

Testimonials:

Autoimmune Condition, Fevers

Fasting

Starting in the late 80's I developed an autoimmune condition that resulted in my having bouts of fevers, up to 103 degrees. My doctor gave me every test known to medical science (twice) with no success. He finally concluded that I had "fevers of unknown origin." The only thing that would break the fevers was cortisone, a nasty drug with its own problems—it had a very bad effect on my eyesight.

Master Hou suggested I try fasting twice a year. It was worked wonders. The frequency of fever outbreaks has gone way down. Not only that, but when I had an outburst two years ago, I started fasting and the fever immediately broke.

In general the fasting leaves me feeling good and in much better health. It also lowers my blood pressure but so far not on a long-term basis.

Qi Gong Exercises

I have been doing the foundation exercises for around a half-hour each morning for the past 6 years. I no longer have the standard older person aches and pains, or at least rarely and they clear up quickly.

I can wake up grumpy and a bit sleepy but after I've done my exercises the world seems better all around—clearer, livelier, and happier.

Gene K.