

# Pain Testimonial

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## **From Faith Basagic**

"I recently contacted Ken Kramer about a pinched nerve near my kidney. After just fifteen minutes of work, I felt a swishing sensation, and a warm wind circulating my entire body. Warm and friendly, strong and grounded, this man unblocked the pain, and I'm feeling rested and ready to carry on."

## **From Corrinne**

Our 12 year old daughter Ana had surgery to remove hardware from her hips that was placed two years ago due to hip dysplasia and a tendon release on both feet. Ana was in a lot of pain following the surgery and the prescription opioid medication was causing terrible itchiness so we had to stop. Ana was very uncomfortable, tearful and unhappy. Ken kindly came over to give a qigong treatment to help Ana. It was amazing, Ana calmed down during the treatment and actually fell asleep. She seemed much better the next day also. Ana has had many surgeries and this the first time I have ever seen her so calm and happy within the first few days of surgery. Thank you so much.

**From Dr. Mitch Sadar President of the Board  
Northeast Region Biofeedback Society**

I did not know much about Qigong, so it was with curiosity and no expectations that I agreed to try a treatment massage with Ken Kramer. The following morning however, my legs felt extremely heavy, to the point it was difficult to do my morning run. That feeling dissipated throughout the day. That experience convinced me to pursue a series of "treatments."

**From Xi Yun Li**

Kenneth Kramer is a senior student of Master Faxiang Hou. He has studied with Master Hou practicing and treating patients for more than twenty years. Studying with Master Hou and treating patients has allowed Ken to gain a lot of experience. I am Ken's patient. He has treated me for more than two years, starting with my right arm, wrist, and hand. After he treated me three to five times all the problems were gone.

As I get older I have a lot of problems with my body. I have had shoulder, neck, and foot problems. I am overall in very good health. When I am in pain, he has treated me and every time I get better and better. He is very good helping people, making their body balanced and treating their problems.

**From Carrol Mitchell**

I decided to take this class out of curiosity and continued with the class because of the nice way I felt after doing the exercises. Movement in my left arm had been good but somewhat limited as result of shoulder injuries from an accident about thirty years ago. In fact, I was quite happy to be able to

move the arm at all, after the doctor's sad flawed prognosis. Then suddenly one day, during an exercise in class, there was my left arm - amazingly raised equally high and perfectly parallel to the right! I had to ask Ken to check, in case I was imagining things, and he confirmed that the arm was indeed straight. From that day until now, movement has been easy and fluid; my range of motion has been the same in both arms. Beautiful.

### **From Susan Heineman**

I have known Kenneth Kramer for almost 25 years. We met while studying Qi Gong. Over the years I have know him to be of the highest character: trustworthy, responsible, honest and caring. He is also a skilled applied Qi Gong practitioner and an excellent teacher. I was very fortunate to receive Qi Gong therapy treatments from Mr. Kramer for close to seven years starting in 2009 and ending 2017 when I moved away from the Philadelphia area.

Mr. Kramer was especially effective in treating chronic back pain, an arthritic condition in my hands, and a generalized feeling of low energy. As a result of his treatments, my conditions improved. I felt stronger bath physically and mentally and I experienced a greater sense of overall wellbeing."

In addition to receiving Qi Gong treatments from Mr. Kramer, in his role as teacher, he taught me applied Qi Gong therapy exercises, which expanded my understanding and benefitted me greatly.

I count myself fortunate to have known Mr. Kramer. He is a dedicated and skilled practitioner. I have benefited from his treatments, his guidance, his teachings, and I am especially grateful for his caring and supportive approach.

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