

Testimonials: Bronchitis, Laryngitis, Hypothyroidism, Anemia

Winter of 1997-98 has been very hard on me health wise. On top of suffering from chronic fatigue syndrome I was bedridden with acute bronchitis and acute laryngitis. Also being diagnosed with hypothyroidism and anemia, I couldn't see the pot of good health at the end of my rainbow. No matter what I did, gentle walks, swimming, resting, I just couldn't build my energy back up. That is when my husband recommended I see Master Hou.

With very little hope and skepticism I decided to give it a try. After the first treatment my hopes grew bigger as I finally felt a rise in my energy. From those treatments I have lost some aches and pains I thought were permanent. I had injured my ankles and that was taken care of. I also observed that I have been able to breath better. But most important is that with this new boost of energy I seriously started to welcome health into my life once more.

It is equally important to mention that after taking the QiGong workshop and practicing the learned exercises, I have been able to maintain enough energy to add chores to my once very limited schedule. My mind is clearer, I feel less stressed and I also noticed I've lost some of the slouching when I walk. I feel that the treatments have given me a big enough boost to send me on my way to health and better living. I feel that the QiGong exercises practiced daily have been proving to me that the energy can be sustained.

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