

A TESTIMONIAL FOR ROOSEVELT GAINEY

Going through a very difficult time in my life with illness, death, and significant levels of stress, a concerned friend referred me to Roosevelt. During this time, I found it challenging to have a restful night's sleep, eat right, or to take care of myself psychologically, emotionally or spiritually. My only salvation was the pack of cigarettes that had been a part of me for forty-five years!

Some people say 'God works in mysterious ways', some say 'timing is everything', whichever one is true, I am grateful for my introduction to the man we fondly refer to as "Teach". His teachings and guidance have profoundly changed the course of my life.

Let me explain...

I've had a life filled with privilege, family, health and joy. A 44 year marriage and two successful well adjusted children, I could not be more pleased with how my life was unfolding.

Five years ago all that changed as I experienced a cancer diagnosis of my husband, on-going age related illness with my beloved mother, fast deterioration of my brother and a bleeding aneurysm in the brain of my oldest child. Within a year and a half I'd lost most of those I'd held the closest throughout my life. I lost my ability to trust, and to fully understand the mountains I now had to climb alone. These substantial, foundation-shaking events occurring over such a short period of time had affected me in so many ways. I'd picked up weight - eating poorly and infrequently. I was diagnosed with anxiety and high blood pressure. My skin, hair and disposition were broken and damaged - all of this and a daily pack of cigarettes.

A few months following this most traumatic time of my life, I sat in the chair of the man who owned a unisex hair salon. He, noticing all the changes in me recommended that I get help. Knowing that I'd lost faith in doctors, medicines and most people, he offered a more natural solution. He referred me to Roosevelt Gainey's Tai Chi class. Understanding at the core of myself that I couldn't go on the way I was going, I talked my Sister into taking the class with me. If it didn't help, at least I would have spent time with my Sister.

Well... we walked into a church, climbed three flights of stairs and within a very short period of time, I realized that this was exactly the experience I was looking for. However, being the master cynic, I questioned everything Roosevelt taught. I questioned/ignored everything he said about movement of our bodies, eating unprocessed foods and taking in nutrients. No matter how many incredible things I witnessed in that classroom I felt challenged to fully accept it.

Slowly, with much help from Teach, I became more open to the life/energy balance and accepted that *this man* would put me on the road to recovery. I am now smoke free, looking and feeling good and finding a bounce in my step. I have witnessed and continue to witness miraculous changes in my life, and the lives of my sister, my brother-in-law, and my fellow classmates.

Sharing these personal things is not within my comfort zone, but I've seen with my own cynical eyes the special gift that is Roosevelt Gainey. I travel a great distance from the Northern most tip of the Bronx to Brooklyn each and every week since October 14, 1999 for good reason - I am a living testament to *his life's purpose* of health, wellness and strength.

Ruby Tyrrell
140 Debs Place, Apt 18C
Bronx, New York 10475
(718) 671-1096