

## ***Energy Bagua Journal***

# **Healthy Body, Calm Mind**

I am Liya Su. I am an administrative assistant. I am very busy with my everyday work.

In the spring of 2016, I hurt my ankle while exercising. I went to see the doctor. I needed painkillers and medication to reduce swelling. I also needed physiotherapy. The physiotherapist asked me to lay on the bed as much as I could. Later I needed to use crutches to walk. After 6 months, I had recovered about 40%.

I started practicing *Energy Bagua* on December 4, 2016. I practiced every morning. After 6 weeks of practice, the swelling was mostly gone. My ankle was stiff. The joint wasn't flexible. The swelling reduced gradually after 6 weeks. I recovered quickly. After 6 months, I could walk without crutches.

I had allergic rhinitis since I was a child. I started taking medication to cure it. Later I had to take steroids, because it got more serious. Practicing *Energy Bagua* has benefited me a lot. My allergic rhinitis now is cured without medication. I don't need steroids anymore. I threw them away.

Now I know how to relieve the stress from work. I know how to balance the work load, instead of letting stress increase until I burn out. Now I am able to find work-life balance.

**【Disclaimer: The effects associated with practicing *Energy Bagua* can vary from person to person.】**