

KATY'S COMMUNITY MAGAZINE

# absolutely!

JANUARY/FEBRUARY 2009

Dr. Simon Akin, D of My Internal Medicine  
Associates pictured at Gow Road



# Creating

# Heart Healthy

BY CLAUDIA RICHTER | PHOTOGRAPHY BY COUNTRY PARK PORTRAITS

# Energy

It's with good reason that Americans have recognized February as American Heart Month since 1963. Cardiovascular diseases remain the nation's top killer.

Taking into account many of the preventative measures available to combat this statistic, it's also a good time to ask: "Am I doing everything I can to keep my heart healthy, and how can I be an active participant in the process?"

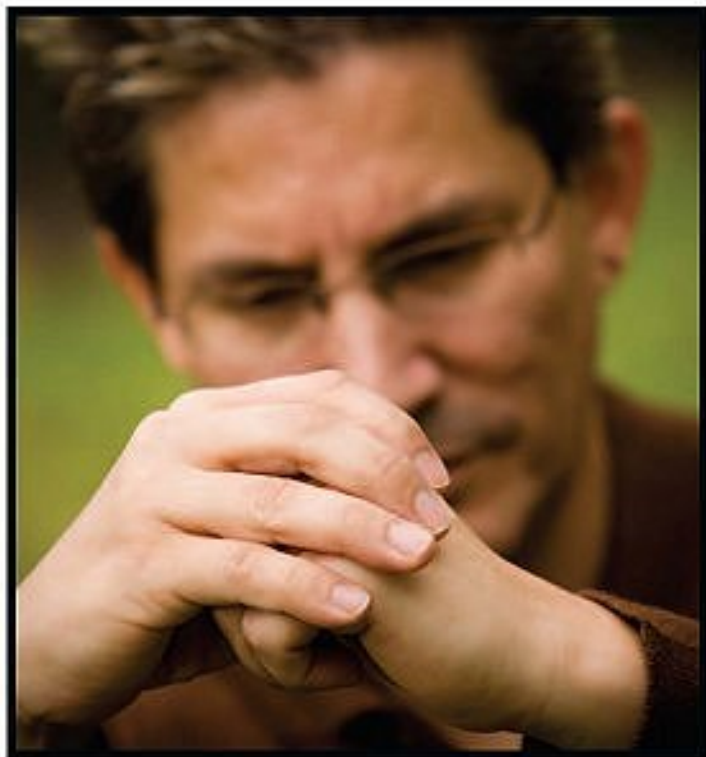
It might surprise you to know that a healthy heart doesn't have to mean completing a marathon, spending hours in a gym, or training for the Olympics. There are other ways, in addition to a healthy lifestyle, that can help heal you from the inside out instead of the other way around.

Starting February 2, Katy residents will have a unique opportunity to learn alternative exercises that can improve heart health, reduce stress, increase energy, and promote relaxation. In addition, participants will experience the beauty of Agave Road, Katy's new venue for events, weddings, and corporate functions. The 10,000-square-foot main buildings and surrounding landscape create the perfect setting.

Dr. Ramon A. Solis Jr., a respected local physician, who includes alternative medicine in his practice at Katy Internal Medicine Associates, and former chief of staff at Memorial Hermann Katy Hospital, will be teaching the classes that will introduce primordial Qi Gong and heart meditation. Primordial Qi Gong is a self-healing exercise for all skill levels, and heart meditation is a simple way to learn to relax.

Dr. Solis was inspired to offer the classes to the community in concert with Heart Month after realizing the benefits they could

*Continued on page 68*



bring both himself and his patients – not to replace traditional therapies, but to complement them. He also recognized the need that many people had to find a way to reduce the daily stresses in their lives that can disrupt sleep and snowball into other problems that can sap energy.

The benefits of alternative and complementary therapies such as Tai Chi, Qi Gong, meditation, and others can be far-reaching, according to Dr. Solis. Stress reduction, improved immune system, flexibility, coordination, cardiovascular fitness, blood-pressure reduction, improved sleep quality and headache/

migraine and arthritis improvement are among them.

According to the *American Journal of Cardiology*, practicing transcendental meditation can reduce all causes of mortality by 23 percent, reduce cardiovascular mortality by 30 percent, and represent a 49 percent reduction in cancer mortality based on a study of 202 hypertensive patients over the age of 55.

Much of what Dr. Solis will be teaching during the classes he learned as a student of Yun Xiang Tseng, known to his students simply as Master Chen, a Taoist priest from the Wu Dang

Monastery in China. Master Chen came to the United States in 1990 and has since shared ancient Taoist wisdom and healing traditions with thousands of American students. He has been featured on a national level in magazines and newspapers and is the author of a new book titled *The Master Within*.

Master Chen considers Dr. Solis a gifted and talented pupil and says, "Dr. Solis is a wonderful human being and is a doctor for all the right reasons."

The exercises Master Chen taught and continues to teach Dr. Solis have been around for 4,000 – 5,000 years in the history of China. "The Chinese people have been using them as a natural method to prevent and cure disease by using the mind, body, and spirit connection," says Master Chen. The Chinese use them to cultivate and develop Qi or energy. "Americans haven't been used to the idea of Qi," says Chen. He also states that Qi can be developed using exercises, acupuncture, and herbal techniques as well. The benefits from harnessing the power of Qi can be powerful. "Qi is a life force, an energetic substance," says Chen. "We can tap into it to promote the healing process."

More and more Americans are incorporating Eastern medicine to enhance or complement Western medicine. "The methods aren't difficult," says Master Chen. "Everybody can do it, young or old. Very simply, we learn how to connect mind, body, and breath. Through the experience of the instructor, the student will learn how to experience the energy, motion, and benefit of energy."

The difference between other, more rigorous exercises that consume energy and the gentler, more passive Qi Gong techniques are as simple as providing you with a way to create and stockpile energy that can fulfill you in ways that traditional exercise may not, giving your body the fuel to accomplish good health and peace of mind. As Master Chen says, "The physical results from creating this energy is the reduction of disease and the slowing down of the aging process."

Yun Xiang Tseng, known to his students simply as Master Chen, a Taoist priest from the Wu Dang Monastery in China



## Class Schedule

**When:** February 2, 4, 9, 11, 16, 18, 23, and 25 (Mondays and Wednesdays) 6 – 7 pm

**Where:** The beautiful private estate of Agave Road, 1016 FM 1463, Katy. Visit [agaveroad.net](http://agaveroad.net) for map

**Instructor:** Katy physician Dr. Ramon A. Solis

**Cost:** \$30 cash or check donation at the door (To benefit the Association for Chinese American Enrichment)

For additional information, email [editor@abmags.com](mailto:editor@abmags.com).