

***Energy Bagua* Journal**

## ***Energy Bagua* Testimonial**

### **Christos, Toronto, Canada**

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My name is Chris. I am from Toronto, Canada. I was about 32 years old when I hurt my back. I was working in the bakery. I had an accident. I ended up going to the hospital. They took some X-rays. The doctor said that I had 2 slipped disks which needed immediate attention. And I had to stay in the hospital for 30 days on a plywood bed not a mattress bed. When I was discharged from the hospital, I was very unhappy. I suffered great pain during that time. It dragged on for quite some time.

[On a scale of 1-10] Pain was a 9 at least. I could not do anything for a long time. I could not play with my kids. I could not take them outdoors. That was very frustrating. I was only 32 years old and I was feeling much older like 60, 70. For over 25 years, every year, twice, the problem comes back for some reason. It became a chronic pain which can last a lifetime. I was resigned to living with this chronic pain until I first started *Energy Bagua* in 2016.

I would say it took me about 3-4 weeks when I started noticing quite a bit of a difference in my overall health. My back got stronger. Before, I had to hire people to shovel the snow from my driveway. Now I can shovel 2 driveways without any problems. That is how strong I have got. I can bend all the way down to my toes and touch my toes. I don't feel any pain whatsoever.

I haven't had any pain for the last 5 years that I have been practicing *Energy Bagua*. Now I am a great grandfather. I have one great-grandchild and another one is coming soon. I am so happy I can take them to the parks and show them the outdoors. I could do many more things now with my great grandkids than I could with my own kids.

I walk everyday in the park for 2 hours. People notice that I look much healthier, I look much youthful and I look much slimmer. I lost 10 lbs. because of my *Energy Bagua*. I feel great. I feel reborn again! I challenge anybody if anybody can walk faster than me. I am 76 years old now and I feel like I am 30. That is how good I feel!