior Instructor status in Tai Chi, and Mastery Level diplomas in Reiki and Chi Kung.

Craig is a consultant at the McGill University Sports Medicine Clinic, a member of the National Association of Naturopaths and President of l'Association de massage chinois Tuina du Québec.