

## **Paul Fraser**

By David Andrusia

*David Andrusia writes on food, travel, style, and beauty. Author of the bestseller BRAND YOURSELF, he is a career consultant in Los Angeles.*

Paul Fraser is a Raleigh-based licensed acupuncturist with 12 years' experience. He has also devoted 22 years to the study and practice of Qi Gong, a Chinese doctrine that works to increase life force in the body through its applied therapy, Fa Gong. In this quantum practice, the practitioner drops into a semi-meditative state, allowing him to increase a client's energy hands-on, or over a distance through phone consultations.

Paul, who learned he had bone cancer at 19, credits his first Qi Gong teacher with saving his life when traditional medicine fell short.

Empathic rather than psychic, Paul is at once fiercely intelligent and a warm presence. In a typical healing session, he asks a client to describe what they're going through, so that their attention is focused there. In turn, Paul gets a sensation in his body--tingling warmth, constriction, or sharp pain, depending on the severity and nature of the issue. He follows this to the root of problem: for instance, sometimes stomach pain can be the result vertebrae pressed together, or even be the result of pituitary malfunctions. For still other people, this manifestation could go back to the heart, which means there's an emotional component.

In a session, Paul goes through a client's body. He was on target with us: "I feel inflammation in the neck and tension from left side of jaw. Agitation in heart, which doesn't indicate a heart problem in this case, but overthought; and a structural block at T 7: you keep playing the same scene over again. What that does is draw energy away from spleen and stomach. Do meditative activity--yoga walk in the woods, meditation--to reset. As well, sweet and pungent herbs such as ginger tea with honey will counterbalance your heat and allow you to cool you down.

"Be careful of blood pressure because liver is tight (true in my case). Bitter greens can tone down liver." He also noted that, "below your knee is painful," and we do have an injury there.

Paul is especially empathetic in advising diet, pro and con. "We should all be using food as medicine. Because your body runs hot, you want to take this warmth out of your system--anything fried, overcooked is bad." (Adios, Colonel!) "Steam vegetables, rather than fry or sauté them. Avoid sugar--very important. Against common wisdom, spicy foods don't add fire to body--no problem there."

Paul also advised that we drink "Green tea in moderate amounts--you have an acidic stomach (true, true). An alkaline diet is best." He also told us that, "For you, cheese is good, milk is bad, and yogurt gums up the spleen. Coffee [is] rough on kidney, so keep it to one cup a day."

A great diagnostician of disharmonious intentions, Paul is very much in tune with physical manifestations in the body, and a session with him was an exceedingly beneficial experience.