

December 28, 2003

Dr. Krebs,

Enclosed is a copy of the April 2003 issue of Spirituality and Health and a copy of the January 2004 issue of the Tufts Newsletter on Health and Nutrition. Both contain articles on healing and eastern exercise. The article in Spirituality and Health (pg 33) led me to contact Ramel Ronen late in March 2003 (just after I started my chemotherapy). I went to Boston for a weekend in April and studied with Rami for 15 hours over 3 days. He set up a program of exercise and meditation that I followed at least 5 days a week throughout the 6 months of chemotherapy. I met with him again in late July 2003 and based on my level of ability, he increased the level of difficulty or changed the exercise. He also added new meditations. One of these meditations, a self-healing one, was very instrumental in helping me keep the general nausea under control during the last, most difficult months of chemotherapy. I also believe that doing the qigong exercises during the whole period of chemotherapy this year, I never experienced the joint problems that were prominent during my first chemotherapy cycle in 2002. When I got the blood clot this fall, I had to stop the exercises for a period of time; however, I continued the meditations. I resumed the exercises in early November and am now getting to the more advanced level again. Once again I am convinced that doing the exercises and meditations is enabling me to manage and minimize pain related to medication (in this case Fragmin causes severe joint pains).

Rami is collaborating with clinicians and working with patients at the Dana Farber Cancer Center, at the Tufts Medical Center, and at the Hebrew Rehabilitation Center all in Boston. I feel very strongly that the program he set up for me helped me maintain a very good quality of life during chemotherapy, allowing me to continue all my normal activities. I don't know if you have other patients who might be interested in following this path, but if you do, I would be most willing to help make it happen. I know that Rami will be making a DVD this spring based on the videotaping that Burt did of our July session. The DVD will be available for people to purchase and use to show them the correct form, the reasoning behind the exercise and meditation, and be a help between sessions. Rami would be willing to come to the DC area on a regular, perhaps monthly basis, if he had clients to work with – and I will continue to be one of them. The cost of the program would probably depend on the number of people participating, however, I have not discussed financial details with Rami. Before I went to Boston, I looked all over the DC area to see if anyone had this type of a program locally and I could not find anyone who offers this kind of a program. That is why I am willing to help set up a program that would bring Rami to the DC area on a regular basis to work with people here. If you are interested in following up with Rami, please feel free to contact him directly. If you would like to discuss this further with me, I would be very happy to do so. I feel that I have gotten, and continue to get such a great benefit from this program, that I would like others to be able to have the opportunity to receive similar benefits.

Sincerely,