

VitalChi Vision

Our goal is to provide information and additional education for the healthcare professional. With this guide, the professional can learn invaluable information on products and related case studies in the USA and in the Orient.

The Vital Chi training program will equip health care professionals with the knowledge to tackle varied aspects of the most difficult-to-treat chronic diseases. For the opportunity to participate in the Vital Chi training program and in bona fide clinical trials call or e-mail us.

If you are a lay public interested in better understanding of the underlying root causes of your chronic ailment or maintaining your top health, please download and fill it out either "Lifestyle Analysis Questionnaire" or "Women Life Style Analysis Questionnaire" by clicking the "Health Questionnaires" top link on the www.vitalchi.com website. Upon answering all the questions, e-mail to us. Then, we shall get back with you.

About Dr. Ging



OMD, Ph. D.
in Chinese Medical Science,
Dipl. Acupuncturist (NCCAOM)

Christopher Ging is an Oriental Medical Doctor (OMD) who graduated in Traditional Chinese Medicine (TCM) integrated with Western Medicine from School of Medicine of Xiamen University and earned his Ph.D. from China Academy of Chinese Medical Science, Beijing, China. He also has his MBA from TCU. He is a licensed acupuncturist (L. Ac.) in the state of Texas and certified with the National Commission of Certification of Acupuncture and Oriental Medicine (NCCAOM). He is a founder of Texas Acupuncture Practice

He is a noted researcher in Chinese herbs as well as a popular speaker on health issues, viewed from the unique context of Bioenergetic and Integrative Medicine.

He has researched and developed a unique line of Traditional Chinese herbal formulas to help relieve the chronic health issues such as oral health problems, drug withdrawal syndromes, chronic fatigue, autoimmune response, parasitic/yeast/fungal/viral infection, weight control, sleep disorder and etc.

The focus during a consultation with Christopher Ging goes beyond the Western allopathic model that is satisfied with a sub-clinical limbo of chronic malaise. That objective is vibrant health. Patients are also empowered to actively perpetuate their healthy status, employing breathing exercises and acupressure techniques as well as knowing the right selections for their diet and required life style changes.

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VitalChi



**BRINGING
THREE
THOUSAND
YEARS OF
HERB
EXPERTISE**

www.vitalchi.com

Dr. Ging's Weight Management Program

Product Informaion

Isn't it curious that food is the central factor in the basic problem of weight gain as well as its purported cure? Unfortunately, the narrow focus on food tends to exacerbate the problem, rather than leading to a solution.

Dr. Ging likes to focus on total health. His weight management program does not just place emphasis on high protein and low carbon foods, but emphasis on the critical disease processes hidden underneath the overt process of weight gain. Unless these are addressed, any intervention that achieves weight loss will be doomed to failure. The weight loss will be minimal and temporary, succeeded, more than likely by a rapid weight gain, often exceeding the previous level. If you can identify with this picture and have already tried "everything", read on, you may find the program that you really need to be healthy. Of course, part of being healthy is maintaining a healthy weight.

What causes Weight Gain?

Dr. Ging has identified several novel causes of overweight:

oSluggish Food Absorption due to functional deficiency/excess of liver, gall bladder, pancreas/spleen.

- Constipation: many of us tend to suffer sluggish bowel elimination.

- Hydration: you should drink water, or have soup before your meal. [q.v. Excessive water retention.] Partake the soup or drink the water prior to the solid food. Do not drinking the water or soup while eating the solid food. If you have soup after the big meal, you are bound to gain weight. One of the best ways to lose weight is to eat liquid food before the solid food.

- Eat and chew slowly: most of us eat "Fast Food" and "Eat fast", too; be sure that you chew well before swallowing; food should be broken down and form a moist bolus prior to swallowing it.

- Energy: it takes abundant energy to process and assimilate ingested food.

- Female hormone imbalance: When women consume more calories than needed, estrogen production increases proportionately to reach abnormally high levels and may set the stage for a host of endocrine-related disorders, including: estrogen dominance syndrome; thyroid disorders; increased body fat; salt and fluid retention; osteoporosis and high cholesterol.

- Imbalanced diet: eat excessive sweet/deep fried foods such as candy, ice cream, cookies, deep fried chicken/fish/shrimp, fruits.

- Sedentary: lack (or the avoidance) of exercise.

- Toxicity: garbage build-up in the colon, gall bladder/liver/kidney area.

How do you achieve a stable body weight?

A medically supervised Weight Management program not only helps keep your weight down but also brings several other benefits, including: bringing your energy back, making you feel and look - healthier, younger and even prettier.

VitalChi

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Dr. Ging's Weight Management Program

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This is because the objective is not confined simply to dropping the number that appears on your bathroom scales. This number should not be given such overwhelming significance, nor should any reduction in it be greeted with unbound joy; it's just a number.

In so many cases, a crash diet will produce numerical results but only in negative ways i.e. by dehydration and muscle atrophy. As the typical "yo-yo" dieter soon discovers, it becomes impossible to continue with a crash diet beyond a few days, after which the weight returns and then some. Careful physiological analysis has determined that repeating this approach will gradually replace muscle with fat, creating a growing problem.

That is why we have hesitated to entitle this a "weight loss" program. "Fat loss" may be a bit brutal and it is also inadequate. Dr. Ging's Weight Management protocol accomplishes so much more; it is a comprehensive Wellness program.

Specifically, Dr. Ging's Weight Management program targets:

- detoxify
- purge excessive and toxic water (see Excessive water retention)
- balance pH
- normalize body temperature
- sound & deep sleep
- less stagnant foods in the stomach and better digestion and food assimilation
- avoid environmental and chemical allergies
- regular bowel movements
- build-up Chi (energize)
- bountiful energy

Excessive water retention

Weight gain is primarily associated with excessive water retention.

I. Skin pores are blocked
Corrected by weak breathing.

II. Bowel Elimination is impaired
Corrected with ozone water mixed with concentrated trace minerals water, Colon Cleanse Formula and Liver Balancer Formula developed by Dr. Ging.

Dr. Ging's Weight Management Program features:

- Individualized weight management program
- On-going educational programs
- Medical supervision

Most other weight loss programs have only a temporary effect on your weight and do little, or nothing, to improve your overall health. An individualized health program for each patient has a more lasting effect on weight management, and treats the underlying disease processes, not just the symptoms. For example, dental infection, chronic pain, fibromyalgia, hot flashes, irritable bowel, sleep disorders, and tumors.

Dr. Ging's comprehensive programs include an on-going educational program, through monthly healthcare related workshops and newsletters (www.radianceliving.com online) so that you have clear instructions to manage your weight and to upgrade your life style.

Medical supervision is available to provide full support for all of your health issues. In the event that you have concerns, or questions about your health, the program support team is always available to answer any questions and find better ways to enhance your health.

Specifics Of The Basic Program

All participants start with the basic program for one month. At the end of each month, each participant shall send a progress report to indicate the number of pounds being lose in your weight comparing with the beginning of the month, and specify the physical issues you would like to overcome in the successive months by faxing to 817-292-3335 or email

to DrGing1@yahoo.com. The monthly progress report is valuable information for Dr. Ging to determine if the participant's health condition needs to be reevaluated and moved up to Medically Supervised Program so that the participant can start making more progress in his/her health and weight loss.

Some of the unique aspects of Dr. Ging's protocol, include:

Identifying the underlying root causes of overweight and health evaluation by Dr. Ging via "Life Style Analysis Questionnaire" or "Woman's Life Style Analysis Questionnaire".

Dietary recommendations by Dr. Ging, including the following:

1. Drinking energy water –12 drops of concentrated trace mineral water are mixed with 500ml (1.5 cup) ozone water each time; then, shake it for 30 seconds. 2 times daily
2. Multi Minerals
3. Vegetable juicing with some fruits (3 to 4 cups daily). After drinking 4 cups of vegetable juice and/or asparagus juice, the patient may eat good amount of Brown Rice to fill hunger (recommend to get a rice cooker from Sam Warehouse). If you still feel hungry, you may partake cooked vegetables, whey with molasses, almond, raw walnuts, turkey meat and moderate deep ocean fishes (halibut, salmon, trout, bass).
4. Dr. Ging unique Breathing (Chi-Kung Energy) exercise (30 to 45 minutes daily)
5. Dr. Ging's Colon Cleanse Powder (1/4 tsp 1 hour before the bedtime). If you have chronic diarrhea, you may skip Colon Cleanse Powder.
6. Cooked Tien Herb Formula for

weight loss and energy (4-6 tablets each time before meal, 3 times daily).

7. Weight Loss Tea
8. Whey, molasses and Malt protein (1/2 cup daily mixed with above energy water, 1 to 3 times daily)
9. Sea Salt – Celtic sea salt (pink) for cooking
10. Vitamin E (1200 IU each time before the meal, 3 times daily)
11. Magnesium Malate (1 tablet before bedtime. If constipated, you may take 2 tablets before breakfast and 2 tablets at bedtime; for those who have diarrhea, you may quit taking magnesium malate because it could aggravate the diarrhea.).
12. Supply a roll of pH tape and a daily journal for each patient. It is requested to record pH value and his/her weight in a daily journal upon rising.

To begin the Basic Program, it is required that the following forms be filled for comprehensive evaluation:

1. SF36 Form
2. For man, fill out the Life Style Analysis Questionnaire; for woman, fill out Woman's Life Style Analysis Questionnaire
3. Starting weight (BMI, LBM)

Fee to participate the program

The initiation fee for the basic program is \$150 plus Ozonizer (making ozone water), concentrated trace mineral water and Dr. Ging's unique herbal Formulas; then, \$75 membership fee for each successive month plus concentrated trace mineral water and herbal foods. If there are any herbal formula required, the extra cost will be added.

Medically Supervised Program

Should there still be residual health problems, the patient will not be abandoned and can enroll in the Medically Supervised Program. It consists of a reevaluation to identify those areas that the patient has not made reasonable progress in e.g. (a) his/her sleep pattern, (b) energy level, (c) bowel movement, (d) appetite and food assimilation capacity.

Fine-tune the program should remove any remaining stumbling blocks, paving the way for the patients to lose more weight and feeling healthier.

The participants in the Medically Supervised Program may need more time to overcome their health issues. They should stay in the program until they reach a breakthrough. It normally requires an additional one to three months to overcome the most entrenched chronic diseases.

Live-An-Abundant-Life Program

Upon completion of the Weight Management Program, you become slender and healthier. It is a time for you to participate in the Live-An-Abundant-Life Program.

This program focuses on:

1. learning and practicing all the principals that lead to live an abundant life;
2. self-care techniques for long-term health maintenance;
3. a six-month check-up for longevity and disease prevention with Dr. Ging;
4. detection of any early signs of stroke, degenerative diseases, including Alzheimer's disease and cancer, which have become accepted, mistakenly, as a natural bi-product of the aging process;
5. teaching the women a number of effective ways to overcome PMS/ post menopausal syndromes.