How to Attain Radiant Health

Discover a Natural Approach That Works WITH the Body to Jumpstart Healing, Improve Energy, and Build Resilience

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Karen Van Ness

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Dear Friend,

We all want to live our lives healthfully, happily, and successfully. In an ideal world, we would each enjoy the highest qualities of living, including robust health, physical vitality, adaptability, mental clarity and acuity, feeling younger, as well as loving and harmonious relationships with others.

Unfortunately, most of us will run into health challenges at one point or another. Your challenge might be one or more chronic, frustrating health conditions. And you've probably thought, *"If only there were a way to finally figure out what's really going on with my body, get off all these medications, and feel healthier and stronger again!"* Or you may wish to improve your overall health, fitness, and energy levels, and you're thinking, *"If I could just achieve that positive shift and feel stronger, younger, and mentally sharper – without having to try out program after program and just getting frustrated with the lack of real results."*

Finding and choosing a solution to a significant, chronic health challenge, or finding an approach to improving your overall health, fitness, and resilience that actually works for you, can be an overwhelming and frustrating experience. And, if you're like most of us, you've experienced frustration and disappointment when navigating our country's medical system or trying conventional approaches that ended up in disappointment. Things like:

- *Short, 15-minute appointments during which you barely have time to discuss your issues and concerns with your doctor…who in turn is massively frustrated by all the insurance requirements and overhead.*
- *Taking your valuable time to drive to and from appointments with specialists or alternative practitioners.*
- *Being prescribed more and more medications or tests or procedures, or trying different supplements, which treat the symptoms but never really determine or resolve the root cause of your issues.*
- *Trying out the latest fad or internet program with disappointing results.*
- *Being repeatedly told by your doctor that they can't really find anything wrong (a diplomatic way of saying that your chronic health challenge or pain or lack of energy is "in your head").*

Don't worry, you are not alone. These frustrations and concerns are all too common. But there is a natural alternative to more appointments, more

specialists, more prescriptions or supplements, more cookie-cutter programs that don't work…a complementary medicine alternative that could be an effective option for you.

Because we're inundated with so many marketing messages (according to Forbes.com it's up to 10,000 a day), you're bound to feel overwhelmed and even misled when it comes to finding someone you can trust. When it comes to your health and quality of life, making a wise decision is more important than ever.

Hi, this is Karen Van Ness, a Doctor of Medical Qigong and founder of Resilient Edge Wellness. I help adults dealing with chronic, frustrating health challenges – such as chronic pain, fibromyalgia, chronic fatigue, high blood pressure, asthma, digestive system issues, immune system issues, and neurological conditions such as Parkinson's Disease – achieve natural, sustained relief without medications, prescriptions, or procedures…even if you've tried other approaches or remedies and they haven't worked.

Or perhaps your general health is OK, but you feel like you could be doing more in your life if you just had more energy and more drive. I can help you achieve powerful, positive shifts and feel stronger, younger, and mentally sharper…so you can get back to doing the things you love to do or have always wanted to try. And together we accomplish this without resorting to the latest fitness craze, fad, or cookie-cutter programs you can find online (and that often don't work).

I want to take away any fears, frustration, or confusion as you go through this process. That's why I created this Special Report that will provide you with helpful information as you consider a natural approach to improving your health and wellness.

Inside you will discover exactly how to make an informed decision about choosing the right complementary or alternative health approach for you. It's been designed in a simple, easy to understand way, so you can take the next steps to experience the joy, relief, and renewed vigor that happens when you finally figure out how to jumpstart healing, improve your energy, and build resilience.

Okay, let's get started!

WHY SHOULD YOU LISTEN TO ME?

My Background

I am a Doctor of Medical Qigong (DMQ) and Chinese Energetic Medicine (DCEM) and a Certified Personal Trainer and nutritionist. My family and I live in the beautiful Texas Hill Country outside of Austin, Texas.

I've been active in athletics for most of my life. I lettered in basketball and softball in high school and lettered in basketball and track and field at Dartmouth College. Since I was a kid, I have been a devotee of the martial arts. I hold advanced black belts in several martial arts and am a certified instructor. I also fought in amateur full contact kickboxing (in my younger, crazier days). Most of my studies have been in traditional forms of martial arts and exposed me to ancient, complementary practices which focus not only on developing external strength, but also developing internal energy and healing abilities.

Like most people, I have had my share of injuries and health issues, including being hit by a car (which really jacked up my back and knee, resulting in multiple surgeries and procedures); discovering as an adult I had asthma; and dealing with weight issues. Not to mention the inevitable life challenges which resulted in my focusing on everything and everyone else but my *own* physical and emotional health. This is especially true for us women, who tend to prioritize the needs of everyone else, as well as our actual and perceived obligations related to our jobs and career, family responsibilities, and community participation. And it has become a serious challenge for those of us in the so-called "Sandwich Generation": baby boomers and Gen Xers who are helping or taking care of parents while also raising their kids.

Throughout my journey, over many years, I intensified my study of Qigong, western and eastern breathing methods, and other disciplines focused on the cultivation and use of internal energy and power. This helped me overcome my asthma, get healthier, heal and recuperate better, and develop better resilience against injuries and illness. Then I took my studies even deeper, undergoing years of intense instruction in Classical Chinese Medicine, clinical practice, and self-cultivation to achieve my doctorate in Medical Qigong.

What I Do – and Why I Love It

I love the opportunity to work with people to help improve their health and energy, overcome chronic, frustrating health conditions, and become more resilient. The truth is our western medical model - which focuses primarily on treating disease (versus preventing it) and breeds dependence on prescription medications and surgery - often lets us down. I am passionate about informing folks that there is often a better way, an alternative to meds, surgery, and continued dependence and suffering – an approach that works *with* the body and helps jumpstart its innate wisdom to achieve relief, healing, and sustainable results.

My clients include boomers and seniors as well as folks in their 30s, 40s, and 50s who want to improve their fitness and have more energy to meet the demands of their busy lives. Building resilience – building sustainable health - is something you will always have with you. It means you are less susceptible to illness and injury. And if you do get sick or injured, you can bounce back quicker. It also means greater peace of mind: you have less fear and anxiety about getting older and possibly becoming debilitated or worrying that your current health challenge will get worse as you get older.

In my practice, I work with an amazing type of technology – a technology that has been mostly unknown and "under the radar" here in the west. It was originally developed thousands of years ago and has been refined and improved over the centuries – resulting in proven, sometimes wondrous results when it comes to treating poor health and disease, enhancing energy levels, transforming the effects of stress caused by the demands of our hectic western lifestyles, and achieving robust health, wellness, and resilience.

What is this secret technology?

Well, I'm talking about Medical Qigong (sometimes referred to as Clinical Qigong). Qigong is pronounced "chee kung" and simply means "energy work". It's a 5,000-year-old healing tradition that focuses on <u>preserving or regaining health</u> through establishing balance and harmony of the processes and structures of the body, building greater internal energy, and ensuring the smooth flow of that vital energy. It provides a <u>comprehensive diagnostic framework</u> that takes into account all of the potential drivers of robust health, as well as all of the potential causes of

disease. Assessment, diagnosis of the problem (or problems), and prescription are driven by this framework, which not only treats the symptoms of illness, disease, or chronic conditions that cause pain and disease or contribute to fatigue, low energy, and mental fog…but also focuses on the *root cause* of these problems to help ensure a more effective, lasting result.

I tell people it's kind of like acupuncture without the needles (*and* we work at a much deeper level of healing in the body), or massage without any painful kneading or pushing (we use energy and sometimes certain healing liniments which feel great!). Everything is done hands-off, energetically. Before you worry that this sounds too "woo-woo", let me assure you that the energetic aspects are real – and effective.

However, I supplement the energetic work with modern, proven wellness and fitness methods, sound nutritional recommendations, and effective lifestyle suggestions. <u>This provides you with the best of western and alternative approaches</u>, including:

- *Helping interpret your diagnosis (or diagnoses), test results, and other information you may have collected so you understand what it really means to you.*
- *Completing a more comprehensive set of blood work than your general practitioner (or even specialist) typically asks for…and in turn reviewing and explaining the results from an energetic perspective as well as where you are within the normalized ranges. My goal is to help you understand what these findings really mean to you and how they can assist with developing a plan.*
- *Viewing the foods you eat and what you drink from a unique, classical medical standpoint, including taking into account the energetics and seasonality of foods. As Hippocrates, the Father of Western Medicine, said many centuries ago: "Let your food be your medicine and let your medicine be your food". Excellent advice!*
- *Combining the ancient "technology" of prescription qigong exercises and breathing with modern, proven fitness and resilience practices. No guessing or wasting time on what you should be doing using one of those cookie-cutter programs or the latest fad you can find online! I competed as a Division I college athlete and at high levels within the martial arts. I*

understand how critical it is to follow a program that is as effective and efficient as possible.

- *Discussing lifestyle factors such as the amount of stress in your life, sleep quantity and quality, emotional concerns, etc., so we ensure we are working together to address every component of today's modern lifestyle. This is critical! You can have the best plan or program in the world, but it won't work for you unless we can weave it seamlessly into the fabric of your life.*

Bottom line, I provide a complete, customized package to help each of my clients overcome their current health challenge…and to develop greater levels of strength, fitness, and energy.

THE CHALLENGES TO OVERCOMING CHRONIC HEALTH ISSUES

Okay, now that you know a little about me, let's discuss the key challenges holding you back from overcoming a chronic health challenge, as well as several "secrets" (or approaches not fully appreciated by western medicine) that can help.

The most critical challenges I see when clients first come to me are:

(1) Treatment has primarily addressed reduction of the symptoms and has not determined the root cause of the chronic health issue, as well as other contributing factors such as stress, inflammation, or emotional issues.

(2) Treatment has focused on an "outside-in", external, sometimes invasive approach, instead of working <u>with</u> the body. Same goes for many fitness and wellness programs.

(3) This approach in turns breeds dependence on over-the-counter and prescription medications, greater variety and quantity of supplements (many of which are ineffective), repeated visits to get assessed or massaged or "adjusted", more and varied treatments or procedures, etc.

(4) Most approaches, especially those you find on the Internet, are cookie-cutter approaches or fads with no true evidence of results – and they are not customized for your unique body and your specific situation. Hence, they often fail to fully resolve your health issue or to help you achieve the positive shifts you want to feel in your body, mind, and energy levels.

Many health challenges can develop from an acute emotional event or physical injury which impacts the smooth flow of vital energy due to the actual damage

caused to muscles, tendons, joints, or fascia, as well as to the emotional aftermath of being injured. Even after the physical injury has mostly healed or the acute emotional response to the situation is over, there is often lingering pain or discomfort, stagnation or blockages - physical, emotional, and energetic – that can morph into a chronic state of fatigue, lethargy, or feeling like you have no drive to do anything.

A chronic health challenge can also develop cumulatively, over time, often going unnoticed or under-treated…until it suddenly becomes too severe to ignore. It may be caused by structural issues within the body, by lack of activity, by too much sitting, or by repetitive motion not optimized for how the body wants to move. There may also be a genetic predisposition, for example in the case of arthritis, fibromyalgia, or immune or digestive system issues.

Key Causes of Health Challenges

From a western medical perspective, inflammation is recognized as an important contributor to many diseases, ranging from arthritis and chronic pain to inflammatory bowel disease and diverticulitis to asthma to heart and circulatory issues…it's even suspected as a prime culprit in dementia and Alzheimer's Disease. The focus is typically on relieving the pain (the symptom) and, sometimes, on reducing the inflammation. Western medicine often looks mechanistically at the issue - such as inflammation or pain in the colon or stomach, or excess accumulations in the joints that are causing arthritis pain and stiffness – and uses medications or invasive procedures to try to reduce or mitigate the issue.

From an eastern medical perspective, treating the symptoms and helping the patient get relief as quickly as possible is also important. Inflammation is explained as "excessive heat" that must be reduced or purged. However, Medical Qigong focuses on what is CAUSING the inflammation to begin with. What is the true root cause of the underlying condition that is resulting in pain and inflammation?

The root causes of most chronic health challenges or conditions typically come from one or more contributing factors, including lifestyle factors such as stress, diet, amount and quality of sleep and restoration, and feeling overwhelmed. Because our body and mind are integrally connected, there is usually a mental or emotional component or trauma that is contributing to a health condition or making it worse. Basically, the body is reacting to a root cause (or causes) and, in its innate wisdom, trying to adapt, trying to re-establish balance. But when things

get too out of whack, it becomes impossible, and the body sends out the warning flares in the form of a suddenly acute and impossible-to-ignore health crisis or challenge. Or, you begin to feel chronic, often unrelenting fatigue, a lack of drive, and just generally feeling "blah", which prevents you from living the quality of life you really aspire to.

This is where eastern medical traditions – such as Medical Qigong – really shine. They work at the root cause level – going even deeper into the energy centers and structures of the body to restore balance and harmony…using the optimal combinations of prescribed exercises, foods, drink, and sometimes supplements to support healing and repair…and fully considering the mental and emotional causes (such as stress) that often contribute to many health challenges.

In other words, we work WITH the body to heal and repair.

When you solve the *real problem* that is causing or contributing to the health issue or lack of energy, then you have a better chance of it's not returning. When you only treat the *symptom*, then as soon as you stop the treatment for the symptom (stop taking the medication, stop going to the specialist, stop ingesting the supplement, etc.), the symptoms of the disease or illness, or the fatigue and lack of drive, AND the associated emotions and frustration return - sometimes with a vengeance – and you end up in an even worse state than you were before.

Why is this important to you?

You've already experienced the frustration of just treating the symptoms – throwing more medicines at it, undergoing more assessments, possibly considering allopathic or complementary approaches that may or may not resolve your health challenge, or may not have enabled you to make the shift to more robust health and energy levels. You've likely felt the fear of wondering whether this will get even worse as you get older. And will you have to live with this – and all the limitations it throws on you – for the rest of your life?

So, I'm confident you understand how critical it is to seek out and address the root cause of your problem and follow a more natural approach to remedy it. Such an "in-out" approach - working with the body's innate wisdom and tapping into the vital energy already inside of you - can be much more effective than the "out-in" external approach of medications, procedures, or cookie-cutter fitness or wellness programs.

It can mean reducing or eliminating your dependence on prescription or over-the-counter medications. It can mean naturally increasing your resilience and ability to adapt to the stressors of modern life, regaining energy and mobility, and feeling younger and healthier. It can even mean getting back to the activities you used to love to do, or always wanted to try, but just didn't have the energy or mobility to follow through on.

Now I'm not saying this is going to magically, instantly happen. Most of my clients experience a noticeable difference within the first 24 hours after their first treatment. But, as you know, the conditions that caused your current health challenge, or fatigue and low energy, probably took a while to develop and build up in your body. It may take a little time and effort to achieve relief.

But knowing what to do, and then putting a plan in place to make that happen – a plan that is customized to your unique body, lifestyle, needs, and goals - is key to finally addressing what you really should focus on to begin experiencing the joy, relief, and renewed vigor that comes with achieving the boundless energy, drive and mental clarity that you want and deserve.

You're probably asking:

"SO, WHAT DO I DO NEXT?"

I realize that the concepts of "Medical Qigong", "energetic medicine", and an alternative, natural approach to better health and wellness may sound new or different to a lot of people. You may be interested, even intrigued, yet have questions you'd like answered before you decide to move ahead with a consultation or treatment.

To provide you with the information you need to make an informed decision, I offer a no-cost, no-obligation ***Resilient Wellness Assessment and Roadmap*** which includes a free, 20-minute natural healing consultation. Here are the details:

- We'll discuss your current health challenges and how you have been treated for them; your goals and vision for where you want to be; and potential options for relief and transformation;
- We'll make sure all your questions are answered so you have a better understanding of your treatment or coaching options; AND
- You'll receive an initial prescription for two to three simple but powerful steps you can take immediately to begin to experience a shift in how you feel.

I know your time is valuable and you've already spent plenty running around to doctors, specialists, trainers, or other practitioners. Therefore, I offer a convenient virtual meeting option using Zoom, my remote consultation platform which is free for you to use and which you can access using your smartphone, iPad, or computer.

(Please note: Due to my current patient load, I can only offer two free consultations per week. If you're interested in having a discussion, please call today so we can get you on the schedule. These spots go fast!)

Imagine if you could wave a magic wand and experience the joy, relief and renewed energy that come with living unshackled from the chronic, frustrating health challenges you have been dealing with. See and feel yourself waking up after a good night's sleep…bounding out of bed ready to take on your day…feeling energetic and on point at work, even outperforming your younger colleagues…playing with the kids or grandkids…fully participating in the sports or recreational activities you love…pickleball, gardening, golfing, hiking, etc.

Feel the freedom and relief of NOT having to add even more prescription meds you must keep track of or that cause uncomfortable side effects…not having to go to a gazillion doctor appointments…not having to lay down and rest or take a nap every day. Enjoy the peace of mind and certainty that come with following a program *that has been developed specifically for YOU - for your needs and goals, for your unique and wonderful self.* Imagine the shifts in energy and confidence that can be yours with the implementation of some simple but powerful practices.

I can help you make that happen. To schedule, go to www.ResilientEdgeWellness.com/book-appointment and use our online calendar. Or call my office at 512-267-3915 or email us at info@resilientedgewellness.com.

I look forward to seeing you!

Sincerely,

Karen

Karen Van Ness DMQ, DCEM, CPT
Founder, Resilient Edge Wellness

P.S. I understand the frustration of not being able to find a solution for a chronic health condition, chronic pain or fatigue, or just feeling "blah" about everything -

which can impact your quality and enjoyment of life. I've had my share of health challenges too. I'd like the opportunity to help you! AND help you make an informed decision. So please call, email, or go online today to schedule your free consultation.

By the way, if you're not quite ready for having a conversation, I completely understand. Let me go ahead and send you the ***Resilient Wellness Resource Kit*** so you can review this important information. Just call my office at 512-267-3915 and request the kit. Or email us at info@ResilientEdgeWellness.com and include "Send me my Resilient Wellness Resource Kit" in the subject line or in your email. We'll send it right out to you.

P.P.S. I understand if you're a bit skeptical. Many of my satisfied clients felt the same way before they met with me - but here is what they found:

"After the first treatment I felt a significant difference and I have been doing the exercises and made a few diet changes that Karen recommended. All I can say is Wow! I feel more energetic, no pain, and I have hope again. Karen explains everything very well especially the energetics. I am recommending Karen to my friends."

-Amy Petrikova, Cedar Park, TX

"Karen, I love your approach to life, health, and business… I felt and continue to feel a change both mentally and physically. This lifestyle is a keeper! FYI: I am sharing your programs and information with as many women as I can. At my age (48), we need a boost. Thank you for providing just that."

-Joyce Vella Maggio, USA

"The program [Karen prescribed] is incredible! I was a bit skeptical because the exercises seemed too easy. But once I really started breathing into the movements, I feel a rush of energy every time I do them...I'm motivated now to begin exercising and I know I never would have felt this way if I hadn't found this wonderful program. Thank you!"

- Barbara S., Ft. Lauderdale, FL

“Qigong as I'm learning it from your instruction is already proving to be an invaluable practice for my physical and mental well-being…I'll definitely be recommending your courses to anyone I come across who I feel may similarly benefit. All the best and thanks again! Sincerely, Stephen.”

-Stephen Hinchey, St. John’s, Newfoundland, Canada

“Karen’s contributions are indicative of her in-depth knowledge of athletic and fitness training. Karen’s personal experiences as an athlete/martial artist tremendously enhance her potential as a superior personal trainer/coach. She is a great role model and leads by example.”

-JK Taylor, MFS, Professor, International Sports Sciences Association (ISSA)

“The most valuable thing about working with Dr. Karen is the health coaching she provides. She has helped me organize and better understand the medications I'm on, what my blood work and other tests actually mean, and help navigate discussions with my specialists. And her treatments leave me feeling wonderful! I've improved from stage 4 to stage 3 kidney disease and have more energy than I've had in years.”

-Elaine Kelley, Leander, TX

“I had a tough round of illness and injury that left me incapacitated for almost two weeks. I was taking medication prescribed by the docs but was still struggling. I had several sessions with Dr. Karen that undoubtedly assisted in speeding up my healing. This treatment, albeit unconventional in western medicine, absolutely works.”

-Elizabeth D., Lago Vista, TX

“Wow - been doing the dynamic energy routine for the last three days - I haven't had this much energy continually for over a decade. I'm truely amazed…I've just noticed after using your programme for four days that I'm not hungry. Today I've had a couple of small meals but I had to consciously eat as I didn't feel hungry at all…Also I woke up 2-3 times earlier than I normally do which is great as I work at a hospital and do a rotating shift which throws my body clock out & I find it hard to wake up & are tired all the time. This is fantastic!!”

-Kristian Townsend, Newcastle, NSW, Australia

“Karen, I love ya! My son has gone the longest time without having to be hospitalized. I didn't know anything about asthma until I stumbled across your website. Even though I had it myself, I didn't take it too serious until my son depended on me to get to the cause. You have opened my mind to every avenue there is and for this I am truly grateful. I am no longer in fear of losing my son, I can now sleep more soundly. Thank you for sparing your time to help others, for this I will be eternally grateful.”

-Lesley & Leo (my wonderful son!)

“I am now hitting my eightieth year and my energy levels have increased enormously finding me taking over three major voluntary roles I wouldn't otherwise have assumed. Thank you Karen!”

-Jenny Gill

“Karen gives expert advice and makes everything so simple that everyone can follow it.”

-Bernice K.

“Karen, I just wanted to thank you for the difference your approach and encouragement have made in my life. Two years ago, I gave up on ever being in shape again. Now I am active and have incredible energy. I have lost over 35 pounds and I’m healthier than I’ve been in years. I’m also happier than I’ve been in years!”

-Sandy Jones, Fairfax, VA