



### ***Adrian VanKeuren Testimonial – Tai Chi Restored My Life***

A few years ago, I began taking Tai Chi classes at the Tai Chi Dojo in Winchester, VA, under the guidance of Sifu Victor Franco. At the time I stumbled onto Tai Chi, I had been suffering from chronic Lyme disease and other tick-borne illnesses, plus mold and heavy metal toxicity for over 8 years. My diagnosis included chronic Lyme, Babesia, Bartonella, Fibromyalgia, and Chronic Fatigue Syndrome (CFS). I was also told at the age of 25 that based on the tremors I've always had that I would be diagnosed with early-onset Parkinson's disease by the time I was 40 unless something happened to change things. At different points in time, I found myself bed or homebound, and was unable to provide daily care for myself.

After starting to take Tai Chi, it took me about 3 weeks to discover I felt a LOT better on days I went to class, despite the struggle of getting up early. I had more energy, less pain, and was better able to focus and get things done for myself.

I asked one of my teacher's senior students to practice with me; and at that point, my teacher took me on as a personal student in hopes I would be able to teach Tai Chi to other chronically ill people.

The hard work began. I spent 4 hours in his regular classes, plus another 2 as a personal student at the teacher's dojo. The teacher added Saturday morning beginner's class, so I started practicing 8+ hours a week with him, plus countless emails, writings, etc. on Tai Chi philosophy, plus having access to the teacher's extensive library.

I stopped all "Lyme treatment" around shortly thereafter, making daily Tai Chi practice, a holistic lifestyle, and energy work (from Tai Chi practice) my only form of treatment. I learned meditation and primary energy pathways, and the importance of energy work.

After a short time of continuous Tai Chi practice, most of my symptoms had disappeared. I still had some fatigue (that was always alleviated with more practice), some pain, and light sensitivity. But most of the pain and muscle weakness had gone after just one year of Tai Chi practice.

