

***Energy Bagua Journal***

## **Freed From the Torment of Diabetes**

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I have had diabetes for over 10 years. At the beginning, I had to inject 20 units of insulin, and diabetes brought many complications. My kidney dysfunction, my body was having blood stasis and was swollen. I could only stay in bed when it was too painful to walk.

(Husband: It took her half an hour to climb up 8 to 9 steps on stairs. She couldn't squat; her body was all swollen.)

I also had constipation. Medication was of no avail to it. I had to go to the hospital for that. My kidneys' indexes were always so high almost reaching 200.

(Husband: She couldn't even eat, take a bath, or drive by herself. Sometimes she was not conscious, really, she couldn't even recognize me.)

I was suffering so much. At that time, I thought about ending my life. I didn't want to live because it was too painful.

(Husband: We saw all kinds of specialists for the kidneys and SLE. The hospital became her home, and her home a hotel. Each time she had to stay in the hospital for 8 to 9 days. After staying at home less than 3 days, she had to be hospitalized again. This situation lasted for half a year. Things got worse and worse.)

I told my husband, "I am so sick. I won't have the chance to go out again. Could you take me to go out for a walk for the last time?"

(Husband: We met a dharma-sister. She called me over and asked, "Is your wife ill?" I said, "Yes. She is seriously ill." She suggested, "Maybe you should take her to try *Energy Bagua*." She then told us to go the next day to the Port Dickson *Energy Bagua* Practice Site. I got home thinking that we found no cure elsewhere and without hesitation, I got up at 5 am the next morning and took my wife to the *Energy Bagua* practice.)

At the beginning, I walked very slowly. I told my husband to let me walk by myself. When we got home, I experienced a miracle. At the time, I'd been constipated for almost 8 to 9 days. As soon as I got home, I went to the bathroom. I excreted 2 pieces of stool. In the same afternoon, there were 5 or 6 more. It was a lot more in the evening. Same as the first day, I defecated 3 times on the 2nd day. On the 4th day, I could walk very fast in the practice like a normal person.

(Husband: After practicing *Energy Bagua*, my wife's health improved. The doctor was surprised and asked, "How come your kidneys' indexes dropped to normal at 79? What medication did she take?" We said, "No medication, just exercises." "What exercise?" We replied, "*Energy Bagua*." He encouraged us to keep practicing. It was miraculous.)

Now my diabetes is under control. My index number is 6, or 7, or 8. I still take an insulin injection. In the past, I needed 20 units, but now only 10.

(Husband: The other day, I came home and asked my child, "Who was running up and down the stairs?" "It is mom." I doubted, "Is it possible?" I saw her come down the stairs really fast. She kept going up and down moving things quickly.)

I am good now and going to singing contests and I have won a few of them. I had never imagined that I can regain my happy life. I am completely transformed. I am reborn. I am really grateful.

(My practice of *Energy Bagua* has enabled me to reduce my insulin dose by half; my kidney function normalized, I no longer suffer digestive distress, and I can take the stairs with ease.)