

## **Stroke Victim Says She's Better Off After China Connection**

Chinese Program Targets Healing  
May 21, 2007 KCCI TV

DES MOINES, Iowa -- A central Iowa woman who suffered a stroke at age 48 said she has made what she calls a miraculous recovery. Tasks as simple as washing dishes was once impossible for Valerie Anderson.

Anderson suffered a stroke in 2004 that left her with virtually no use of her left arm and leg. A year of rehabilitation did little to improve her condition. Anderson said she went doctors who told her that she should be happy with what she has. She said the answer was not enough for her. Anderson said that when heard about the China Connection through a stroke survivors support group, she was eager to learn more. She had wanted to do all the tasks she once did and still had planned to do, so she set out to do whatever it took to get there.

"I'm selfish in that regard. I'll be the first to admit that I wanted my life back," she said.

Five months of intense therapy at a hospital in Tianjin, China, has put Anderson's on track to getting her life back.

A Marshalltown woman started the China Connection, which is a treatment program that involves daily acupuncture, deep massage, herbal remedies, a strict diet and exercise.  
The program focuses on healing.

"(You) begin healing the mind, healing the brain and as that healing occurs, then you start seeing things happen with the body function (and) frozen joints begin to be restored," said Ruth Lycke of the China Connection.

Anderson can now walk without the use of a cane and use her left hand to dig in the flower garden. She said she has a new outlook on life.

"Her attitude is a lot better. Her mobility is a lot better and (she) just seems to care more about life in general," said her husband, Delmar Anderson.

He applauds her for her tremendous courage. Both said it was well worth the sacrifice and she continues to look forward to the future.

"(I'm) looking forward to retirement, doing traveling, (and) doing all those things that I felt at that time after the stroke had been taken away from me. I now believe that I'm going to be able to do all those things," Anderson said.